

NEW PRODUCT



Black Ginger PMF

Black ginger, also known as *Kaempferia parviflora*, is a medicinal plant that is native to Southeast Asia, including Thailand, Laos, and Vietnam. It has been used for centuries in traditional medicine.



Boosts metabolism, physical fitness performance, and muscular endurance with a pronounced effect on reducing abdominal fat



Supports the body's natural and healthy inflammatory response, complementing the action of polymethoxyflavone (PMF)



Traditionally used to support healthy metabolism, physical fitness and performance



Best before: 13/10/2025

FEATURES



Proven to reduce abdominal fat and blood triglyceride levels¹, increase the rate of fat utilisation during exercise², reduce visceral fat³ and increase whole-body energy expenditure in humans⁴

¹ Diabetes Metab Syndr Obesity. 11. 447-458.
² Japan Pharmacol Ther. 2016. 44(12). 1757-62.
³ Food Funct. 12(4). 1603-1613.
⁴ J Nutr Sci Vitaminol. 61(1). 79-83.

Refer to T&Cs page for full references.

SUGGESTED DOSAGE



Take 2 tablets once a day with or without food

Available for Essential Rewards and Shop Order
From April 1, 2024, 10 a.m. While stocks last!

ITEM NO. 42666 WHSL \$51.47 RETAIL \$67.72 24.00PV

Terms and conditions apply. Visit this link for more info: bit.ly/ylsgPromoTnCs

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TERMS & CONDITIONS

Item : Black Ginger PMF 60ct
Pricing : ITEM NO. 42666 | WHSL \$51.47 | RETAIL \$67.72 | 24.00PV
Best before : 13/10/2025
Limit : 12
Promotion period : From April 1, 2024, 10 a.m.

1. Available for Essential Rewards and Shop Order.
2. Order via Virtual Office, Experience Centre, Phone or Email.
3. Young Living Singapore reserves the right to amend the terms of this promotion should there be unforeseen circumstances.
4. Brand Partners on our Essential Rewards program need to choose “Process today” to purchase and secure your order.
5. While stocks last.

References:

¹ Yoshino S, Awa R, Miyake Y, Fukuhara I, Sato H, Ashino T, Tomita S, Kuwahara H. (2018). Daily intake of *Kaempferia parviflora* extract decreases abdominal fat in overweight and preobese subjects: A randomized, double-blind, placebo-controlled clinical study. *Diabetes Metab Syndr Obesity*. 11. 447-458.

² S. Yoshino, et al. (2018). Effects of Single Oral Intake of *Kaempferia parviflora* Extract on Energy Metabolism—A randomized double-blind crossover study. *Japan Pharmacol Ther*. 2016. 44(12). 1757-62.

³ Yoshino S, Tagawa T, Awa R, Ogasawara J, Kuwahara H, Fukuhara I. (2021). Polymethoxyflavone purified from *Kaempferia parviflora* reduces visceral fat in Japanese overweight individuals: A randomised, double-blind, placebo-controlled study. *Food Funct*. 12(4). 1603-1613.

⁴ Matsushita M, Yoneshiro T, Aita S, Kamiya T, Kusaba N, Yamaguchi K, Takagaki K, Kameya T, Sugie H, Saito M. (2015). *Kaempferia parviflora* extract increases whole-body energy expenditure in humans: Roles of brown adipose tissue. *J Nutr Sci Vitaminol*. 61(1). 79-83.