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Sustenir introduces Superfood Smoothies with functional benefits in Singapore

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Â Sustenir, a Singapore-based company of sustainable superfood products, has introduced its new range ofÂ Superfood Smoothies. Each product is made with high quality kale and a variety of fruits, designed to support optimal health and well-being.

The smoothies were crafted after studies conducted by AMILI, the region's first precision gut health company founded by academics from the National University of Singapore, revealing that Sustenir's kale as a prebiotic unlocked many significant gut health benefits.

Another research study recently concluded also with AMILI, found that 71% of study subjects reported that Sustenir kale significantly reduced stress and improved sleep quality after two weeks of consumption.

To tackle long term improved consumer health spans through fresh nutrition, Sustenir has carefully crafted its 'Superfood Smoothies' range with kale, fortified with functional benefits through fruits to support the specific pillars of gut health, healthy ageing, and mental well-being. These smoothies are designed to complement Singaporean's often rich meals without removing indulgent foods from their diet.