



ZENXIN HEALTHIER YOU SPECIAL

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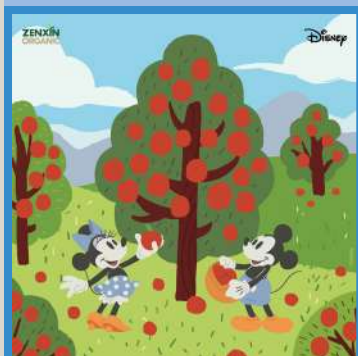
Launch of Magic in Organic campaign in a team-up with Disney



• Launch of Mickey Collection with ZENXIN - Organic Apples



• In-store activation in Supermarket- AEON Mid Valley, Malaysia



• Contest: Count with Mickey to win one-year supply of organic apples

June

◀ Magic in Organic- ZENXIN Organic Apple

July-August

Stay Sharp with ▶ Brilliant Food

August

Celebrate National Day! ▶

September

Mid-Autumn Festival Celebration! ▶

September

Magic in Organic- ZENXIN Organic Fresh Produce

November

Coming soon ▶

A REAL FOOD JOURNEY

Here at ZENXIN, we believe that choosing pure, authentic organic food does wonders for one's health. We are always on an active pursuit to bring clean healthier organic food for the well-being of our consumers, farmers and environment.

Join ZENXIN on a journey in search of clean pure food free of additives, chemicals and pesticides. Every month, find magic you can bite into and fill your days with green loving organic choices!



100% NUT-ricious Nut Butter (New look!)

Simply Natural 100% Nut-ricious (Nutritious + Delicious) nut butters are purely made from premium quality nuts without adding a single drop of oil, salt, or sugar.



Dazzle Apple Giveaway

Amidst difficult times, ZENXIN hoped to delight our customers through the offering of FREE Organic Dazzle Apple in our retail outlet!



Send your LOVE in the organic longevity treats to your faraway friends and family!

Second phase of Magic in Organic campaign launch

- Launching of Mickey Collection with ZENXIN - Organic Fresh Produce
- Lucky Dip: Win Limited Edition Mickey tote bag



Stay in touch and we will reveal the next Magic in Organic

Subscribe to ZENXIN's e-newsletter:
Whatsapp "subscribe_newsletter" to us!
Malaysia: +6011 5977 5915
Singapore: +65 8142 9299



ALL ABOUT THE MAGIC OF ORGANIC FOOD



Dear Friends of ZENXIN,

I hope this newsletter finds you safe and well. Since I last wrote, there were hopes that the pandemic would mellow and we may reunite with our families soon. However, the situation seems to have worsened over the past few months due to the spread of the delta variant of the COVID-19 virus, particularly in Malaysia. It has been challenging for our colleagues who have been working alongside COVID-19, especially those in our retail shops, supermarkets, packing houses and organic farms. I thank them for their hard work and effort in maintaining the constant supplies of organic food from the farm to your home.

I am proud to announce our official team-up with Disney, June 2021 onwards. This is indeed an exciting event and I would love all of our ZENXIN friends to join us in the upcoming events that we have planned for you. ZENXIN is now working with Disney to bring you the #MagicInOrganic. The "Magic in Organic" Disney-themed collection by our house brand Simply Natural brings the magic to you in both Singapore and Malaysia. ZENXIN wants you to experience the #MagicInOrganic and understand how great organic food can be to our bodies, our environment and our future generations.

Our star products in our very first campaign are the Organic Dazzle Apples and Organic Premier Star Apples. With both hailing from New Zealand, I am sure you would find either type of apple to your liking! My team has also been working hard with our supermarket partners to have our displays of Mickey Mouse, all across ZENXIN's dedicated shelves in supermarket stores. Stand a chance to win one year's supply of organic apples by simply joining our contest via disney.zenxin.com and stay tuned to disney.zenxin.com for the latest news!

With the Mid-Autumn Festival around the corner, I am sure that for those who have been away from home, you would still want to join your friends and families for the festivities. We continue to offer the same services as we did last Mother's Day and Lunar New Year. ZENXIN will help you share the love across the border. Get in touch with us and we will make the magic happen.

Lastly, I would like to share our theme for July and August, Brilliant Food. My team has specially curated a series of organic foods that help sharpen your mind and improve longevity. Our Organic Longevity Noodles has been specially created to symbolize the Chinese character, "寿", which signifies longevity and will make a great gift for your loved ones.

I wish you and your families to keep safe and may you be able to reunite with the fullest heart, similar to that of the full moon of the Mid-Autumn Festival.

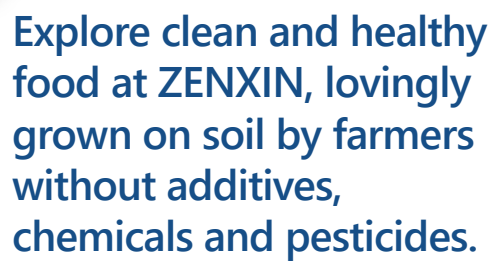
誠心慶中秋 月圓心團圓

Organically yours,

Sengyee, the ZENXIN Organic Team Leader



Magical
WORLD



Magic in Organic

#MickeyCollectionbyZenxin

ZENXIN is delighted to join hands with Disney to create the "Magic in Organic" food series. ZENXIN hopes that more people will come to see the benefits organic food and farming bring to our planet!

Your Magical Journey with ZENXIN Organic Starts Here!



disney.zenxin.com

LEARN WITH MICKEY

Go on an exploratory journey with ZENXIN. Join us in greening the earth by choosing clean pure organic food, lovingly grown by organic farmers all over the world.



PLAY WITH MICKEY

What better way than PLAY to discover the amazing world of organic wonders? Engage your child with fun colouring contests, crossword puzzles and quizzes available on the website.



COOK WITH MICKEY AND FRIENDS

Explore the purity of ZENXIN Organic produce through cooking and eating.



WIN

Stand a chance to win limited edition Disney premiums and ZENXIN Organic produce!





MICKEY COLLECTION BY ZENXIN: **ORGANIC APPLES**

At ZENXIN, we are more than serious about our apples.

Over the years, we have been working with apple growers all over the world to bring in the best apples at different times of the year to delight our customers.

Presenting to you two of the most popular apples in ZENXIN!



ORGANIC DAZZLE APPLE

Dazzles are grown in one of the purest, growing environments in the world. The clean air quality, fresh artesian groundwater (to irrigate the apple trees), and most importantly the rich, fertile soil of the Heretaunga Plains in Hawke's Bay yield perfectly nutritious, flavorful apples that lend magic to every bite.

Key Attributes of the **Dazzle**:

- The best season to have Dazzle apples would be from March to August.
- Dazzle apples are sweet, crisp and amazingly delicious.
- They have a full, juicy flavour, sparkling, firm white flesh that lends magic to every bite.
- Dazzle apples stay fresher for longer, meaning your apples will keep their fresh-picked perfection long after you are ready to eat them.

ORGANIC PREMIER STAR APPLE

Premier Star Apples were first discovered in 1999 on a home orchard in Nelson, a region known for growing New Zealand's premier apples. Owned and exported exclusively by BOSTOCK New Zealand, Premier Star Apples are an excellent and superior early season pip fruit choice over the traditional Royal Gala variety.

Key Attributes of the **Premier Star**:

- The best season to harvest Premier Star apples would be February
 - Sweet flavour similar to Royal Gala brix with a hint of tanginess
 - Catches the eye with their stand out bright red blush
- An attractive, consistent round shape with firm skin.



MICKY
COLLECTION
BY ZENXIN:

SPECIALLY SELECTED 5 TYPES OF ORGANIC PRODUCE

At ZENXIN, we strive to bring you organic fresh produce grown in strict accordance to organic farming methods, without the use of pesticides and chemical fertilizers. Here we proudly present to you 5 ZENXIN Organic Produces in our Disney collection!



Read more at
disney.zenxin.com
and stand a chance to win a
limited-edition Mickey tote bag!

ORGANIC BEETROOT



Beetroots generally taste earthy and a little bitter, however, ZENXIN's **Organic Beetroots** are remarkably sweet and have no unpleasant earthy taste. Strictly grown under organic agricultural methods in the Victorian State of Southern Australia, the quality of these beetroots are at the top thanks to abundant sunshine, rich fertile soil and a cool climate.

Grown with lots of care and love by farmers, ZENXIN's premium quality beets are absolutely free from synthetic fertilizers and are rich in flavour, their less earthy flavour with a sweet note makes them perfect for juicing.

ORGANIC BANANA



ZENXIN **Organic Bananas** are one of the sweetest, premium quality bananas in Malaysia. Known as 40-days bananas or "Pisang 40 hari" in the local language, this variety of bananas, which come in small, hand-like shapes (often referred to as Buddha hand by customers), have a 40 day quick maturation period instead of 90 days (normal variety ripening period).

Originally from Yogyakarta, Indonesia, this variety of banana is difficult to find as only a small number of farmers plant them. Grown by ZENXIN in strict accordance with organic farming methods, this sweet tasting, creamy organic banana is grown without the use of pesticides and chemicals.

ORGANIC CHERRY TOMATO



Organic Cherry Tomatoes you can find in ZENXIN are mainly imported from Holland or locally grown in Malaysia. Naturally fresh, juicy and sweet, this organic little fruit comes bite-sized, ranges from red, yellow to even chocolate in colour.

Unlike conventional market cherry tomatoes which are chemically hydroponic, ZENXIN's Organic Cherry Tomatoes are proudly grown in soil. As a result, ZENXIN's Organic Cherry Tomatoes pick up a lot of different nutrients from the soil and boast a flavour profile that is more complex. Grown lovingly without synthetic fertilizers, pesticides, or herbicides, consumers can enjoy these bite-sized cherry tomatoes directly out of hand as a healthy snack.

ORGANIC HONG KONG CHOY SUM



Grown organically in certified organic farms in Malaysia, ZENXIN **Organic Hong Kong Choy Sum** are well known for their pure organic quality, authentic taste and nutrient profile. Spotting thick-stemmed shoots and flower tips that are crisp and flavorful, ZENXIN Organic Hong Kong Choy Sum have a delicate, slightly mustard-like flavour and are delicious when served in salads, soups or stir-fried dishes.

Hand-picked for best quality and strictly grown in accordance with organic farming methods, organic choy sum at ZENXIN is grown without the use of pesticides and chemicals, using instead organic fertilizers and compost, produced by the first Certified Organic Input Manufacturer in Malaysia, ZENXIN Organic Fertilizers & Compost Factory.

ORGANIC CARROTS



ZENXIN **Organic Carrots** are grown in Chiangrai, Thailand. Blessed with abundant sunshine, rich soil and a cool climate, these environmental factors support an organic yield of perfectly juicy and crunchy carrots with a lovely splash of orange color. The small group of farmers in Thailand use traditionally earth-friendly farming methods inspected by a nationally recognized agency to verify organic authenticity.

Full of great tasting flavour, ZENXIN organic carrots have a naturally sweet milk flavour and firm texture, making them great for soups, salads or carrot cakes. Equally great skin on, as carrot peels contain nutrients such as vitamin C, vitamin B3 (niacin), and other phytonutrients.

#todayshelthtomorrowsreunion:

The pandemic has disrupted our pace of life, yet it can not stop our longing hearts from missing our families and friends.

Though we are separated by the border, let us celebrate this Mid-Autumn Festival with our sincerest hearts, sending our most heartfelt wishes to each other.

The greatest blessing is seeing your loved ones in the pink of health. To love yourself and to take care of your health, both physically and mentally, would be the best gift for your family.

Today's health is for the reunion tomorrow.

Under the same moonlight, with our health and love, we shall overcome this war of the century.





诚心庆中秋 月圆心团圆

A Hearty Heart-full Reunion

#今天的健康明天的团圆:

疫情打乱生活步调，却阻挡不了我们对远方家人亲友的思念。

今年的中秋，就算分隔两地，我们也要诚心诚意过节，给彼此送上最真挚的祝福。

看见心爱的人健康，就是最大的祝福。

好好爱自己，给自己一个强健的体魄，就是送给家人最好的礼物。

今天的健康，就是为了明天的团圆。

同样的月光下，我们要用爱和健康来打赢这场世纪之战。

ZENXIN
ORGANIC

Simply
Natural

Celebrating

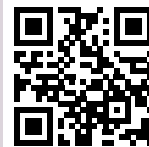
MID-AUTUMN FESTIVAL

Promotion Period :

23 August- 21 September 2021

诚心庆中秋
月圆心团圆

A Hearty Heart-full Reunion



Purchase here!



RM59.⁹⁰
U.P.: RM66.50

MID-AUTUMN ORGANIC STEAMBOAT BOX

**Suitable for 3-4 pax

5-6 types organic produce including leafy and starchy vegetables + Steamboat stock 120g + Qing Yuan Organic Dried Small Brown Shiitake 60g + Pumpkin Vermicelli 400g + Seaweed Beancurd 400g



RM16.⁸⁰
BUY 2 @
RM30

ORGANIC HANDMADE 'MID-AUTUMN REUNION' (中秋团圆) LONGEVITY NOODLES



RM58.⁸⁰
U.P.: RM78

LOVE THY DAZZLE APPLE GIFT BOX

Approximately 14 pcs
Certified Organic Dazzle
Apples packed in an exquisite
heart-shaped box



Choose
any 2 & get
20% OFF

ORGANIC HANDMADE ASIAN NOODLES BUNDLE

(Turmeric & Charcoal)

- Turmeric Noodle
- Charcoal Noodle
- Turmeric Mee Sua
- Charcoal Pan Mee
- Turmeric Pan Mee
- Charcoal Mee Sua



RM29.⁹⁰

ORGANIC TEA BUNDLE BUNDLE A

Slimming Tea Combo

- Organic Happy Valley Darjeeling Tea
- Organic Yerba Mate Tea

BUNDLE B

Sugar Guard Tea Combo

- Organic Mulberry Leaf Tea with Bitter Gourd
- Organic Cinnamon Tea

FOLLOW US:

ZENXIN ORGANIC FOOD MALAYSIA | zenxin.organic.food | Customer Services: +6012-705 8199 (WHATSAPP US)

For more information and get updated discount info: <http://zenxin.com.my>

** Corporate order available

ZENXIN
ORGANIC

Simply
Natural

Celebrating

MID-AUTUMN FESTIVAL

Promotion Period :

23 August- 21 September 2021

诚心庆中秋
月圆心团圆

A Hearty Heart-full Reunion



Purchase here!



\$27

*Box value
worth \$33!

MID-AUTUMN ORGANIC STEAMBOAT BOX

**Suitable for 3-4 pax

5-6 types organic produce including leafy and starchy vegetables + Steamboat stock 120g + Qing Yuan Organic Dried Small Brown Shiitake 60g + Pumpkin Vermicelli 400g + Seaweed Beancurd 400g



\$8.80

BUY 2 @
\$16

ORGANIC HANDMADE 'MID-AUTUMN REUNION' (中秋团圆) LONGEVITY NOODLES



\$28.80

LOVE THY DAZZLE APPLE GIFT BOX

Approximately 14 pcs
Certified Organic Dazzle
Apples packed in an exquisite
heart-shaped box



Choose
any 2 & get
20% OFF

ORGANIC HANDMADE ASIAN NOODLES BUNDLE

(Turmeric & Charcoal)

- Turmeric Noodle
- Charcoal Noodle
- Turmeric Mee Sua
- Charcoal Pan Mee
- Turmeric Pan Mee
- Charcoal Mee Sua



ORGANIC TEA BUNDLE BUNDLE A

Slimming Tea Combo

- Organic Happy Valley Darjeeling Tea
- Organic Yerba Mate Tea



\$11

BUNDLE B

Sugar Guard Tea Combo

- Organic Mulberry Leaf Tea with Bitter Gourd
- Organic Cinnamon Tea

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For more information and get updated discount info: <http://zenxin.com.sg>

** Corporate order available

MID-AUTUMN 2021: A SATISFYING STEAMBOAT FEAST WITH YOUR FAMILY

With Covid-19 still looming over us, ZENXIN strongly encourages safe celebration of the Mid-Autumn Festival this year. Safety measures and social distancing does not mean a bleak festive season. You can have a smaller scale celebration in the comfort of your homes without compromising your safety.

ZENXIN Organic Food has specially curated the Mid-Autumn Organic Steamboat Box, which is suitable for small families or friends to enjoy the feast over this festive season in a safe and healthy manner! It is made of all natural and organic ingredients which are wholesome, pure, additives and chemicals-free! With no dairy included, the Mid-Autumn Organic Steamboat Box is suitable for our vegan friends as well! You may also gift this bundle to your families, friends or relatives and hold a virtual steamboat reunion dinner!



We use only the freshest and finest ingredients to serve you an excellent steamboat experience.

PUMPKIN VERMICELLI

Made with organic pumpkin that tastes naturally sweet and retains its springy texture even when boiled in a steamboat!

STEAMBOAT STOCK

Famous ZENXIN Organic Park steamboat stock which is salt-free and MSG-free!

QING YUAN ORGANIC DRIED SMALL BROWN SHIITAKE

Grown organically in Zhejiang, China with an exceptional aroma and soft texture.

ORGANIC FRESH PRODUCE

Internationally certified organic fresh produce grown without chemical fertilisers and pesticides including starchy and leafy vegetables suitable for steamboat.

SEAWEED BEANCURD

Made with non-GMO soybeans with the flavour of natural seaweed. This is the must-have protein food to be included in the steamboat!



MALAYSIA
RM59.⁹⁰
U.P.: RM66.50

SINGAPORE
\$27
U.P.: \$33

*For 3-4 pax
(Excluding
DELIVERY FEE)



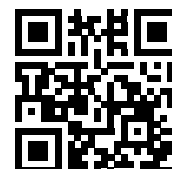
What's included:

- 5-6 types Organic Produce
- 1 pkt x Steamboat Stock 120g
- 1 pkt x Qing Yuan Organic Dried Small Brown Shiitake 60g
- 1 pkt x Pumpkin Vermicelli 400g
- 1 pkt x Seaweed Beancurd 400g

Promotion Period:

23 August- 21 September 2021
Get it now while stocks last!

Scan and Order



Singapore



Malaysia

A HEALTHY GUIDE TO MID-AUTUMN FEASTING

It has been a tough year for all of us. Family members who are outstationed are unable to reunite with their family during this Mid-Autumn Festival. Despite the pandemic, Let's not dampen our spirits but continue to hold celebrations and feasts virtually with the help of technology!

Let ZENXIN share some healthy feasting tips with you!

1. Check nutrition labels of mooncake before purchase

It's time to pick up some mooncakes for your mid-autumn celebration!

With online exclusive promotions and also the convenience of shopping online, many have stopped going to malls for their groceries.

If possible, do check the nutrition labels and expiry dates before purchasing. For example, compare the nutrition labels among different brands and different flavours of mooncakes, as some brands make confusing claims of reduced sugar and fat content. You could check the product descriptions or request for further clarification from the seller.

2. Lesser portion, but more enjoyment

One of the must-have items for Mid-Autumn celebration is mooncake. It is considered a calorie-dense pastry. Despite its small size, it is high in sugar and fat.

Sharing is caring, so start sharing your mooncake with your colleagues and neighbours. In that way, you will all share the joy in mooncakes together!

It is recommended that you do not finish the entire mooncake in one sitting but to stop at a quarter of an entire portion.

3. Refresh yourself with some fruits

After a satisfying steamboat, barbeque meal or sweet bites from mooncakes, do take some fresh fruits such as pomelo, pear or any other of your favourite fruits that are in season.

Consuming fresh fruits would provide you with essential vitamins and nutrients that keep you healthy and strong. Most importantly, dietary fibre in fruits helps you maintain a healthy gut and enhances your immunity, which is particularly important during this period.

4. Stay hydrated with no sugar

Feeling greasy or bloated after the mooncake indulgence? It is recommended to take plain water or unsweetened tea instead of sugar-sweetened beverages to avoid sugar overload.

Consuming sugar-sweetened beverages often increases your overall calorie intake and causes stomach discomfort, especially when consumed along with fat and sugar-loaded mooncakes. Alternatively, drink teas such as green tea and yerba mate tea that are known for boosting your body's metabolism rate which helps manage your weight.



5. Barbeque or steamboat ?

Some families will organise a small scale barbeque party in the house as one of the must-have customs while celebrating Mid-Autumn festival. However, food rich in creatinine such as meat would produce harmful compounds called heterocyclic amines (HCAs) upon reaction with high heat over open flame.

Therefore, it is recommended to pre-cook and slightly grill the meat on the barbeque until it is fully cooked without being charred. Or you may go for a hassle-free steamboat dinner with your family, where you may enjoy the natural flavours of the ingredients without health concerns.

TEA X NOODLE

The 180cm long ZENXIN Organic Longevity Noodles combines the Lakadong Turmeric Powder from Darjeeling, India with a recipe from Loke's family dating more than 50 years old. Longevity Noodles are traditional Chinese noodles which symbolize a long and happy life. The longer the noodles, the longer the lifespan of those who consume them. Hence, it is taught that while preparing or serving the noodles, to be careful in not breaking or cutting them.

Soy Sauce brewed for 12 months using a 140 years old traditional technique, results in a unique taste with a combination of salty, umami, sweet, slightly bitter and sour flavours! Next, our Organic Toasted Yerba Mate Tea may just be thing that helps you quit drinking coffee! It can boost your energy without making you feel jittery and also promote alertness. This tea brews into a thin-bodied consistency with a mild and faintly bitter taste and a slight astringency.



COOKING TIME:
10 MINS



SERVES:
1 PERSON

INGREDIENTS:

- 1 piece Organic Handmade Longevity Noodles
- 1 tea bag Organic Toasted Yerba Mate Tea
- 2 tablespoons Premium Grade Organic Soy Sauce

TOPPING

- Sprinkle Seaweed Snack
- Sprinkle Organic White Sesame

METHOD:

1. Brew the tea either hot or cold and set aside
2. Cook noodles for 7 minutes in boiling water.
3. Strain the noodles in a bowl.
4. Add the toppings.
5. Add the soy sauce and tea. Now it is ready to enjoy!



Organic Handmade
Longevity Noodles
80g Malaysia



Organic Yerba Mate
Tea 32g Brazil
200g India



Premium Grade
Organic Soy Sauce
340ml China

Scan QR Code for
ZENXIN's Recipes



STEADY BOOST BEET BEET



Give your 'sleeping cells' a morning call with this simple beetroot smoothie and brighten up a new day.

Beetroot is rich in antioxidant betaine, which helps maintain healthy blood pressure and provides energy. The ABC nut butter used in the recipe contains no added sugar or salt, every drop is nut-ricious. The vitamin B and tryptophan in bananas helps your body produce the "happy hormone", known as 5-hydroxytryptamine. The smoothie also contains blueberries, which are naturally high in antioxidants, to help you fight off free radicals!



COOKING TIME:
15 MINS



SERVES:
1-2 PERSONS

INGREDIENTS:

- ½ medium Organic Beetroot (frozen)
- 2 small sized Organic Banana (frozen)
- 1 tablespoon Organic Blueberries
- 1 tablespoon ABC Nut Butter
- ½ cup Water

METHOD:

1. Dice the beetroot and banana into cubes, set aside.
2. Add all the ingredients into the blender.
3. Give it a good blend until smooth (around 10-20 seconds).
4. Pour the smoothie into a cup and enjoy!



Organic Beetroot
300g± Australia



ZENXIN Organic
Banana
800g± Malaysia



Organic Blueberries
125g Chile



Simply Natural 100%
ABC Nut Butter
200g Malaysia

Scan QR Code for
ZENXIN's Recipes



TEMPEH: THE PLANT BASED SUPERFOOD

WHAT'S TEMPEH?

Tempeh (pronounced "tem-pay") has been hailed as a versatile superfood. It is a fermented whole soybean product (like tofu) that originated in Indonesia.

Fat
11g
per 100g

Carbs
11g
per 100g

Calories
193
per 100g

Protein
18g
per 100g

Fibre
6g
per 100g



Tempeh is a great alternative to meat, as it is packed with protein and rich in vitamin B12

HOW TO COOK TEMPEH?

Both versatile and nutritious, tempeh is great for stir frying, steaming, grilling or roasting. You can eat tempeh raw or by boiling it and eating it with miso or soy sauce. It can also be used as a substitute for meat in just about any meal.

HOW TO STORE TEMPEH?

Keep tempeh in the freezer (-18°C). If stored in a chiller (0-4°C), it is advised to consume within 3 days after purchasing for the best consuming experience.

CHOOSE THE BEST TEMPEH: SIMPLY NATURAL'S ORGANIC TEMPEH

Simply Natural's Organic Tempeh comes in 3 unique variations, Organic Black Bean Tempeh, Organic Buckwheat Tempeh and Organic Chickpea Tempeh.

HOW ARE SIMPLY NATURAL'S TEMPEH MADE?

To make the tempeh, non-GMO organic beans are washed, soaked overnight, hulled and cooked for 45 minutes to 1 hour, then drained and cooled. Then they are mixed with flour, vinegar and non-GMO ragi (*Rhizopus Oligosporus*), a type of fungus used as a starter culture in tempeh making. The mixtures are packed and then fermented for 24-48 hours. During fermentation, the beans bind with mycelium which grows from the Ragi, becoming a dense, smooth network of white fibers that transforms the tempeh into a firm and solid cake.

ORGANIC BUCKWHEAT TEMPEH

- Made from buckwheat
- Lighter tasting with chewy texture



ORGANIC BLACK BEAN TEMPEH

- Made from hulled black bean (green kernels)
- Authentic earthy, nutty and umami taste with a fresh mushroom like-smell
- Cake-like dense texture



ORGANIC CHICKPEA TEMPEH

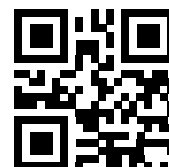
- Made from chickpea
- Lighter tasting with a grainy and starchy texture



SIMPLY NATURAL TEMPEH VS PASTEURIZED TEMPEH

	Simply Natural Tempeh (Unpasteurized Tempeh)	Pasteurized Tempeh
Process	Made without heat treatment	Made by introducing high heat
Flavour	Authentic earthy, nutty and umami taste with fresh mushroom-like smell	Often taste bitter
Shelf Life	Best for 3-5 days	Longer shelf life
Appearance	Soft and lush white mycelium	Tan in color

Scan and Purchase



Singapore



Malaysia

NEW POCKET SNACK: **ORGANIC TURKISH RAISINS**

We've all been there - busy with our projects, daily tasks, needing to get to school, head over to sports practice or just sitting in an office without healthy food options nearby. You just want to grab a snack just in case! But what should you pick?



Introducing Simply Natural's Organic Turkish Raisins that now come in mini packs – a perfect fit for your pocket and your great snack companions wherever you go!



Golden Raisins
are sweet and
juicy.

Perfect for kids!

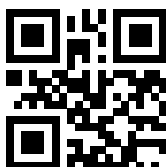


Thompson
Seedless Raisins
are tart and
firm.

Preferred by the adults!

Simply Natural's Organic Golden Raisins and Organic Thompson Seedless Raisins are grown in Turkey. Meticulously sun-dried and processed without any sulphur treatment, added sugar and preservatives, these raisins are a guaranteed flavourful snack option for all. They also provide a good source fibre and are a tasteful and healthier addition to any recipe.

For more exciting products under this series:



Scan to know more!

DO YOU NEED A NUTRITIONIST OR DIETITIAN?

Dietitians and nutritionists are both nutrition experts who are considered to be healthcare professionals.

People often have misconceptions that both professions' job scopes are the same.

ZENXIN always cares about our customers and introduces them to nutrient dense organic foods that are uncommonly seen in our typical markets. However, we realised that our customers may not be familiar with these amazing foods and are unable to experience the wonderful benefits and nutrition behind them.

Therefore, we have initiated our own nutrition advisor team, which involves our in-house accredited nutritionist and dietitian. Why do people get confused between these two professions: a Nutritionist and a Dietitian?

Let's find out who they actually are!



	Nutritionist	Dietitian
Definition	A trained professional that focuses on promoting a healthy eating and active lifestyle. Nutritionists deal with healthy people who are seeking advice to improve their nutrition by making good choices of food.	A trained professional that promotes nutritional wellness and treats medical conditions through medical nutrition therapy. A dietitian works with people with diseases and those who require guidance in making dietary changes.
Educational backgrounds	<ul style="list-style-type: none"> Both acquire knowledge of biology and food basics, body physiology, microbiology, genetics and food preparation. Differ by specialisation in later academic years. In-depth studies of planning, executing and monitoring of nutrition education, promotion programmes and sports nutrition. 	<ul style="list-style-type: none"> More focused on clinical biochemistry, medical nutrition therapy and preparing therapeutic diets. It is compulsory for them to practice in 3 types of placements, including clinical, community and food service.
Workplace	<ul style="list-style-type: none"> Health clinic Sport and fitness centre Schools Nutritional supplement companies Research institutes 	<ul style="list-style-type: none"> Clinical settings (hospital, clinic) Retail pharmacy Long term care centre (dialysis centre, nursing homes) Digital health industry

TOP 3 REASONS WHY YOU SHOULD SEE A NUTRITIONIST OR DIETITIAN

1. You have doubts on the nutritional value of food

As technology advances, tons of nutrition-related information are easily available, but the credibility of sources are often dubious. This is a concern, as healthcare professionals are required to provide practical and reliable nutritional information and advice.

2. You care about your family members

You want to know if your breastfed baby is getting adequate nutrients, why your young children are picky eaters and if your aging parents are eating well and are healthy and active. A nutritionist or a dietitian could help by providing assistance in caring for your family members through diet interventions and advice.

3. You would like to enhance your workout performance

Besides perfecting your diet, physical activity is also part of your healthy lifestyle. A nutritionist or dietitian could assist you in enhancing your overall workout performance, from pre-workout preparation to post-workout recovery through sufficient nutrition.

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RM488

Original Price: RM557

SINGAPORE

\$238

Original Price: \$313

THE MAGIC OF FOOD: LIVE LONGER AND HEALTHIER

Food does not just provide us with energy and basic nutrients that support our body functions. Some food does magic to one's health by giving our bodies additional health benefits and protecting them against certain diseases when consumed. This is due to the bioactive compounds these foods contain. The magic stems from how the food is made and the ingredients in it!

Let's discover the goodness of these 4 magical foods that can do wonders to our health!

BEYOND THE LOAF: SOURDOUGH BREAD

Sourdough bread is one of the healthiest breads and this ancient fermented bread is made from natural occurring yeast and lactic acid bacteria in flour. In fact, its natural acidity prevents harmful bacteria from growing, hence preventing the need for any preservatives.

The fermentation process of sourdough potentially improves the nutritional properties of rye, oat and wheat products. During the fermentation process, it neutralizes phytate - an antinutrient compound. The reduction of phytate in sourdough increases mineral absorption, making it more digestible and nutritious than regular bread.

Several studies also reported that compared to other bread, sourdough contains higher levels of folate and antioxidants. The fermentation process also gives sourdough a pretty impressive nutrition profile, where it is rich in calcium, potassium, magnesium, and niacin.

Furthermore, studies also show that sourdough bread's fermentation process helps to reduce its glycemic index (GI) and slows down the release of sugar into the bloodstream.

HEALTHIER ALTERNATIVE TO BEER: KOMBUCHA

Kombucha is a fermented tea made with tea, sugar and yeast and it has been consumed for thousands of years. It gives a fizzy sweet-and-sour drink and is a good source of beneficial probiotics with many health benefits.

Kombucha contains alcohol. The alcohol in kombucha will probably not get you drunk (the concentration normally lesser than 3%), but still a healthier alternative to beer if you are just looking for some refreshment.

Kombucha is also rich in bioactive components, this includes polyphenols and glucuronic acid. The synergistic effect of these two antioxidants helps make kombucha highly beneficial, and includes health properties which protects against the development of cardiovascular disease, reduction of cholesterol level and high blood pressure, prevents cancer, promotes liver health and boosts your immune system.

THE BEST PASTA SUBSTITUTE: KONJAC NOODLE

Konjac noodles, also known as miracle noodles or shirataki noodles, promote fullness yet are low in calories and carb-free. The main ingredient of Konjac noodles is the Konjac plant, which grows in Japan, China and Southeast Asia.

This unique noodle is a wonderful substitute for traditional noodles as it contains glucomannan, a high viscous fibre that can absorb up to 50 times its weight in water and helps to slow down digestion. Several studies have shown that glucomannan in konjac noodles delay stomach emptying, helping you stay satiated for a longer period of time and eating less. This would help in weight loss for overweight and obese individuals. Some studies also show that glucomannan can help to improve blood sugar levels in diabetes and insulin resistance patients.

The viscous fiber in konjac noodles can act as a prebiotic which feeds the gut flora or microbiota in your colon. Fermentation of the viscous fibre into short-chain fatty acids can boost the release of gut hormones, which help decrease inflammation, boost immune function amongst other health benefits.

SOY SUPERFOOD: TEMPEH

Tempeh is a fermented and versatile soy product originating from Indonesia which is a probiotic food that is good for microbiota in your digestive system.

Compared to tofu, tempeh is a more nutritious soy product as an excellent source of protein, and various vitamins and minerals that bring numerous health benefits. This includes improving cholesterol levels, promoting bone and digestive health, and reducing inflammation.

One cup (166 grams) of tempeh gives about 31 grams of protein. Being high in soy protein, it can provide satiety, improve your appetite, and help in weight loss. It also contains soy isoflavones which have shown to reduce cholesterol levels. Moreover, soy isoflavones also have antioxidant effects that may help to reduce oxidative stress and chronic disease.

Tempeh is also a popular food for vegan and vegetarians as it contains vitamin B12 and is an excellent source of protein.



A LETTER: ROME WASN'T BUILT IN A DAY

NUTRITIONIST'S ADVICES

Hi Nutritionist,

I feel very happy because my reliable organic store finally has its own nutritionist service, which is exactly what I need right now.

My life changed after the Covid-19 outbreak, and I realized that I might have some health issues. I do not know where to start and this makes me feel hesitant and lost. I hope I can get some professional advice from you today. Thank you for taking the time to read my email!

I'm 27 years old and I work as a sales representative for a multinational company. Before the pandemic, the company always had a lot of social activities all year round, for me and my colleagues to enjoy team building exercises, yoga class and company trips. My company also has some basic gym facilities, and I usually spend an hour after work working out. I enjoy the feeling of sweating after a hearty exercise!

Due to the Covid-19 outbreak, I have been notified to work from home. So I didn't go to the gym for about a year, and the communication with colleagues has moved to ZOOM and other online platforms. At the beginning, I felt good and being at home helped to protect me and my family from Covid-19. But after a period of time, I started to get bored with this arrangement. Half a year into working from home, my body weight has increased. To be honest, I'm a person who really cares about my body stature. Weight gain has caused me to lose confidence and fear. When having ZOOM meetings, I often disable my video camera as I did not want my colleagues to see how much weight I have gained.

I have been a long-term customer of ZENXIN. I used to bring salad, made from fresh vegetables I purchased from ZENXIN, for my lunch at work. Now that I am working from home, and that I live with my parents, I usually have home-cooked meals together with them. We usually have Chinese dishes, such as white rice, soup, mixed vegetables and meat etc. In order to let my mum have a better rest on weekends, I would normally order some takeaways so that she does not need to cook.

Apart from my parents, my elder brother, my sister-in-law, and their two children live together with us as well. Sometimes, we would order fast food and there would be leftovers. Instead of letting it go to waste, I would finish up all the leftovers. I also realized that I eat more than I should when I am feeling stressed, as it helps to feel better. I guess these are the reasons why I have been gaining weight.

In this half a year, I have gained 7kg and my current weight is now 65kg. But I am only 160cm tall. I feel that I look short and stumpy when standing in front of the mirror and this makes me feel really bad. I don't know what I should do during this pandemic and how to be physically active. So when I found out that ZENXIN has a nutritionist consultation service, I sent this email straightaway, hoping that a professional nutritionist's advice could solve my doubts.

Warm Regards,
Alice

Dear Alice,

It is nice to hear from you.

I am glad that you are willing to take this step and make improvements to your health and body. It is never too late to make a change.

Taking your height into account, your ideal body weight should be around 58kg. But with your current weight, your Body Mass Index (BMI) is at 25.4, which falls into the overweight category. This could put you at a higher risk of serious health conditions. We often advocate that there are no short-cuts or magic pills for weight loss. Only by controlling your calorie intake and increasing the amount of calories burnt, weight loss can then be achieved. This should be done in a slow and progressive manner so as to not compromise your health.

We understand that it could be difficult to head out to the gym to exercise during this Covid-19 period, but there are plenty of workouts you can try out at home. You could try following workout videos available online, or download reminder apps to help you stick to an exercise routine. A daily 20-minute, moderate intensity workout, would be a good start.

We know that you are not satisfied with how you look and have lost your self-confidence. Weight gain is often due to the lack of exercise and excessive calories intake in our daily life. Don't feel bad about your current body shape, as that could be changed if you start changing your eating habits and lifestyle now. Make a positive change to your diet, exercise frequently, meditate when you feel upset or nervous about your body, develop new hobbies to help you be more active, and have a good quality sleep. Overtime, I hope these activities will help motivate you to be active even at home, and eventually, help you regain your confidence.

We have also noticed that you eat to relieve your stress. This is called "emotional eating". Most of the time, emotional eating can cause overeating and would contribute to weight gain. Thus it is important to address your problems by trying out some stress management techniques, like yoga, meditation or deep breathing. Adopting a new hobby or exercising would definitely help to distract you and is definitely a better alternative to overeating.

Lastly, bear in mind that "Rome wasn't built in a day", but taking one step at a time in the right direction can help you achieve positive results. You are not alone in this journey and we will be with you, guiding you step by step until you have achieved your health goals!

We look forward to hearing from you about your progression after the above suggestions.

If you need us to provide a personalised diet plan and coaching according to your dietary preferences and weight loss goals, you can reach us or WhatsApp us at our hotline: +6011-5977 5915 (MY)/ +65 8142 9299 (SG) for more information!

Thank you and have a nice day!

Regards
Miss Huiqi
ZENXIN's nutritionist



OUR FOOTSTEPS

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CONNECT WITH US

We have launched another communication platform (Whatsapp Business and Telegram) that will not only allow you to get exclusive offers and promotions instantly, we can also notify you about our products, events etc real-time!

KEEP US AS YOUR OWN CONTACT

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+65 8142 9299

(Promotion campaigns and workshops)

+65 6778 7369

(Organic Products information)

MALAYSIA:

+6012 3708 299

(Organic Products information)

+6019 7738 985

(ZENXIN Organic Park, Kluang)

+6011 5977 5915

(Promotion campaigns and workshops)

WHATSAPP US

Your Name_Location_

Your feedback or questions.

Example: Fatimah_Singapore_May I know what is the new travel products in year 2021?

Or

Example: Fatimah_Johor_How much the farm tour package at ZENXIN Organic Park?

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Whatsapp us at:

Customer Service Hotline

Singapore: +65 6778 7369 | Malaysia: +6012 705 8199



Head Quarter:

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