



LifeFit Plus

Frequently Asked Questions

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1. Can a child consume LifeFit Plus? And at what age or dosage? ▼

Children and youth ages 3-12 years old can consume LifeFit Plus at half a sachet each day. Children should start on LifeFit Plus to strengthen their immune system especially when they begin attending school. It is recommended that children and youth eat a full sachet per day if they are feeling unwell (e.g., coughs and colds). Once they have recovered, they can resume to half a sachet daily to maintain health immunity.

2. How do we eat LifeFit Plus? ▼

LifeFit Plus may be consumed directly, orally. Tear the sachet and eat directly. If you wish to mix with water, please use cold or normal room temperature water as heat or hot water will destroy its antioxidant properties.

3. What about adults who are sick? Can they have more LifeFit Plus? ▼

For people age 13 and above, the recommended dosage is one sachet daily. However, if the person is under the weather (e.g., coughs and colds), he may consume 2 sachets daily. When he is no longer unwell, he may resume to one sachet per day.

LifeFit Plus has antioxidant and anti inflammation properties, if the person has an inflammation in his ear, LifeFit Plus may help to soothe the inflammation and improve the discomfort

4. Can we eat LifeFit Plus on an empty stomach? Must we eat after meals? ▼ Is there a specified time?

LifeFit Plus is a health food product, not drug or medicine, thus can be eaten at any time at your convenience, either before or after meal. If you are taking any medicine, suggest to consume 2 hours apart with medicine.

5. When will I see results in my health with LifeFit Plus? ▼

Although results may vary among different people, improvement is significant especially for those who have weak immune system or have respiratory issues when you follow the recommended dosage, consecutively for 2-3 weeks.

6. Can pregnant women eat LifeFit Plus? What about lactating women?

Although the ingredients are safe for pregnant and lactating women, however it is advisable to consult their doctor first before eating in case if they have any unknown underlying diseases.

7. Can diabetics eat this product? Is it too sweet?

LifeFit Plus contains stevia, a natural leaf sweetness which is considered safe for people with diabetes and it has no calories. Please consult your doctor on any health issues.

8. Can people with cancer take LifeFit Plus?

LifeFit Plus contains Tiger Milk Mushroom which is anti-cancer and has many pro immune properties to boost our stamina and vitality. Although it is not used to cure cancer, it can help cancer patients to maintain their energy throughout the cancer treatment process. Please consult your doctor on any health issues.

9. What about COVID-19 patients?

Although it is not used to cure COVID, LifeFit Plus will improve the lung recovery and health of patients. Taking one sachet twice a day is recommended. When they are fully recovered, one sachet per day will help maintain immunity.

10. Is LifeFit Plus suitable for vegetarians? Muslims?

LifeFit Plus is made from ingredients that are 100% natural, all vegan, non-GMO and halal.

11. Are there any proof or tests? What about the production quality?

LifeFit Plus ingredients are clinically proven to help strengthen our immune system. Its exclusive and patented ingredients are backed by published research.

LifeFit Plus is free from pesticides, fertilizers and other chemical additives. Free from heavy metals, alpha toxin and microbial contamination. Free from refined sugar, artificial coloring and artificial sweeteners. It is manufactured in a controlled, certified clean system.

12. Why choose Tiger Milk Mushroom in LifeFit Plus over capsule form of tiger milk mushroom available in the market which targets for respiratory health ?

LifeFit Plus is an innovation formulation that combines various ingredients that work synergistically to improve not only respiratory but also immune and overall health.

13. Can we consume LifeFit Plus as pre & post covid-19 ?

Consuming LifeFit Plus can boost our immune system that provide extra protection against infecting Covid-19.

For those infected with Covid-19, LifeFit Plus helps boost up the recovery process and reduce discomfort from Covid-19 side effects.

14. What are the health benefits of LifeFit Plus if we introduce it to children who contracted Hand, Foot, and Mouth disease (HFMD) ?

HFMD is caused by virus infection. LFP has antioxidant properties, that can boost children's immune system to protect them against the virus.

15. Why does the new lot of LifeFit Plus taste different from the past?

LifeFit Plus is made from natural Tiger Milk Mushroom and natural fruits, hence tastes may vary slightly from batch to batch. LifeFit Plus does not have any artificial flavors, which will always taste the same with no changes.



LifeFit Plus

经常问的问题

1. 孩子可以吃LifeFit Plus吗？什么年龄或剂量？

3-12 岁的儿童和青少年可以每天服用半包 LifeFit Plus。孩子们应该开始使用 LifeFit Plus 来增强他们的免疫系统，尤其是当他们开始上学时。如果儿童和青少年感到不适（例如咳嗽和感冒），建议他们每天吃一整包。当痊愈后，可恢复至每日半包，以维持健康免疫力。

2. 我们如何吃LifeFit Plus？

LifeFit Plus 可以直接口服食用，撕开小袋直接食用。如果您想与水混合，请使用冷或常温水，因为热水会破坏其抗氧化性能。

3. 生病的成年人怎么办？他们可以多吃LifeFit Plus吗？

对于 13 岁及以上的成年人，推荐剂量为每天一包。但是，如果该人感觉不适（例如，咳嗽和感冒），他可以每天吃 2 包。当他不再感到不适时，他可以恢复到每天一包。

LifeFit Plus 具有抗氧化和抗炎特性，如果某人的耳朵有炎症，LifeFit Plus 有助于缓解炎症和改善不适。

4. 我们可以空腹吃LifeFit Plus吗？我们必须饭后吃吗？有规定的时间吗？

LifeFit Plus 是一种健康食品，不是毒品或药物，因此可以在您方便的时候随时食用，无论是饭前还是饭后。如果您正在服用任何药物，建议与药物时隔2小时再服用。

5. LifeFit Plus什么时候才能看到我的健康结果？

虽然结果可能因人而异，但如果每天遵循推荐剂量吃，连续 2-3 周，改善是显著的，特别是对于那些免疫系统较弱或时有呼吸道疾病的人。

6. 孕妇可以吃LifeFit Plus吗？哺乳期妇女怎么办？

虽然LifeFit Plus成分对孕妇和哺乳期妇女是安全的，但建议在食用前先咨询医生，以防有任何不明的基础疾病。

7. 糖尿病患者可以吃这个产品吗？是不是太甜了？

LifeFit Plus 含有甜菊糖，这是一种天然的叶子甜味剂，对糖尿病患者是安全的，而且不含卡路里。如有任何健康问题，请咨询您的医生。

8. 癌症患者可以服用LifeFit Plus吗？

LifeFit Plus 含有虎乳芝，它具有抗癌和增强免疫力功效，可促进我们的耐力和活力。虽然它不能用于治愈癌症，但它可以帮助癌症患者在整个癌症治疗过程中保持能量。如有任何健康问题，请咨询您的医生。

9. COVID-19 患者呢？

虽然 LifeFit Plus 不能用于治愈 COVID，但它会改善患者的肺部恢复和健康。建议每天服用两次，每次服用一包。当它们完全康复时，每天服用一包将有助于保持免疫力。

10. LifeFit Plus 适合素食者吗？穆斯林？

LifeFit Plus是由 100% 天然、纯素食、非转基因和清真成分制成。

11. 是否有任何证明或测试？生产质量如何？

LifeFit Plus 的成分经临床证明有助于增强我们的免疫系统。其独家专利成分得到已发表研究的支持。

LifFit Plus 不含农药、化肥和其他化学添加剂。不含重金属、 α 毒素和微生物污染。不含精制糖、人工色素和人工甜味剂。它是在受控的、经过认证的清洁系统中制造的。

12. 为什么选择 LifeFit Plus 中的虎乳芝，而不是市场上针对呼吸系统纯正成分的虎乳芝胶囊？

Lifefit Plus 是一种创新配方，结合了多种协同作用的成分，不仅可以改善呼吸系统，还可以改善免疫系统和整体健康。

13. 我们可以在 Covid-19 之前或之后使用 LifeFit Plus 吗？

服用 LifeFit Plus 可以增强我们的免疫系统，从而提供额外的保护，防止感染新冠病毒。

对于感染新冠病毒的人，LifeFit Plus有助于加快恢复过程并减少新冠病毒副作用和不良的后遗症。

14. 如果我们将 LifeFit Plus 介绍给患有手足口病 (HFMD) 的儿童，它对健康有什么好处？

手足口病是由病毒感染引起的。LFP 具有抗氧化特性，可以增强儿童的免疫系统以保护他们免受病毒侵害。

15. 为什么新一批的 LifeFit Plus 味道与过去不同？

LifeFit Plus 由天然虎乳芝和天然水果制成，因此每批的口味可能略有不同。LifeFit Plus 不含任何人造香料，它们永远具有相同的味道。