

# Gaining weight the right way

**A**PPETON Weight Gain is a high-protein formula specially formulated for skinny people to gain weight healthily. Appeton Weight Gain is manufactured in Europe and is clinically proven to increase weight in both adults and children.

A study conducted on Appeton Weight Gain by Universiti Putra Malaysia (UPM) showed that an average of 2kg weight gained within two to three months by both adults and children.

This study was done among 34 adults and 33 school children. The 34 adults consumed Appeton Weight Gain Adult three times a day on top of their daily meal for two months. Body weight was assessed every month. The adults gained an average 2kg after two months.

Likewise, the 33 children in the study consumed Appeton Weight Gain Junior three times a day on top of their daily meals for three months.

Body weight was assessed every six weeks. After three months, the children gained an

average of 2kg.

The study proved that Appeton Weight Gain is effective and helps one to gain weight healthily without any complications.

Appeton Weight is the only brand clinically proven to gain weight healthily.

## Benefits of Appeton Weight Gain:

1) Triggering lean mass growth. It contains L-Protemax to help lean mass growth. L-Protemax consists of L-Lysine, L Argine and Glutamic acid.

2) Has a high PER of 3.1 for an effective weight gain. PER is a measurement of a protein's ability to increase body weight. The Food and Drug Administration (FDA) standard for PER value is 2.5. The higher the PER, the greater the ability to increase body weight. Appeton Weight Gain has a high PER value of 3.1.

3) Easily digested and absorbed (good bioavailability). Appeton Weight Gain contains whey protein. Whey protein contains amino acids that are

easier to digest and absorb.

4) Contains the right amino acids. Appeton Weight Gain adult contains the right and specific amounts of amino acids needed for tissue growth

5) Increases weight gradually. Instant weight gain can take a toll on the body by increasing the bad cholesterol level and glucose. With Appeton Weight Gain, one will experience gradual weight gain without any side effects. It is important to take time to put on weight for the body to adjust progressively. To get the desired results, one needs to consume Appeton Weight Gain two to three times daily one hour after each meal.

## How does one know if he/she is underweight?

A person is considered

underweight if his or her BMI (Body Mass Index) falls below a certain threshold.  $BMI = \text{weight (kg)} / (\text{height})^2 (\text{m}^2)$

Weight status	BMI reading
Underweight:	Below 18.5
Normal:	18.5 to 24.9

There are many reasons why adults are underweight. Some adults are genetically thin because they have a higher metabolism rate compared with others. A busy lifestyle coupled with stress, depression, smoking, poor appetite, convalescence or strenuous physical activities are some reasons why most adults remain skinny.

■ Appeton products are available at leading pharmacies and Chinese medical halls. For enquiries, call the customer support line at 1800 888 889.



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