

SUKKIRI  
MEGUMINO  
AOJIRUTSUBU



King of vegetable Egyptian  
mulukhiya(Jew's mallow)  
+lactic acid bacteria(EC-12)

Everyday Refreshing

# HEALTHY LIFE

King of vegetable Egyptian mulukhiya(Jew's mallow)+lactic acid bacteria(EC-12)

## SUKKIRI MEGUMINO AOJIRUTSUBU

Egyptian mulukhiya contained  
abundant dietary fiber blended with  
lactic acid bacteria(EC-12) are unique  
health supplement.



For those who wish to have refreshed every  
morning and to change lifestyle.

Egyptian  
Mulukhiya  
100% Genuine

High density  
lactic acid bacteria  
EC-12

Perfect  
chemical-free  
additive-free  
100% Organic

### Raw materials

Mulukhiya of Egypt, lactic acid bacteria (sterilized)

### Direction for Use

5~15tablets daily as health supplement with enough water.



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# Why Egyptian Mulukhiya ?



Recently asking for food safety, domestic foods are more preferred. Apart from Food safety, it is observed vegetables having good shape and colors are more demanded. For this reason, cultivation and harvest of vegetable acceptable in the market are given priority. We hear alarm that original taste and nutritive value is coming down. Taking this trend into our account we are thinking to have good eyes enabling us to judge genuine good and safe products in domestic as well as world markets. For selecting raw materials, besides domestic vegetable, we visited Egypt to find real Mulukhiya and we selected Egyptian Mulukhiya.

① **Extreme high value of nutrition and high content of dietary fiber as compared to domestic Mulukhiya.**

② **Chemical-free cultivation thanks to Egyptian environment merits**

These 2 reasons we selected Egyptian Mulukhiya. This is wonderful materials!

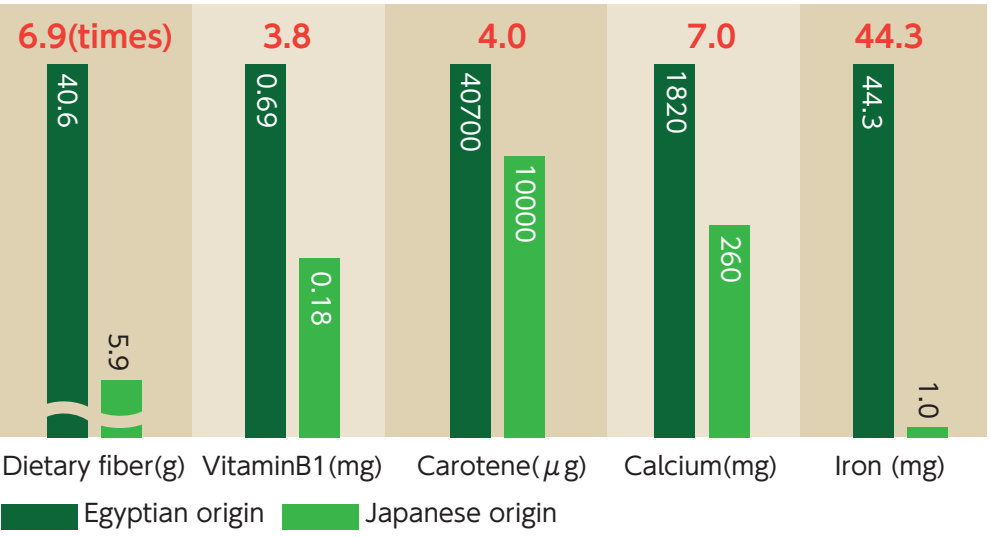
Reason why we selected mulukhiya of Egyptian origin

## Abundant Dietary Fiber Contents

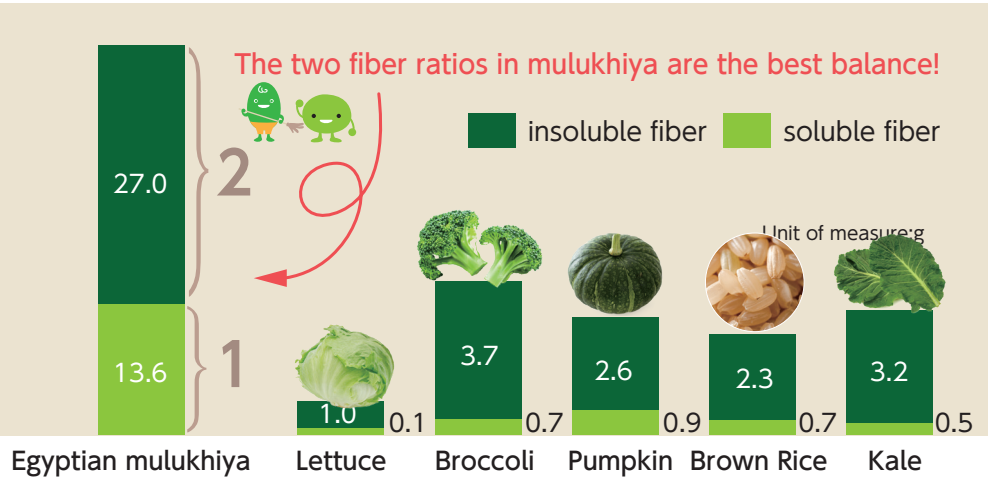
First of all, **quantities of dietary fiber contained in mulukhiya itself are greatly different.** Mulukhiya has characteristic of having much more dietary fiber as compared to other vegetables. Moreover, ratio of two kinds of dietary fiber namely soluble fiber and insoluble fiber is 2:1 which work effectively.

### Clear difference between Japanese origin and Egyptian origin of mulukhiya

Difference of nutrition value Egyptian mulukhiya(dried) Japanese mulukhiya(raw)



Content of 2 kinds of dietary fiber (soluble & insoluble fiber) and its ration(100mg)



Source: For Japanese origin mulukhiya (raw) and vegetable values as per [Standard Tables of Food Composition in Japan 2015 (Seventh Revised Version)] For mulukhiya (dried) of Egyptian origin as per testing by Japan Food Research Laboratory.



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No.2 reason why we selected Egyptian Mulukhiya

# Safety due to pesticide-free and high in nutritional value



Mulukhiya has been raised at various places in Japan and now popular vegetable. But mulukhiya is originally tropical plant and Egypt is country of origin. As it is said “**suitable crop for the land**” it should be cultivated in Egypt where all the environmental factors are available for cultivation of mulukhiya as follows:



**Sun in Egypt**  
Burning sunshine over 40degrees in Egypt makes leaves grow and repels pests.



**Fertile Egyptian Land**  
Topsoil in Egypt for cultivation of mulukhiya is several times of Japan. Besides, nutritional components are abundant. Leaves are larger and stems are firm as compared to those of Japan.



**Water in River Nile**  
This is inevitable factor for Egyptian agriculture development. Nutrition-rich waters of Nile are supplied sufficiently.

## Comparison between Japanese and Egyptian mulukhiya

	 Japan	 Egypt
History of mulkhiya	breed called SAADYI abt.50years	called <b>BALADY</b> <b>3,000years</b>
Height	100~130cm	<b>over 150cm</b>
Shape/softness of leaf	thin and hard	<b>round and soft</b>
Color of leaf	vivid green	<b>dark green</b>
Nutritional Value	Top of green and yellow vegetable	<b>Far exceeding 2~6times</b> <b>Japanese originin iron,</b> <b>vitamin E, calcium, carotin</b>



**Egyptian Mulukhiya**  
Dark green color and large leaf  
Feel soft when biting and rich taste supplied sufficiently.



**left Japanese right Egypt comparison of leaf**  
Japanese origin thin while  
Egyptian origin wide and round shape



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## Power of Lactic Acid Bacteria [EC-12]



Considering improvement of the intestinal environment, we focused on lactic acid bacteria. Among over 200 type of lactic acid bacteria, we selected EC-12.

EC-12 is lactic acid bacteria which increase Bifidobacterium.

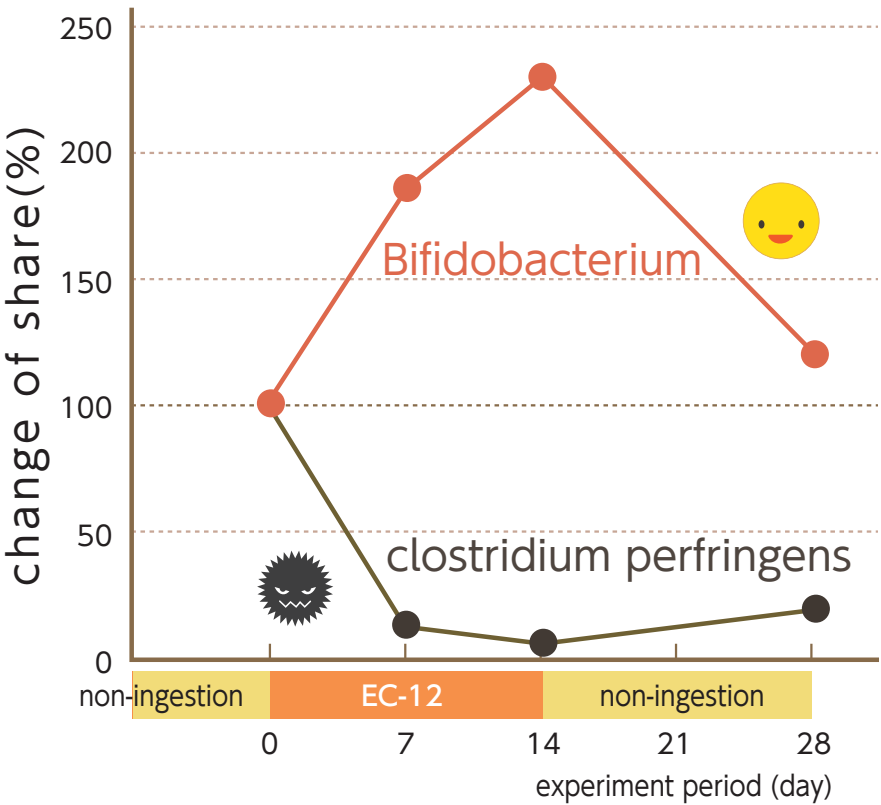
10 tablets contain yogurt 12.5  
pieces of lactic acid bacteria



Lactic acid bacteria contained in the tablets of Aojirutsubu is not mere additive. Only 10 tablets which is one day standard intake contain 125 billion pieces of high density lactic acid bacteria which is equal to 12.5 pieces of yogurt size 100g.

## [EC-12] makes bacterial count by two times

In human experiments, after taking same kind of lactic acid bacteria daily 200mg (1,000 billion pieces as number of cells) for 2 weeks, result that Bifidobacterium in the intestine was increased by about two times has been obtained.



source : Microb.Ecol.Health Dis.,16 (4),188-194 (2004)  
ubject : healthy adult (age22~26 male) 8 persons  
EC-12 strain daily 200mg (1,000 billion pieces as number  
of cells) ingesting for 14days



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# Sukkiri Megumino Aojirutsubu Q&A

**Q** How long should I take the tablets to feel the effect?

**A** Although it varies, but as a guide, 3 to 6 months.  
It is important to continue. We recommend to try for 3 months first.

**Q** When should I take the tablets?

**A** We recommend to take 2 times a day in the morning and evening.



## Directions for use

As health supplement, we recommend to take a day  
about 10 tablets with a glass of enough water.

Also as a guide, you can take depending on following cases

- Those who are concerned about  
lack of vegetables **about 10 tablets a day**
- Those who wish to feel refreshed  
every day **about 20 tablets a day**
- Small children **about 3 to 5 tablets a day**

As a guide, 10 tablets are recommended but you can also  
adjust quantities of tablets according to body, shape and  
age. It is also recommended for aged people and children to  
take tablets after crushed for easy digestion.

**Q** Can I take the tablets even during pregnancy?

**A** You can take safely as it is no use of chemical additives and pesticide.

**Q** Is there any medicine we should not take together?

**A** You cannot take this tablets together with Warfarin. Though other  
than that it is no problem, we recommend to consult with your family  
doctor.