

www.slimmewhitehq.my

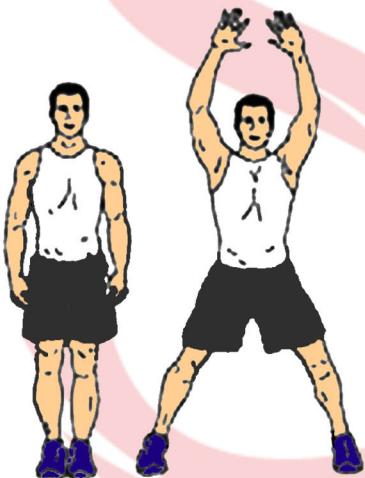


7 JENIS SENAMAN KURUS DIRUMAH

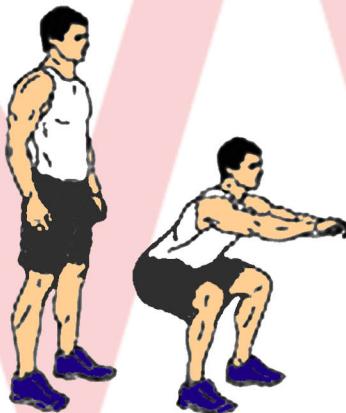


15 MINIT SENAMAN MUDAH WAKTU PAGI

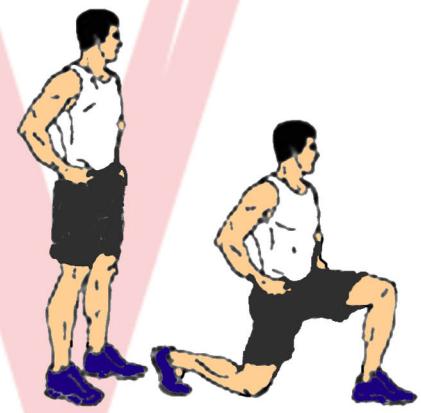
Ulang 3 kali setiap sesi



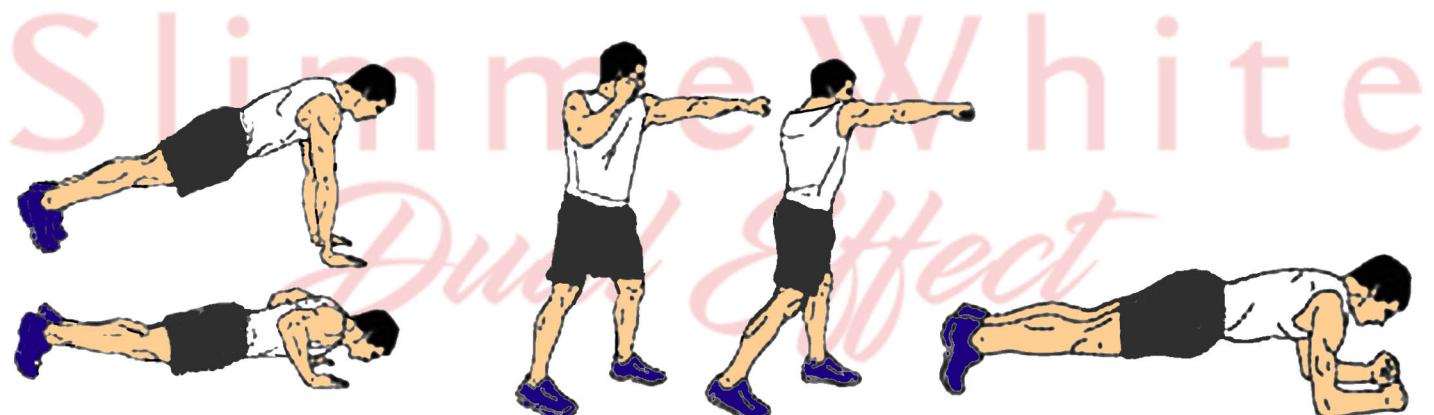
20x Lompat Bintang



20x Senaman Squat



20x Senaman Lunges



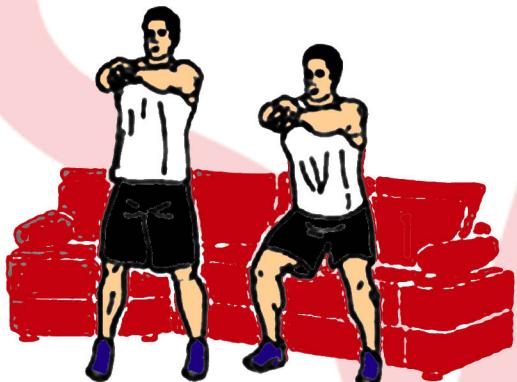
10x Tekan Tubi

40x Senaman Tumbuk

60 saat plank siku

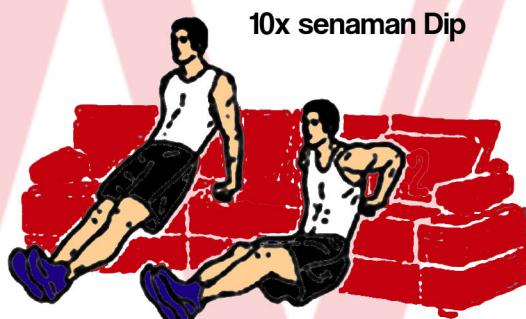
SENAMAN MUDAH DI SOFA

Ulang 3 kali setiap sesi



20x Senaman Squat

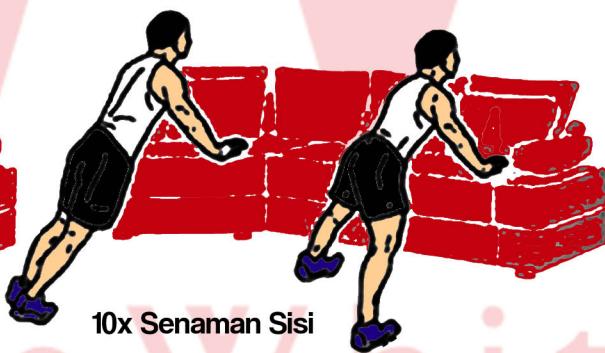
Rehat sehingga 2 minit antara set.



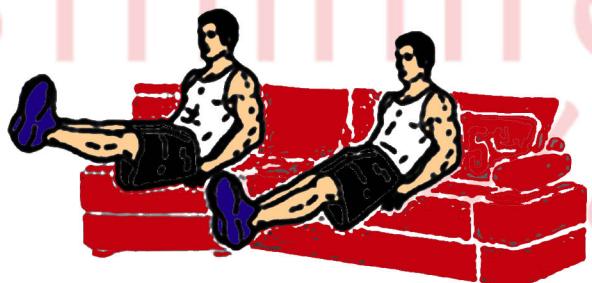
10x senaman Dip



20x senaman mendaki



10x Senaman Sisi



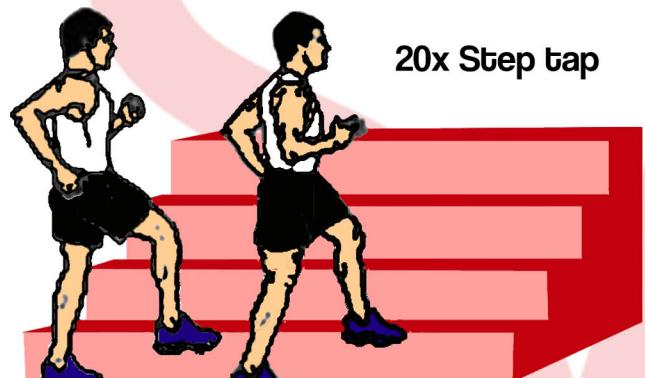
10x Senaman Angkat kaki



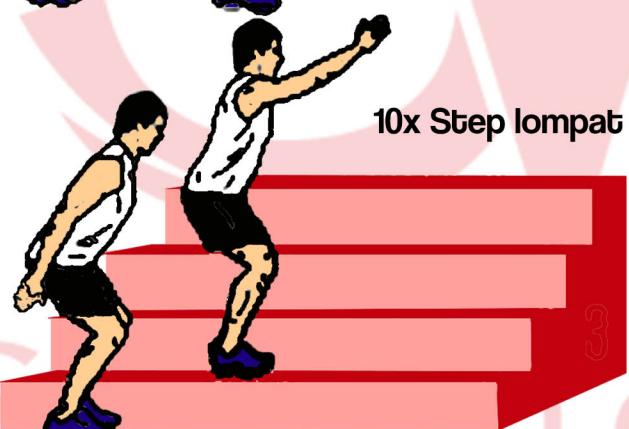
10x Senaman Angkat Kaki dan buat putaran

SENAMAN MUDAH DI TANGGA

Ulang 5 kali setiap sesi

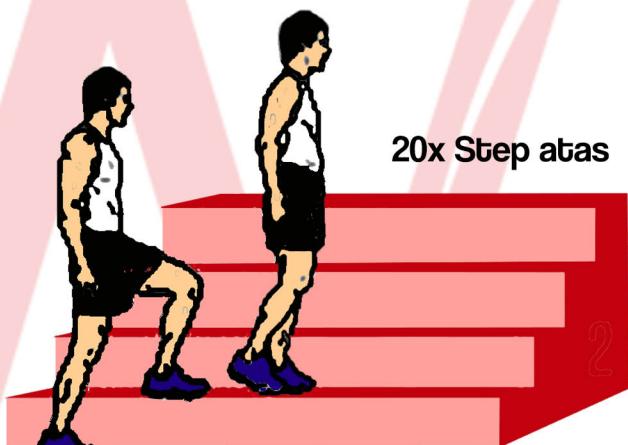


20x Step tap

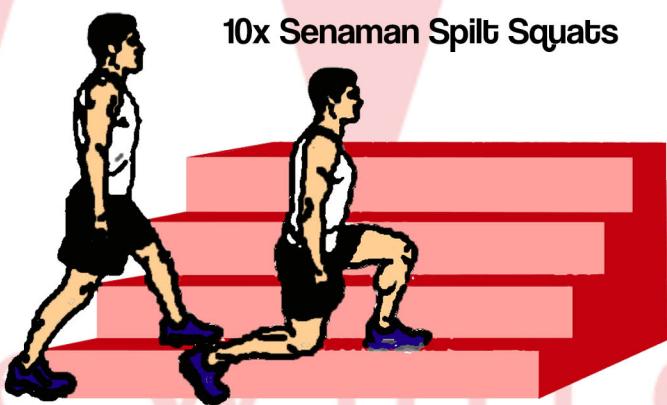


10x Step lompat

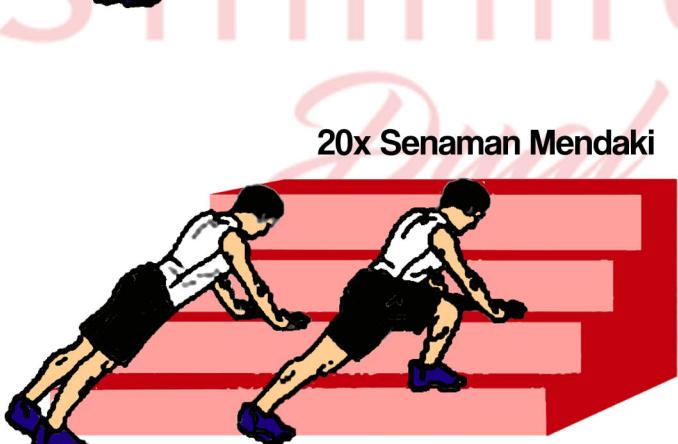
Rehat sehingga 2 minit antara set.



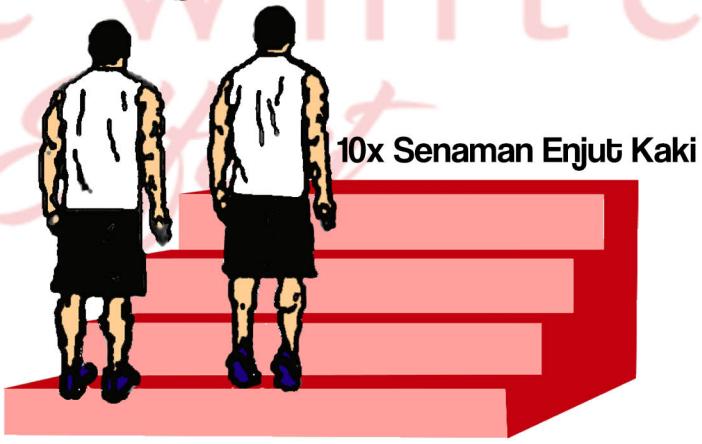
20x Step atas



10x Senaman Spilt Squats



20x Senaman Mendaki

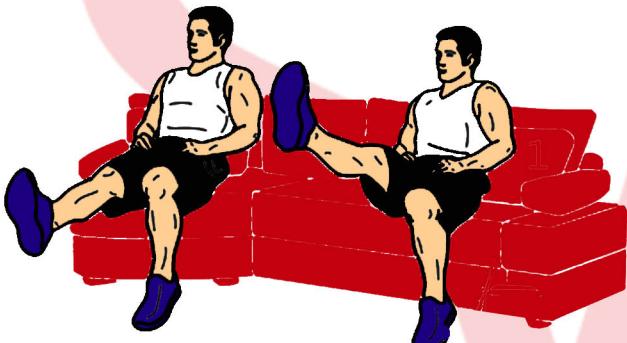


10x Senaman Enjut Kaki

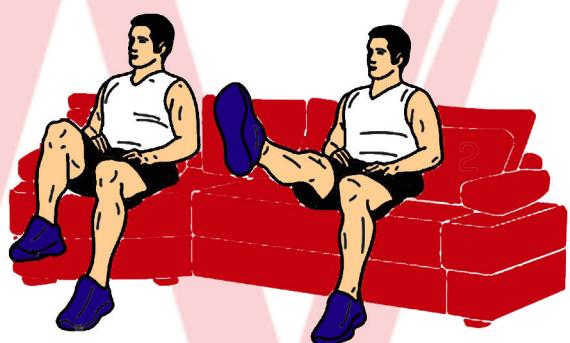
BERSENAM SAMBIL TENGOK MOVIE

Ulang 3 kali

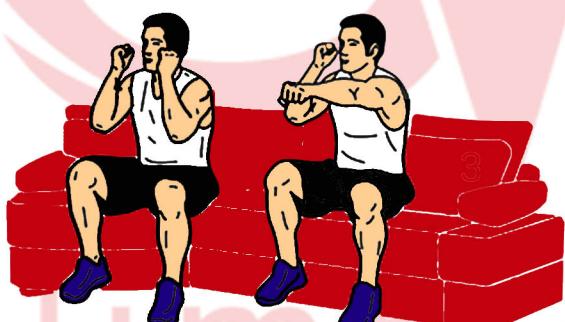
Rehat sehingga 2 minit antara set atau setiap 20 minit semasa movi



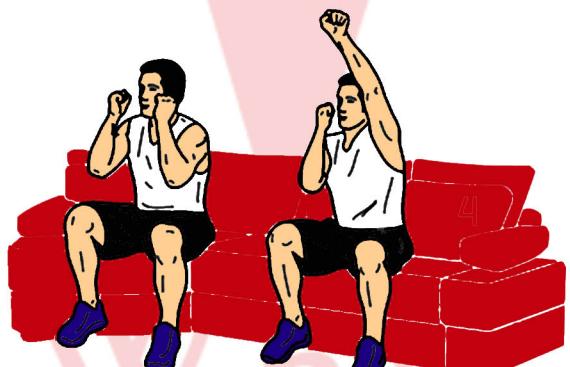
20x Hayun Kaki



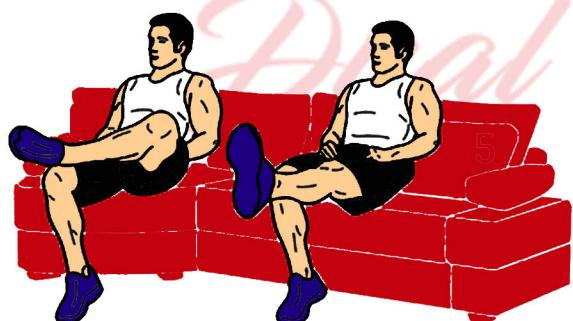
20x Tendang ke depan



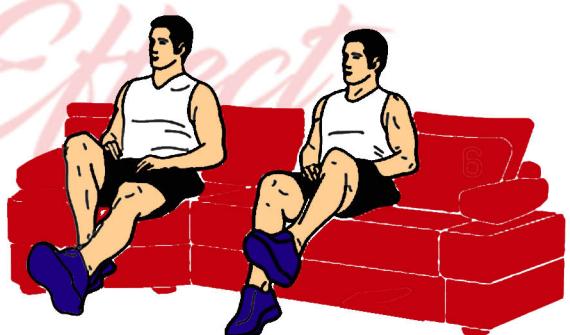
40 tumbukan



40x Tumbuk ke atas



20x Silang Kaki



20x Kayuhan Basikal

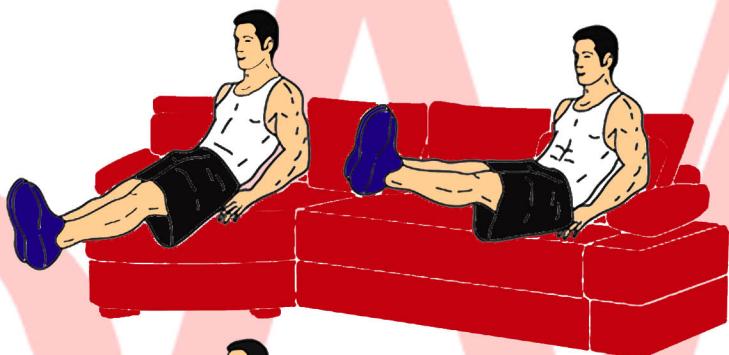
SENAMAN DEPAN

TV

Buat
setiap
kali iklan

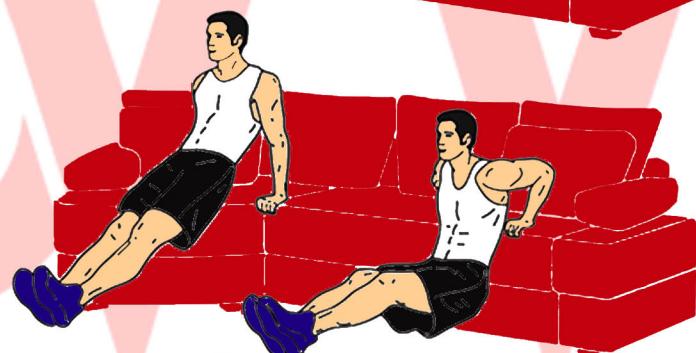
1

Angkat
Kaki



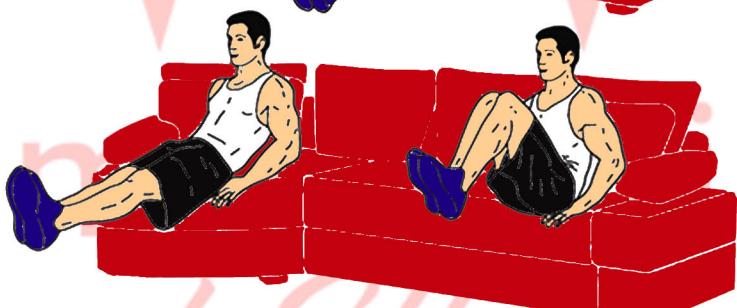
2

Tricep
Dips



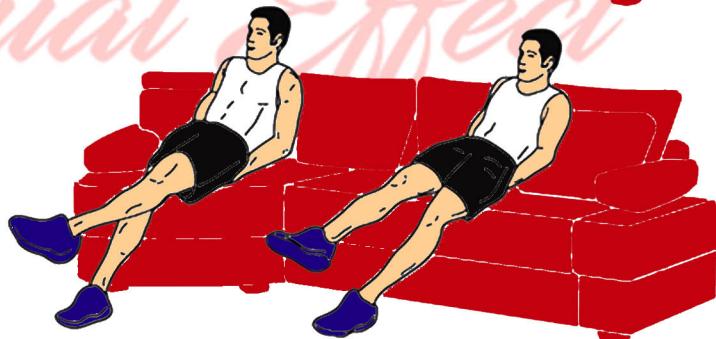
3

Tarik
Kaki

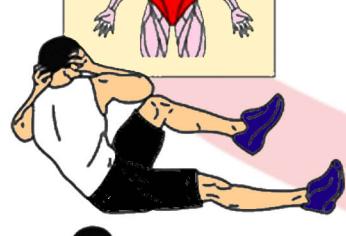


4

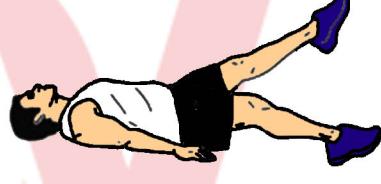
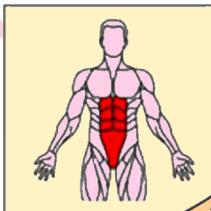
Gunting



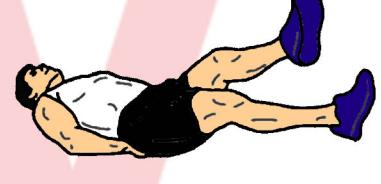
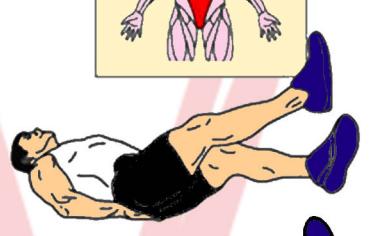
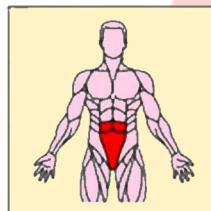
SENAMAN DUA MINIT ABS



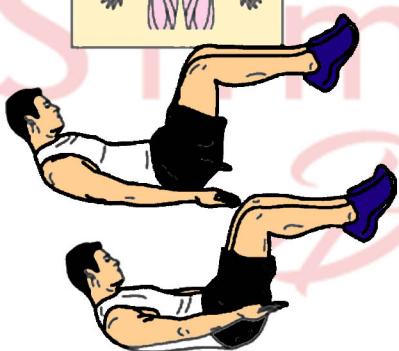
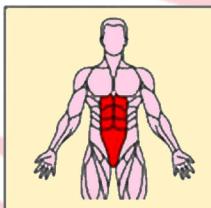
Crunches Lutut ke siku



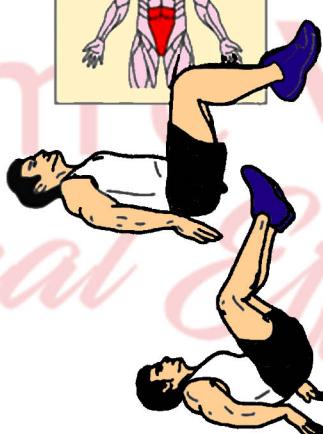
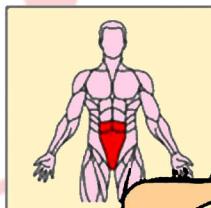
Tendang ke atas



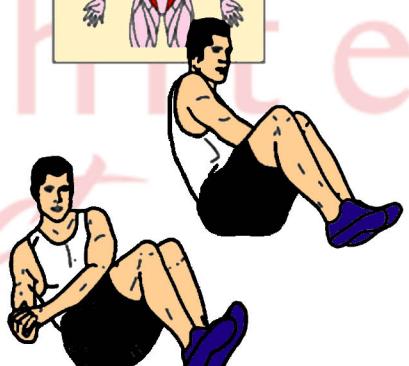
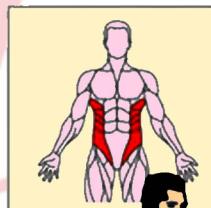
Gaya Gunting



Crunches Ratus

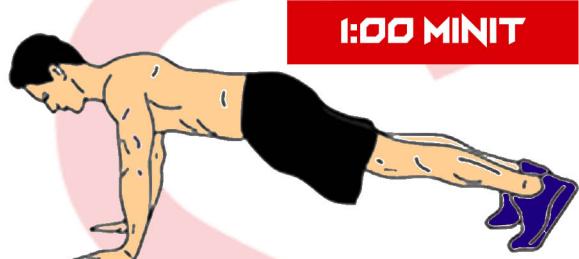


Crunches Undur

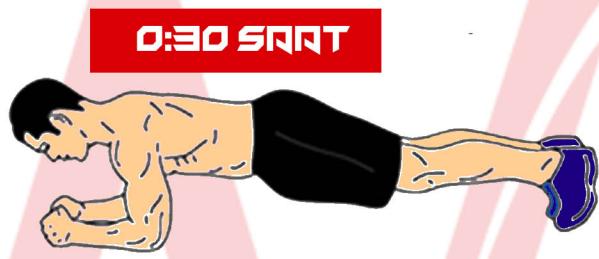


Duduk berputar

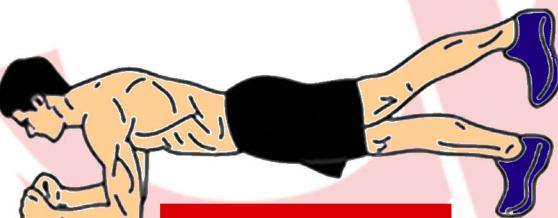
LIMA MINIT PLANK



Plank penuh



Plank siku



Plank angkat kaki



Plank sisi



Plank penuh



Plank siku



**NAK KESAN YANG LEBIH
OPTIMUM?**

SENANG JE!

**MINUM JUS
SW 2 KALI SEHARI**



**"NAK KURUS ??
NAK PUTIH ??"**

#NahSlimmeWhite

**TAK PERCAYA?
JOM KITA SAMA-SAMA
TENGOK TESTIMONI SW NI**

TESTIMONI

SEBELUM 54KG
LOST 9 KG
MINUM 2 BOTOL!
LOST 9KG!

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

SELEPAS 45KG
2 BOTOL !!

SEBELUM 86kg

SELEPAS 63kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI

LOSS 23kg!

SEBELUM 86kg

SELEPAS 63kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

SEBOTOL LOSS 14kg

SEBELUM 78kg

SELEPAS 64kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI

BERJAYA KURUS SEBELUM KAWIN!!

SEBELUM 65kg

SELEPAS 56kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

SELEPAS 56kg

SEBELUM 78kg

SELEPAS 64kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI

SEBOTOL LOSS 14kg

SEBELUM 78kg

SELEPAS 64kg

"NAK KURUS ?? NAK PUTIH ??"
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AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

SEBOTOL LOSS 14kg

SEBELUM 78kg

SELEPAS 64kg

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI **SELEPAS**

SEBELUM

LOST 11kg

SEBELUM

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

SELEPAS

LOST 11kg

SELEPAS

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI

LOST 15kg SEBOTOL!

SEBELUM

SELEPAS

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

LOST 15kg SEBOTOL!

SEBELUM

SELEPAS

"NAK KURUS ?? NAK PUTIH ??"
#NahSlimmeWhite

AWARDED ASIA PACIFIC SUPER HEALTH BRAND (Emerging Enterprise)

TESTIMONI



TESTIMONI

SEBELUM
62kg



SELEPAS
41kg



TESTIMONI

SEBELUM



SELEPAS



TESTIMONI

SEBELUM



SELEPAS



TESTIMONI

SEBELUM



SELEPAS



TESTIMONI

SEBELUM



SELEPAS





AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
[Emerging Enterprise]



DAH BERSENAM?

UNTUK DAPATKAN
BADAN YANG KURUS, IBU-IBU
BOLEH MINUM JUS SW MUMMY
SEBAGAI JUS TAMBAHAN KERANA
IANYA BERTINDAK SEBAGAI AGEN UNTUK
MENGURUSKAN BADAN, MEMUTIHKAN
KULIT SERTA MENAMBAHKAN
SUSU UNTUK SI BAYI

**JOM KITA SAMA-SAMA
TENGOK TESTIMONI
PENGGUNA JUS
SW MUMMY
NI**



TESTIMONI

TURUN 4KG LEPAS 1BOTOL

SEBELUM

SELEPAS

"NAK KURUS & PUTIH ?? DAN TAMBAH SUSU ?? #NahSWMummy"

TESTIMONI SW MUMMY

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

SEBELUM

SELEPAS

#testimoniSWMummyByHQ

KULIT MAKIN CERAH & CANTIK !!

"NAK KURUS & PUTIH ?? DAN TAMBAH SUSU ?? #NahSWMummy"

nummyByHQ

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

SEBELUM

SELEPAS

"NAK KURUS & PUTIH ?? DAN TAMBAH SUSU ?? #NahSWMummy"

TESTIMONI SW MUMMY

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

KURUS+PUTIH MILK BOOSTER

CONSUME SEMINGGU SUSUPANCUT-PANCUT MACAM DALAM PANTANG!!

bju biasa.. 9:16 PM
Mesti lahh dah try!!! 9:16 PM
Susu pancut pancut mcm dlm pantang!! 😊
BARU SEMINGGU MAKAN SW MUMMY SUSU DAH PANCUT-PANCUT MACAM DLM PANTANG!!
Susu pancut pancut mcm dlm pantang!! 😊
Alhamdulillah!! Lost bpa kg?
#testimoniSWMUMMYbyHQ

9:56 PM
23
Digi

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

KURUS+PUTIH MILK BOOSTER

PERUT KEMPIS!! SUSU MAKIN BERTAMBAH!!

4 HAR PERUT KEMPIS!! SUSU MAKIN BERTAMBAH!!

PERUT KEMPIS!!

Assalam akma.. hari ke bape dia minum? Ade berita baik x?

SUSU BERTAMBAH!!

wlksalam hari ke 4.. susu bertambah.. brt statik lg.. tp akma inchloss ni..n perut kempis.

Wahhhh.. susu bertambah.. Alhamdulillah..

Dah terima sw mumy?

Waalaikumussalam

Dh kak wird

Bpa ari mkn?

Ok x

Masuk hari ni 3 hari

Alhamdulilah ok

Rsa kempis skit perut

Anak n susu cmne?

Alhamdulillah ok

TESTIMONI SW MUMMYbyHQ

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

KURUS+PUTIH MILK BOOSTER

MINUM SW MUMMY 3HARI PERUT KEMPIS!!

Dah terima sw mumy?

Waalaikumussalam

Dh kak wird

Bpa ari mkn?

Ok x

Masuk hari ni 3 hari

Alhamdulilah ok

Rsa kempis skit perut

Anak n susu cmne?

Alhamdulillah ok

TESTIMONI SW MUMMYbyHQ

SW Mummy

Awarded Asia Pacific SUPER HEALTH BRAND (Emerging Enterprise) 2017 - 2019

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

walaikumussalam... 5:19 PM
alhamdulillah berat dah maintain mcm sblm mengandung dulu..susu pun bnyk..
alhamdulillah berat dah maintain mcm sblm mengandung dulu..susu pun bnyk..

2MINGGU MKN SW MUMMY DPT BERAT SEBELUM MENGANDUNG!! SUSUBANYAK SMPAIBOLEH BUAT STOK KAT OPIS!!

dlm tempoh 2 minggu buat stok kt ofis
sekali pam dpt 12oz

sekali pam dpt 12oz

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

CUST. SWM ELL 1...
baby dlm.masa Sama boleh kembalikan...
You are Welcome 😊👍
Assalamualaikum zan
Sy nk order sw mummy
Wa'alaikum
CUST REPEAT ORDER!!
**BADAN SEMAKIN KURUS!!
SUSU SENTIASA ADA!!**
Boleh jer
ELL nak Bila...
Cammer...ELL punyer feedback..okay
Kalau hr ni boleh
So far ok. Ramai tegur kurus. N susu
pun x drop.. ada je utk baby
Sis zan nk cod ke
Alhamdulillah...
Nanti boleh share pic sebelum dan

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

alhamdulillah kryng bby
slblm nt taknak menyusu badan
sbb breast tmbk je. skrg sejak
amalkan swm dlm okay je kalau bg
mnyusu badan
nyutnyut sampai kryng.
die kalau breast bngkak baru die
nak mnyusu badan
Alhamdulillah...ooo...baby suka
breast benokak baru nk mnyusu
kejap je tak sampai 5 minit
xsmpl 5 min tu penghasilan
5oz..bestttt ni

**CUST PUASHATI!!
BARU 2 HARI SUSU DAH BANYAK !!!**

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

CUST. SW/M NUR...
online

Saja nk share... 15:52
Berat x timbang..bia dluu hehe

Tp susu alhamdulillah..dlm 10min full
cmni.n pekat dr biasa 15:53

Wau! 😱 meriahnya susu 15:55
Pekat laku Tue... 15:56

**SUSUMERIAH!!
10 MIN FULL BOTOL!!**

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

1:21 PM
Swm Ina Bahar Order
HILANG 7KG
**KULIT MAKIN CERAH & LEMBAB
SUSUPON BANYAK!!**
Aah
Sis rasa perubahan cmna ya? Trun klio
x? Atau susu byk?
Kilo memang turun drpd 75 kg turun
68kg skrg saya ni jenis lambat turun tp
ok la ada jgk perubahan x mcm produk
lain x turun langsung dan yg paling best
kulit jadi moist n semakin cerah ...kulit
wajah pun glowingproduk ni saya bg
5 bintang 😍
Susu badan pun byk baby kenyang
hisap
Alhamdulillah sis.. Tahniah ya.. sukanya
sy dgr 😍😍😍 12:19 PM

TESTIMONI

KURUS+PUTIH
MILK BOOSTER



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
(Emerging Enterprise)

Assalam,sis 15:13
Sy nk repeat order 15:13
Wassalam, Sw mummy ye sis 15:15
Boleh2, 😊
berat turun hampir 2kg. 15:20
Sw Nurul 28mac18
Assalam,sis,nk tnye, sy slblm mkn sw xpenas knie
tp sejak amlik sw ade gatal sikit kt miss vtp
xteruk ..gatal sikit bila sy nk suci...ade kaitan...
Yg ni pn dh xde..alhamdulillah 15:07
Oh yeke, Alhamdulillah, 😊 baru minum tak
smpai sebulan kan sis ?? 😊 15:08
Susu bertambah fak? 😊 15:08
You
Oh yeke, Alhamdulillah, 😊 baru minum tak
smpai sebulan kan sis ?? 😊 15:11
Ye
Alhamdulillah... 15:11

**CUST PUASHATI!!
TAK SAMPAISEBULAN DAH TURUN 2KG**

SUDAH BERSENAM? JOM, MINUM NEXLO

UNTUK PENGGEMAR KOPI,
KORANG BOLEH MENCUBA
COFFEE NEXLO NI, IANYA BOLEH
MEMUTIHAKAN KULIT DAN DAPAT
KURUSKAN BADAN



AWARDED ASIA PACIFIC
SUPER HEALTH BRAND
2017 - 2018



KURUS & PUTIH
DALAM 3 HARI !!!







**MINUM NEXLO
11 SACHET**

LOST 21KG...!!



TESTIMONI



**LOST 4.5KG
DALAM MASA
5-6 HARI!!!**



TESTIMONI



**NEXLO LOST
8KG 11 HARI**

**AMIK NEXLO
N KULIT LICIN**



TESTIMONI



**LOST 8KG!
DLM 9 HARI!
SAHAJA**



TESTIMONI



**LOST
SMPAI 2.5KG
PERUT DAH
KEMPIS
BANYAK!!**



TESTIMONI

