

KENTA

NATURAL ANTI-AGEING FORMULA INSPIRED BY THE OKINAWA DIET



**UNLOCK THE SECRET
TO HEALTH AND LONGEVITY**

CERTIFIED 100% PHYTONUTRIENTS BLEND

OKINAWA ISLAND



INTRODUCING KENTA

When you think about ageing, what do you imagine? Perhaps lines and wrinkles, or diminishing muscle tone? Or maybe you're concerned about the effects of a lifetime of stress on your body, or menopause, or even the possibility of dementia?

These concerns are perfectly normal in most parts of the world, but there's one place on this planet where the reality is quite different. The Japanese island of Okinawa, with a population of almost 1.5 million, is officially the healthiest place in the world. Here, **people live longer** on average, experience **far lower rates**

of cancer and heart disease than other countries (even from the rest of Japan!) and, as scientists have found, display cholesterol levels on a par with marathon runners as well as far **lower rates of hip fractures and menopausal symptoms** than most other countries.

The secret lies in the Okinawan lifestyle, starting with nutrition. Rich in unprocessed carbohydrates, **fermented foods**, soy products and vegetables, and low in calories, the Okinawan diet is complemented by active lifestyles and moderate alcohol consumption.

At LifeQode, we wanted to bring the best of the Okinawan diet to the rest of the world by identifying its most powerful, health-giving ingredients and incorporating them into an easy-to-make and delicious beverage that can become part of any lifestyle, anywhere in the world. Kenta is the result.

KENTA has been carefully formulated & extensively tested for efficacy. Over 12 months, scientists tracked the health progress of people who regularly consumed Kenta and noted:

- **Increased cell rejuvenation** markers, such as IGF-1, of up to **144%**
- Reports of **better quality of sleep & less fatigue** during the day
- Improved **cognitive function & mood**
- Increase in **muscle strength**



Suitable for almost all adults (not recommended for pregnant women), Kenta is a simple way to boost your long-term health and ***give your body the nutrients behind the world's healthiest population's longevity*** and enviable quality of life.

Are you ready to bring the Okinawan way into your lifestyle with Kenta?



"After consuming Kenta for 2-3 weeks, I noticed **my hair had become brighter and thicker.**"

-Andy, Singapore



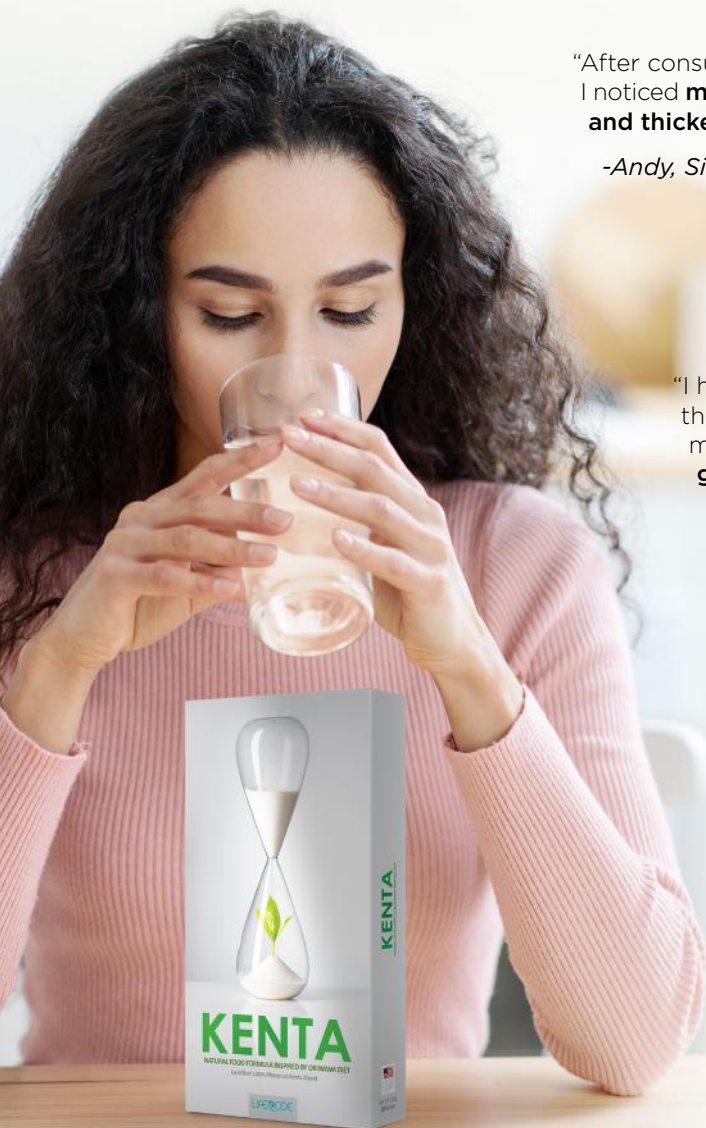
"I have been using Kenta for the last three months and my **menstrual cramps have greatly reduced!**"

-Yasodha, Malaysia



"I've done laser +PRP injections on my face and the doctor told me that the skin redness will take 10-14 days to fade. But by taking Kenta, the **redness faded completely in just five days.**"

-Celeste, Malaysia



OKINAWA, THE 'VILLAGE OF LONG LIFE'

Between 1976 and 2001, the Okinawa Centenarian Study looked at the *longevity factors in 600 Okinawans aged 100+*. Scientists Dr Matoko Suzuki, Dr Bradley Willcox and Dr Craig Willcox found that there are **34 Okinawan centenarians** per 100,000 inhabitants *living healthy*, active and independent lives, *compared to 10 American centenarians* per 100,000, who have less robust health.

When further compared with the American population sample, the researchers saw that ***Okinawans are up to 5 times healthier:***

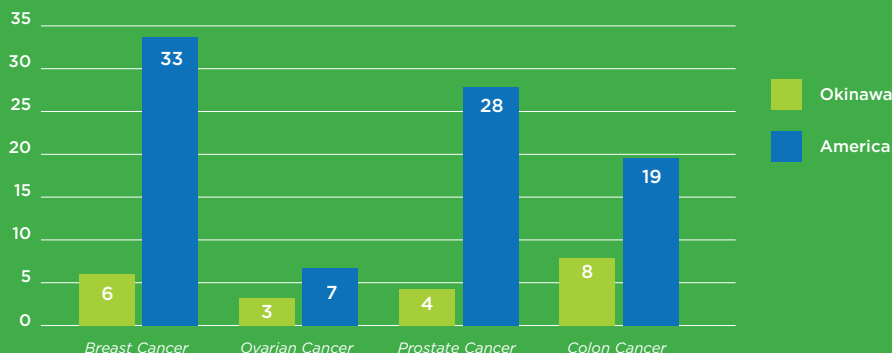
HEART DISEASE MORTALITY (per 100,000)



World Health Statistics Annual. WHO, 1996. Geneva

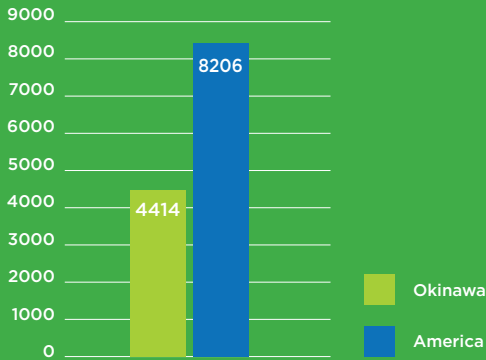


YEARLY CANCER DEATH (per 100,000)



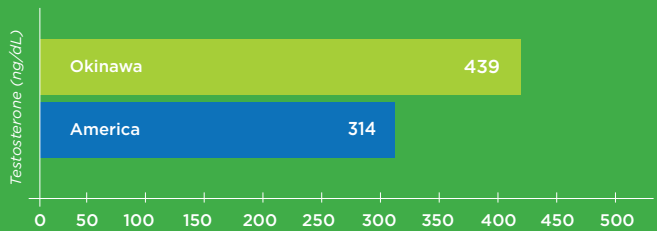
World Health Organization 1966, Japan Ministry of Health and Welfare 1996

HIP FRACTURE (per 100,000)



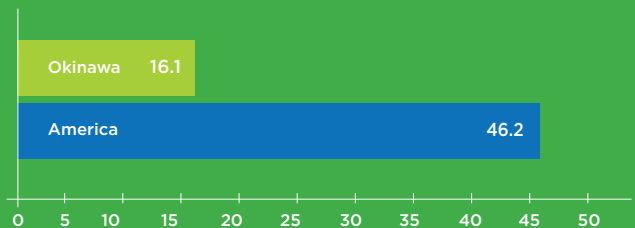
World Health Statistics Annual. WHO, 1996. Geneva

YOUTHFUL SEX HORMONE (Testosterone) AMONG MEN AGE 70



World Health Statistics Annual. WHO, 1996. Geneva

MENOPAUSAL SYMPTOMS (% per 100,000)



World Health Statistics Annual. WHO, 1996. Geneva

Okinawa has up to 2X lower dementia rate in elders, compared to America and Europe

“97% of [Okinawan centenarians’] life expectancy is disability-free. While you do see ill centenarians, their illness has generally occurred a few months before they die.”

THE OKINAWAN DIET

- Favors fermented foods -> **makes nutrients more readily absorbed by** body, creates beneficial enzymes and probiotics for essential gut health
- Low GI, high fibre -> **balances insulin, protects from cancer**
- Uses good fats like canola oil, avoids deep-frying -> **reduces free radicals, protects cells**
- Plentiful in fruits and vegetables (7+ servings per day) -> **lower in calories, maintains healthy weight**
- Antioxidant rich (leafy greens, sweet potato) -> **reduces free radical cell damage**
- Abundant in cell-supporting flavonoids -> **powerfully reduces cancer risk**

“On a population level,
[the Okinawan lifestyle]
could **add five to 10 years of healthy life expectancy** for most people. A lot of middle-aged men will die of a heart attack aged 55 or 60. For those people, it could help add another 30 years to their life expectancy.”

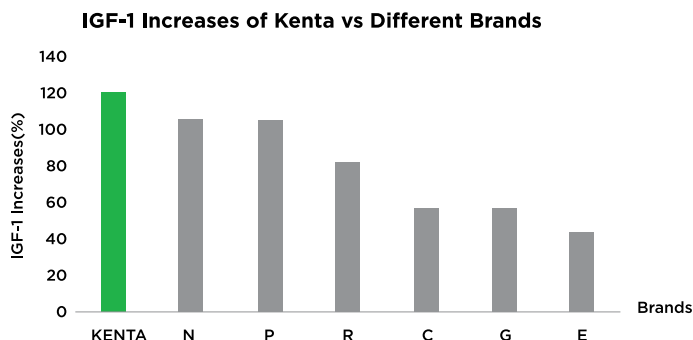
Dr. Bradley Willcox

KENTA'S POWERFUL ACTIVE INGREDIENTS, HARVESTED FROM NATURE



When tested against market competitors, **Kenta** has been proven to **deliver the biggest boost in anti-aging markers (IGF-1)**—making it the **'gold standard'** in anti-aging products.

Each glass of Kenta is packed with functional active ingredients that have been carefully selected for their role in the health-enhancing Okinawa diet, including:



Dr Alfred Libby MD. (2007). A pilot study evaluating the role of Okinawa food beverage powder in the management of ageing related degenerative symptoms



FERMENTED SOYBEANS (NATTO)

Why?

Natto contains multiple health benefits: GABA amino acids to stimulate the pituitary gland to produce Human Growth Hormone (HGH) which supports metabolism and regulates blood sugar; Nattokinase enzyme, produced during the fermentation process, is a natural blood thinner that improves cardiovascular health and blood circulation; and L-Tryptophan converts to melatonin to promote restful sleep and support a healthy waking cycle.

JAPANESE SWEET POTATO (SATSUMAIMO)

Why?

As well as being a low glycaemic index (GI) food, Japanese sweet potato also contains hyaluronic acid which is widely recognised to improve skin health and keep body cells hydrated.



FERMENTED SOYBEAN PASTE (MISO)

Why?

Miso is not only delicious, but also contains two important properties for lasting health: Vitamin K, produced by probiotic bacteria in the fermentation process, increases bone density and helps prevent osteoporosis, while isoflavone reduces menstrual pain and problematic menopause symptoms.



FERMENTED SWEET STICKY RICE (MOCHI)

Why?

Mochi offers an amazing array of functional vitamins and minerals: Vitamin B, Vitamin C, phosphorus, calcium and iron work together to enhance energy levels and boost stamina. The fermentation process makes it easier for the body to absorb these incredibly effective nutrients.

EDAMAME

Why?

Edamame is rich in antioxidants, healthy fiber and vitamin K. These plant compounds reduce the risk of heart disease & cancer. It is also known to promote healthy cholesterol levels and reduce menopause symptoms.





GET STARTED WITH **KENTA**

KENTA the easiest way to embrace the Okinawan lifestyle and boost your body's natural anti-aging potential:

Month 1

Simply mix a sachet of Kenta with 120ml of room temperature water & drink before breakfast and before dinner for five days, then take two rest days (no Kenta).

Maintenance phase

Take 1 sachet before dinner for 5 days, then take two rest days (no Kenta).

Suitable for:

- *All men and women aged 30+ who want to maintain a youthful body*
- *Those who want better skin, more energy and improved sleep*
- *Those who want to maintain a healthy heart and boost bone health*

- ✓ **100%** natural ingredients
- ✓ Harnesses the natural health benefits of **fermentation**
- ✓ Proudly **vegan** and free from animal testing
- ✓ Suitable for diabetics
- ✓ Clinically **proven results**
- ✓ Used, **recommended** and sold **by doctors**
- ✓ Safe and simple to use
- ✓ Scientifically tested to ensure **no** excessive **stimulatory effect**





KENTA: WHOLE-BODY BENEFITS



Healthier bones



*Reduced risk of
cardiovascular
disease*



*Better balanced
hormone profile*



*Reduction in
menopause
symptoms*



*Slashes fat, firms
muscle tone for
better body shape*



*Firmer, better
hydrated skin*



*Enhanced hair
growth and
texture*

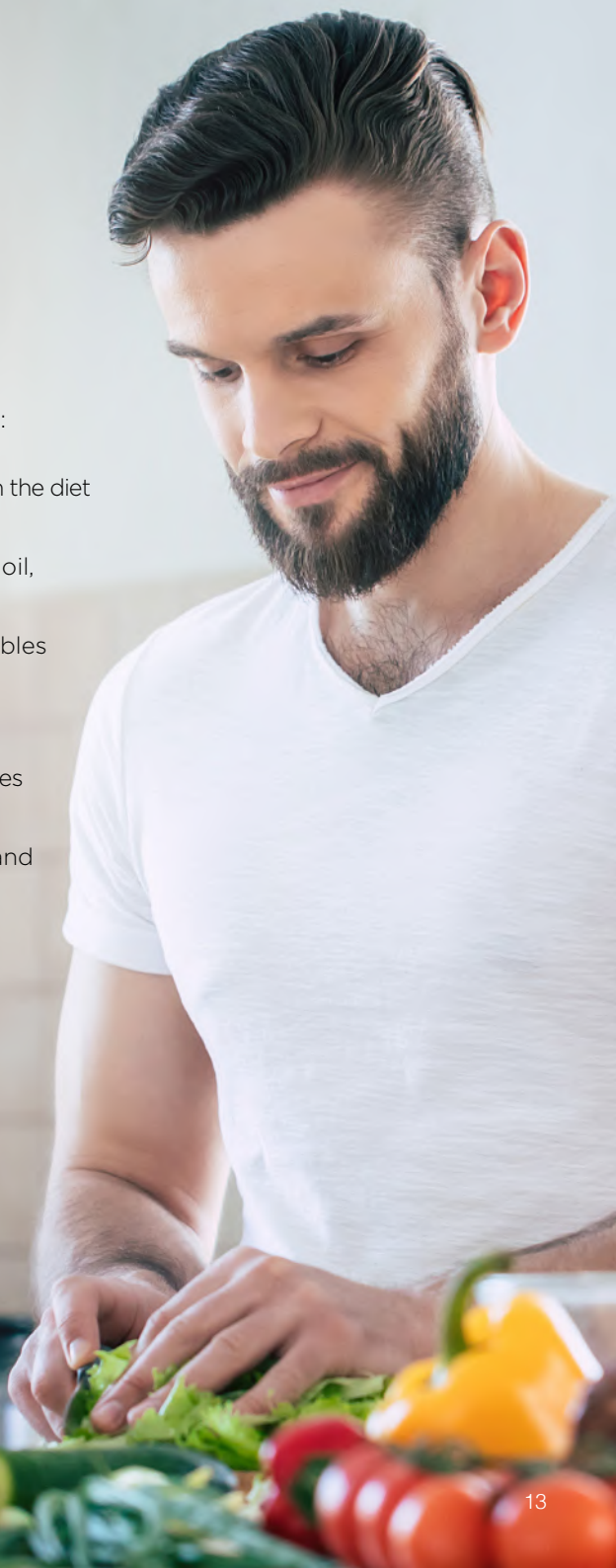


*Better sexual
function*

KENTA is compatible with all healthy diets, but our in-depth testing has shown that when combined with a diet that features increased protein and healthy fats (like the Okinawan diet), Kenta delivers even more impressive benefits. Our experts suggest the following ways to embrace the Okinawan diet and enhance your Kenta experience*:

- ✓ Replace the majority of meat in the diet with fish and soy protein
- ✓ Opt for healthy fats (canola oil, avocados, nuts, etc)
- ✓ Ensure that fruit and vegetables make up at least **35%** of your diet
- ✓ Eat more whole grains and fewer processed carbohydrates
- ✓ Supplement your diet with fermented foods, seaweed and quality calcium-rich dairy in small quantities
- ✓ Moderate alcohol intake

**Always seek advice from your doctor before making significant changes to your diet.*





FROM THE HOME OF NATURAL HEALTH INNOVATION

LifeQode takes inspiration from nature to create health products that work in harmony with your body's innate wisdom, providing cells with everything they need to thrive, regenerate and stay healthy. In addition, Kenta has been formulated with the backing of 25 years of research into the health benefits of the Okinawan lifestyle, ensuring that only the most effective and beneficial ingredients are included.

Learn more about LifeQode: www.qnet.net/health/



LIVE THE OKINAWAN WAY WITH KENTA

Start enhancing your health today with Kenta and ***start to see and feel the benefits in as little as 30 days***. Whether it is improved muscle tone, stronger hair and nails, clearer skin, boosted energy or all-round cellular protection you crave, Kenta is your next step to a better way of life.

KENTA

NATURAL ANTI-AGEING FORMULA INSPIRED BY THE OKINAWA DIET

Find out more at <https://www.qnet.net/kenta/>

We love feedback!

Email us your Kenta testimonial at info@lifeqode.com
or post on Instagram, using #kenta to redeem exclusive
QNET merchandise for free

