DO YOU REALLY UNDERSTAND YOUR KIDNEYS?



Does feeling fine mean your kidneys are healthy?



Is drinking plenty of water enough to protect your kidneys?



How are kidney health, blood pressure and blood sugar linked?



KIDNEYS DO MORE THAN MAKE URINE

FOUR ESSENTIAL KIDNEY FUNCTIONS



01



Filter blood; remove waste

Clear excess waste and toxins
from the bloodstream.

02



Balance water and electrolytes

Regulate fluids, sodium, potassium and calcium.

03



Regulate blood pressure

The renin-angiotensin system
helps maintain blood pressure.

04



Support red cells and bone health

EPO helps red cell production; active vitamin D supports bone.

WHY KIDNEY PROBLEMS CAN GO UNNOTICED

NO SYMPTOMS DOES NOT MEAN NO RISK

01

Early chronic kidney disease may cause no obvious discomfort.



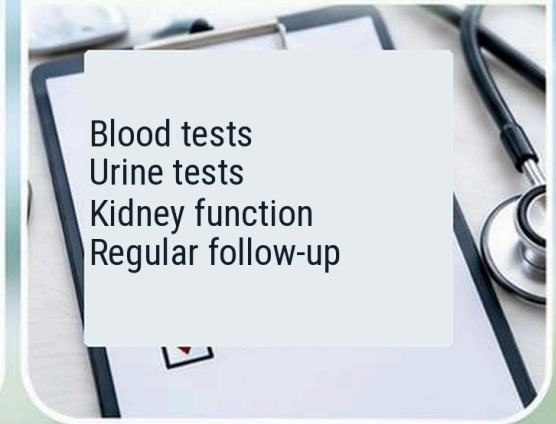
02

Urine appearance alone cannot assess kidney function.



03

Timely testing is more reliable than how you feel.



WHICH RISK FACTORS MATTER?

COMMON RISK FACTORS



HIGH BLOOD PRESSURE

Persistent high pressure can damage tiny kidney vessels.



DIABETES

High blood sugar can slowly impair kidney filtration.



HEART DISEASE

Heart and kidney health are closely connected.



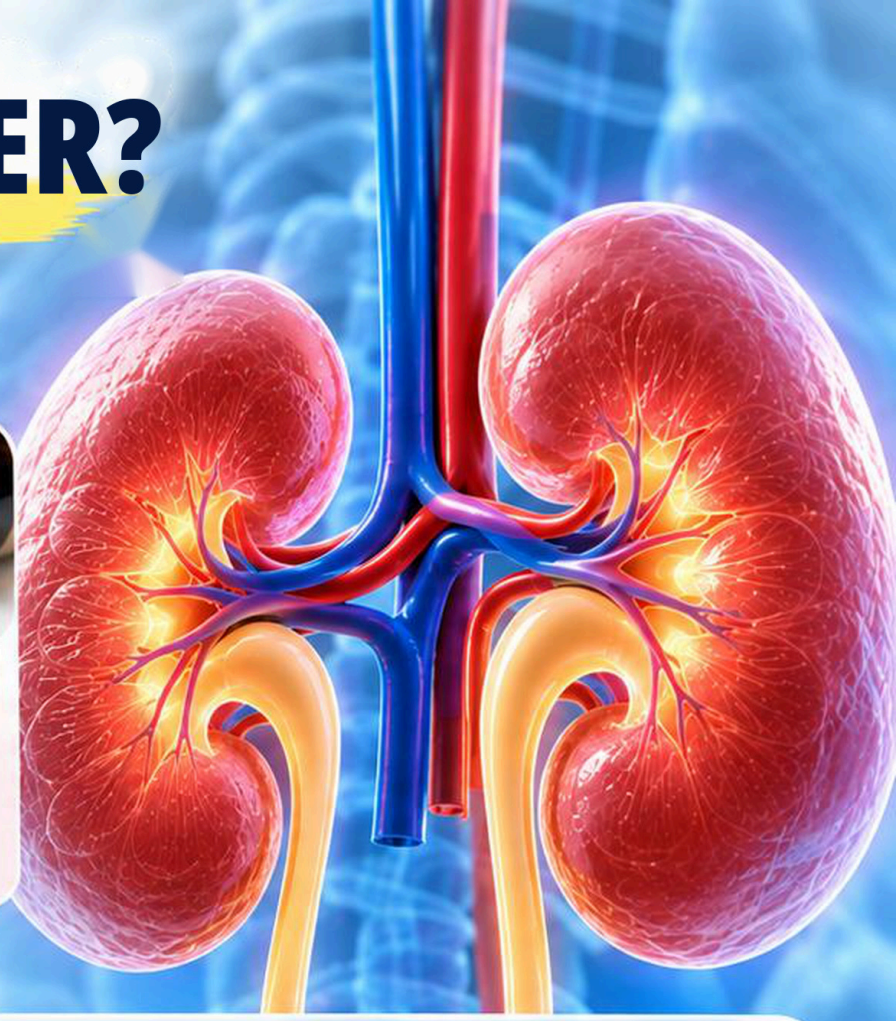
OBESITY & METABOLIC RISK

High cholesterol and fatty liver can increase strain.



SOME LONG-TERM MEDICINES

For example, NSAID pain relievers may harm kidneys.



TWO IMPORTANT TESTS

BLOOD

Creatinine & eGFR

Assess the kidneys' filtration function.



URINE

Albumin-to-creatinine ratio (UACR)

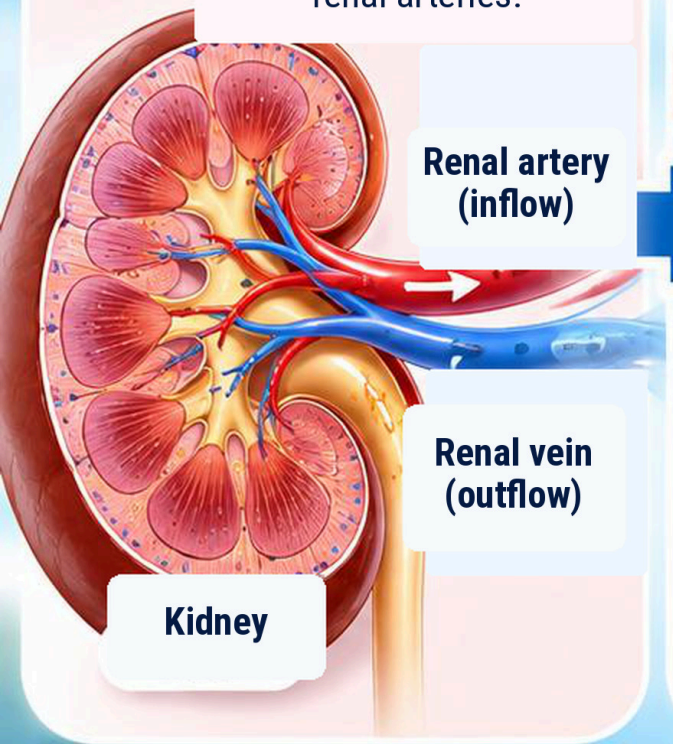
Helps detect abnormal protein leakage and early damage.



HOW DO THE KIDNEYS FILTER BLOOD?

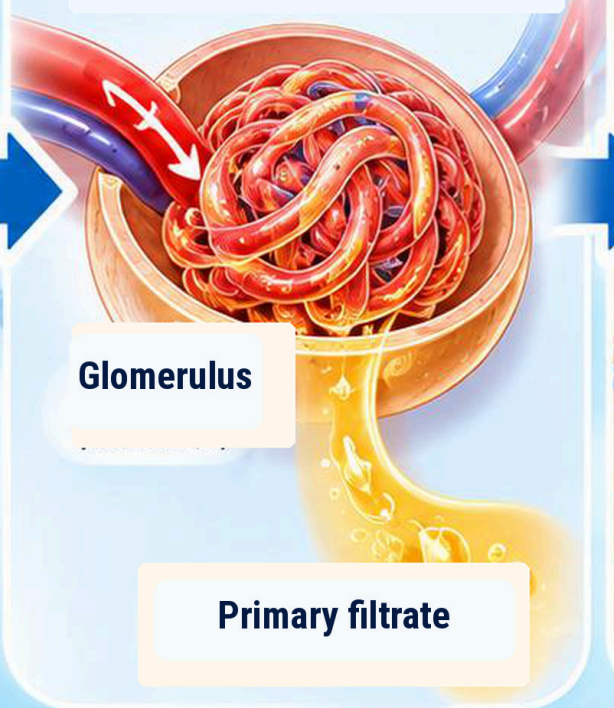
01 Blood enters the kidneys

Blood containing waste and extra water reaches the glomeruli through the renal arteries.



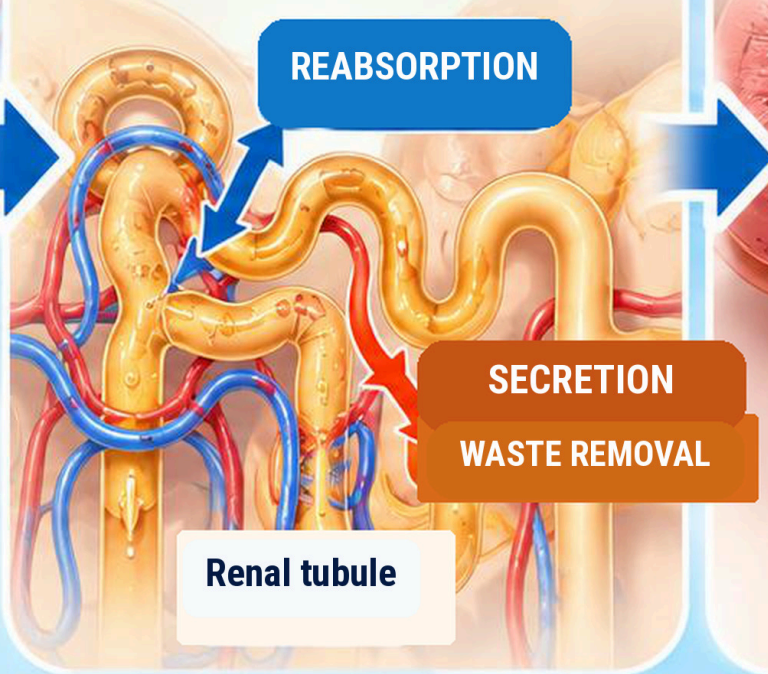
02 Glomerular filtration

The glomeruli filter water and small molecules, forming a preliminary filtrate.



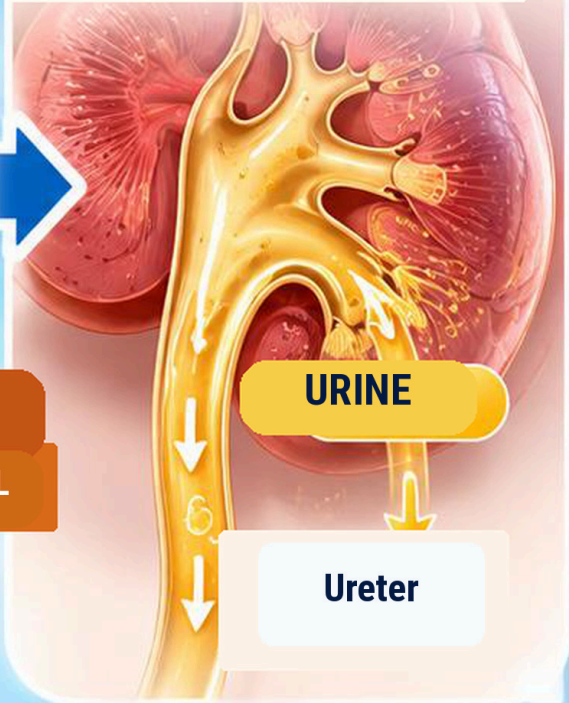
03 Reabsorption and regulation

Tubules return needed water, glucose, amino acids and minerals to blood.



04 Urine is formed

Remaining water and waste form urine and leave through the ureters.



MORE WATER IS NOT ALWAYS BETTER



THE KEY IS APPROPRIATE HYDRATION

01 Water needs vary by person

Age, weight, diet and health status affect individual fluid needs.



Age Activity Diet Health

02 Weather, activity and health matter

Heat, sweating, physical activity and illness change fluid needs.



Weather Exercise Illness

03 Some patients need limits

People with certain kidney or heart conditions may require fluid restriction.



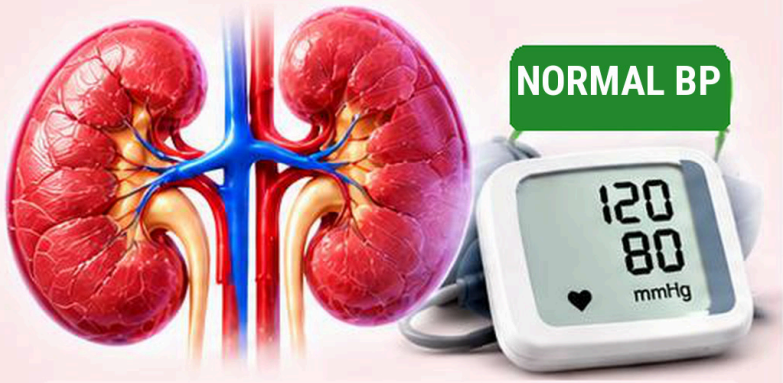
Kidney patients Heart patients

BLOOD PRESSURE & KIDNEYS: A TWO-WAY RELATIONSHIP

IN 5 SECONDS

1 KIDNEY DISEASE

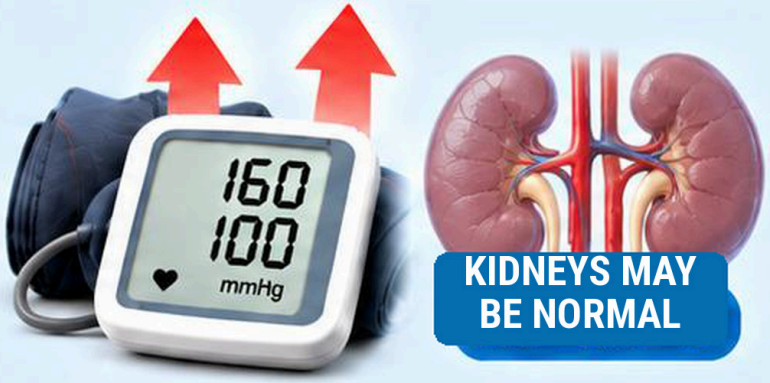
Does not always mean high blood pressure



Some people with early kidney disease still have normal BP.

2 HIGH BLOOD PRESSURE

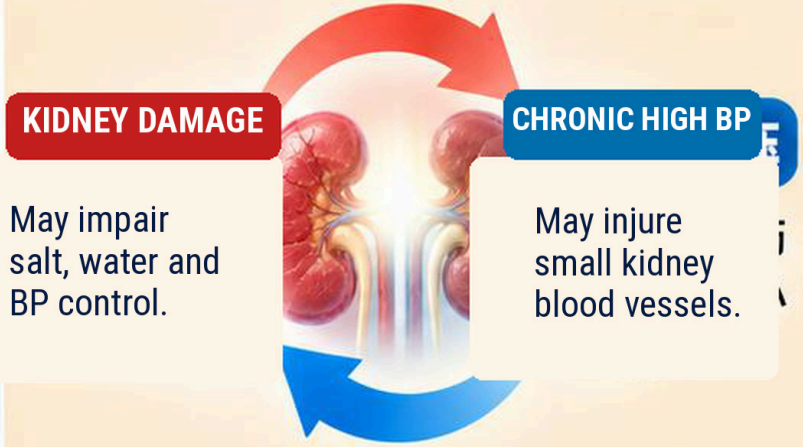
Does not always mean kidney disease



High BP can also reflect age, genetics, weight and diet.

3 BOTH CONDITIONS

May influence each other



REMEMBER

Blood pressure and kidney health are linked, but problems do not always occur together.

BLOOD SUGAR & METABOLISM ALSO AFFECT THE KIDNEYS



Persistently high blood sugar may damage kidney capillaries.

HEALTH MANAGEMENT IS MULTIFACTORIAL



BLOOD SUGAR



BLOOD PRESSURE



WEIGHT & LIPIDS



KIDNEY FUNCTION

Do not focus on only one health indicator. Blood sugar, blood pressure, weight and lipids all affect overall health. For people with diabetes, managing blood glucose as advised and having regular kidney checks are important.



CAN INJURED GLOMERULI RECOVER?

5-SECOND EXPLAINER

1 ACUTE, REVERSIBLE INJURY

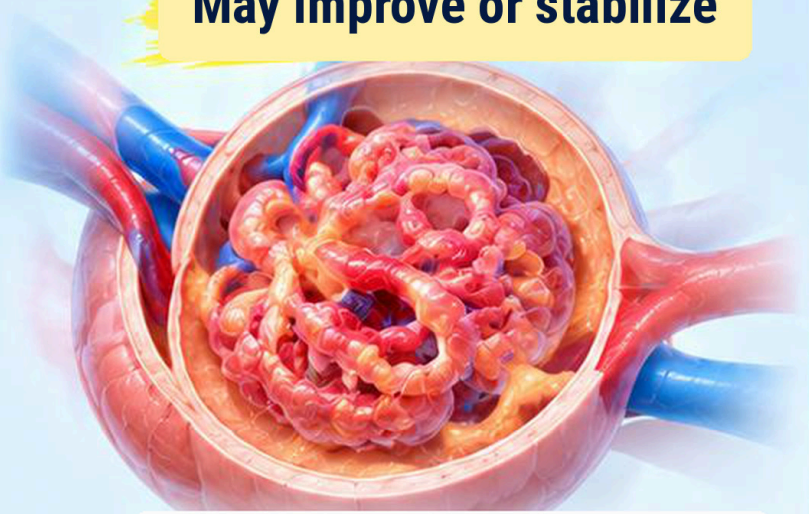
May recover significantly



For temporary inflammation or other reversible injury, timely treatment of the cause may allow glomerular function to recover.

2 CHRONIC DAMAGE

May improve or stabilize



For damage caused by long-term high blood pressure, diabetes or chronic glomerular disease, treating the cause may improve measures and slow progression.

3 ESTABLISHED SCARRING

Usually hard to reverse

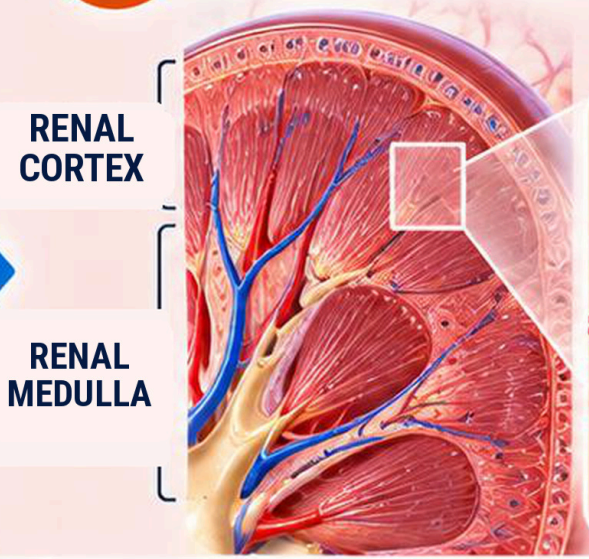


If substantial glomerular hardening and fibrosis have occurred, tissue usually cannot return to normal. Care focuses on preserving remaining function.

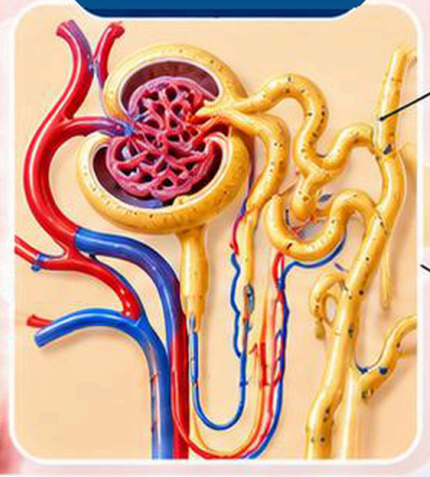
WHAT ARE THE KIDNEYS MADE OF?

ORGAN (KIDNEY)

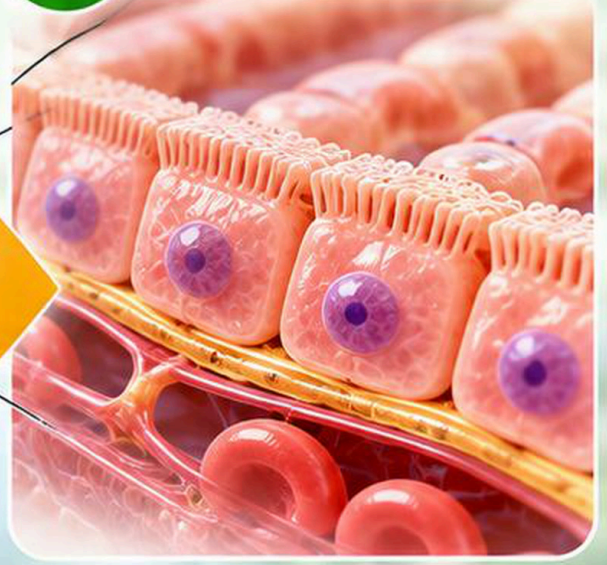
TISSUES: CORTEX & MEDULLA



NEPHRON



CELLS: TUBULAR CELLS



1 Different tissues make up the kidneys

The kidneys are complex organs made up of the cortex, medulla and other tissues.

2 Nephrons filter and regulate

Each kidney has millions of nephrons that filter blood, reabsorb useful substances and regulate fluid and electrolytes.

3 Cells need a stable environment

Healthy kidney cells require a stable environment for normal filtering, reabsorption and regulation.

HOW DO CELLS RECEIVE SIGNALS?

1 RECEIVE: CELL RECEPTORS

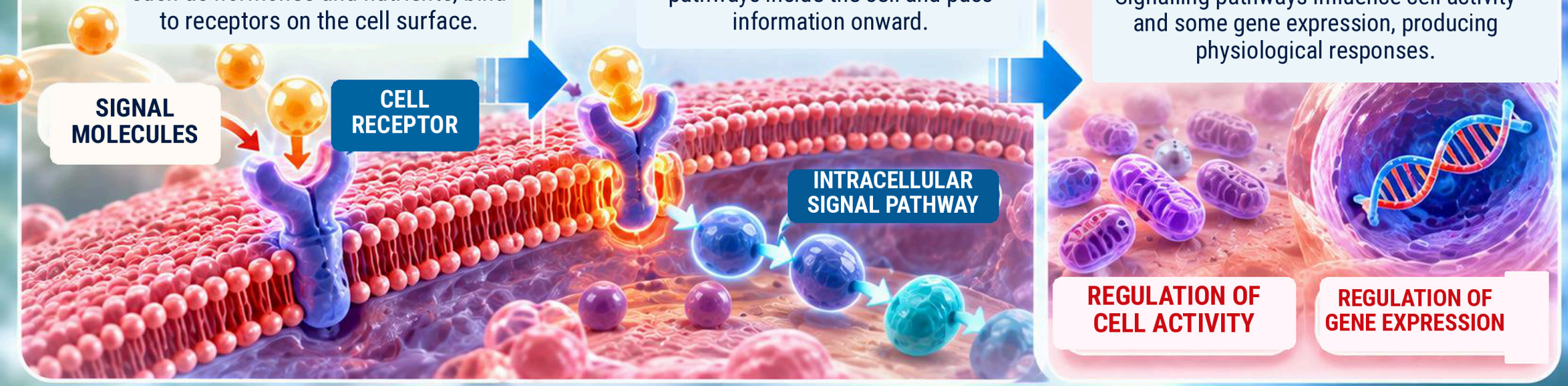
Signals inside and outside the body, such as hormones and nutrients, bind to receptors on the cell surface.

2 TRANSMIT: SIGNAL PATHWAYS

Once received, signals activate pathways inside the cell and pass information onward.

3 RESPOND: CELL ACTIVITY & GENE EXPRESSION

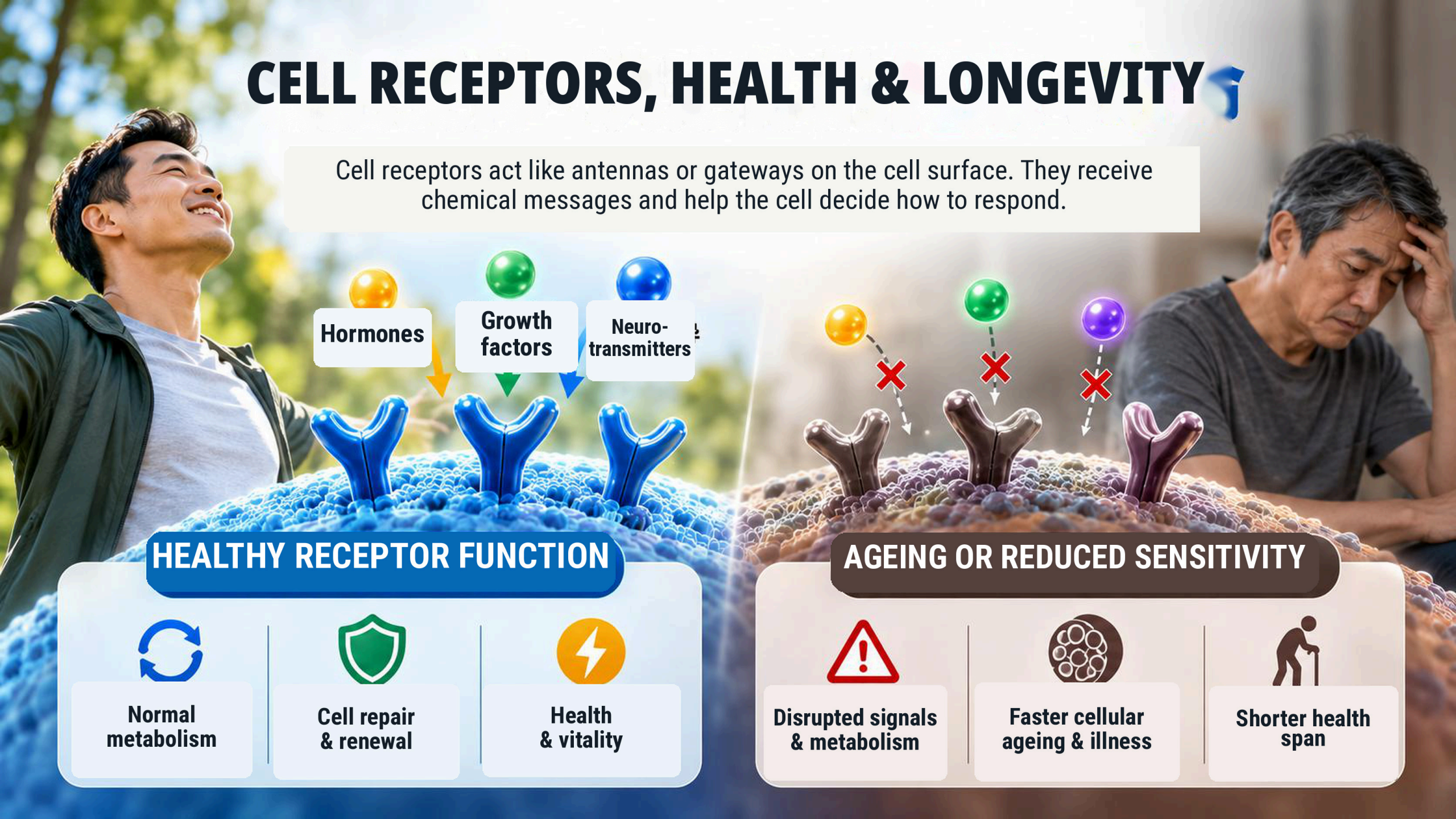
Signalling pathways influence cell activity and some gene expression, producing physiological responses.



Cells are not static. They receive signals from both inside and outside the body and respond through different mechanisms. Receptors, signalling pathways and gene expression are major areas of modern biological research.

CELL RECEPTORS, HEALTH & LONGEVITY

Cell receptors act like antennas or gateways on the cell surface. They receive chemical messages and help the cell decide how to respond.



HEALTHY RECEPTOR FUNCTION

- Normal metabolism
- Cell repair & renewal
- Health & vitality

AGEING OR REDUCED SENSITIVITY

- Disrupted signals & metabolism
- Faster cellular ageing & illness
- Shorter health span

METADICHOL®

SUPPORTING RECEPTOR HEALTH



Supports normal cell receptor function, helping cells respond to signals from across the body and maintain healthy balance.

SIGNALS FROM THROUGHOUT THE BODY

CELL RECEPTOR

- Supports signalling
- Maintains receptor sensitivity
- Promotes normal cell function
- Supports overall wellness

Nature's Smart Support for a Healthier You

METADICHOL FOOD EXTRACT



DR. RAGHU

25 years of experience developing biotechnology products
(Based in the United States)





SUGAR CANE EXTRACT

Active component: policosanol



SAFETY FIRST SAFETY FIRST

- **No overdose risk**
- **No contraindications**
- **No drug-interaction risk**
- **Taken orally or applied externally**

NATURALLY SAFE

Natural source, trusted quality

SCIENTIFIC EXTRACTION

Advanced processing maintains active ingredients

HEALTH SUPPORT

Supports wellness and quality of life

META PLUS | METADICHOL®

ResearchGate

RECOGNITION OF SCIENTIFIC RESEARCH

CLINICAL RESEARCH

Multiple clinical studies are cited in the original materials.

MEDICAL REPORTS

Articles published in medical journals.

SCIENTIFIC BASIS

Based on research and ongoing scientific evidence.

PubMed.gov

Indexed in PubMed
Searchable medical database



METADICHOL®

ResearchGate
Published scientific research

200+ peer reviews
Scientific publications reviewed

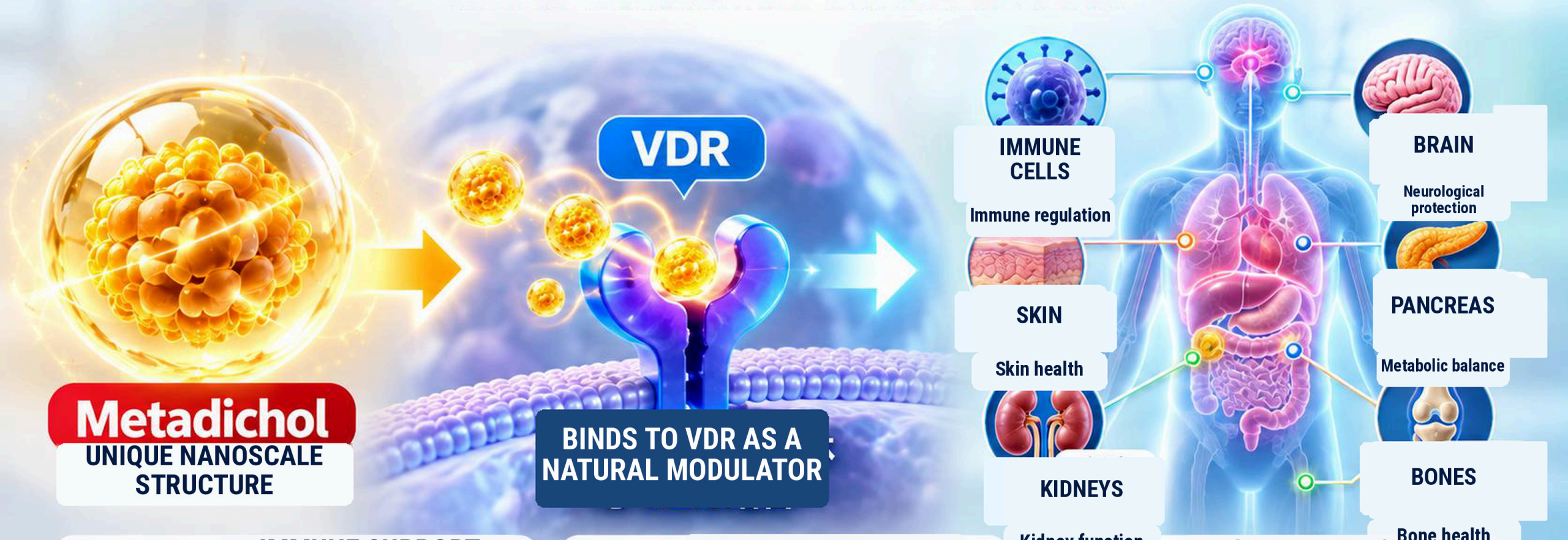
PubMed & journals
Discussed in publications

IN THE NAME OF SCIENCE, SUPPORTING HEALTH

SAFETY | EFFICACY | SCIENTIFIC VALIDATION

Metadichol | VITAMIN D RECEPTOR (VDR)

Its unique nanoscale structure is presented as a natural VDR modulator, supporting gene expression and cellular immune, inflammatory and overall health processes.



IMMUNE SUPPORT

Helps maintain the body's defences

INFLAMMATORY BALANCE

Supports cellular equilibrium

GENE EXPRESSION

Supports healthy cell function

WHEN KEY RECEPTORS ARE NOT FUNCTIONING WELL...

VDR
VITAMIN D RECEPTOR

Affects immunity, bones, cell differentiation and inflammation.





Lower immunity
Infections



Bone loss
Bone problems



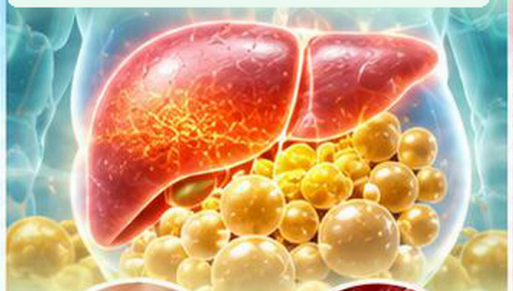
Skin issues
Eczema, allergies



Blood sugar
Diabetes risk

PPAR
PEROXISOME PROLIFERATOR-ACTIVATED RECEPTOR

Regulates lipid metabolism, energy balance and inflammatory responses.

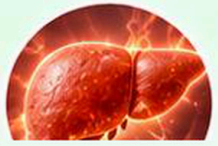




Metabolic syndrome
Obesity



Abnormal lipids
Cardiovascular risk



Fatty liver
Liver damage



Insulin resistance
Diabetes risk

AhR
ARYL HYDROCARBON RECEPTOR

Involved in immunity, detoxification, barrier function and environmental responses.





Skin sensitivity
Acne, inflammation



Allergic reactions
Rhinitis, asthma



Gut barrier damage
Diarrhoea



Reduced detoxification
Environmental stress

SIRT1
LONGEVITY-ASSOCIATED RECEPTOR / PROTEIN

Involved in cellular repair, oxidative stress, energy metabolism and ageing.





Accelerated ageing
Fatigue



Cognitive decline
Memory concerns



Heart health decline
Atherosclerosis



Reduced repair capacity
Chronic disease risk

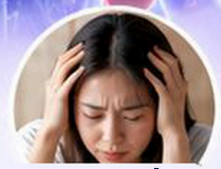
OTHER RECEPTORS
FXR, LXR, GR & MORE

Involved in metabolism, immunity, hormonal balance and cell homeostasis.





Hormonal imbalance
Thyroid concerns



Hormonal dysregulation
Mood changes



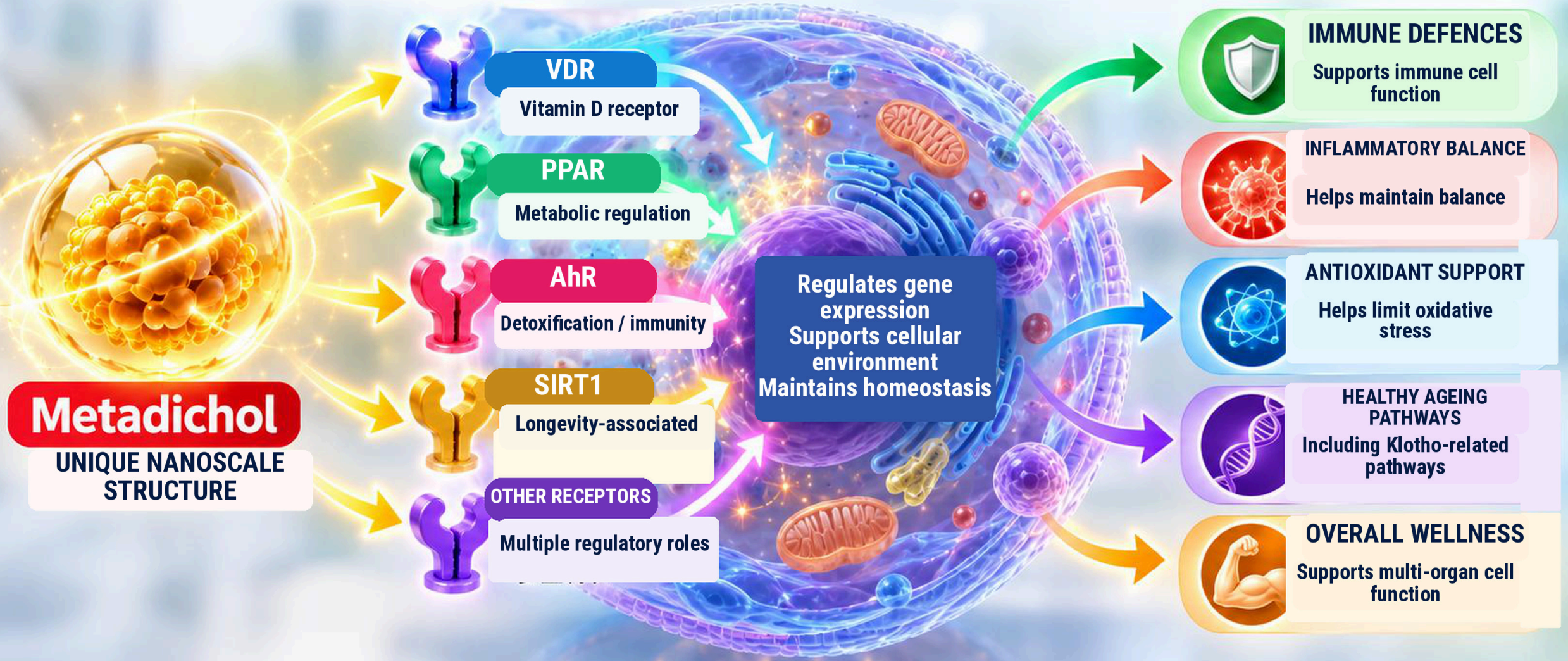
Kidney function
Fluid / metabolic waste



Chronic inflammation
Joint degeneration

Metadichol: MULTI-TARGET CELL SIGNALLING

Interacts with multiple receptor pathways and supports the cellular environment, normal physiology and cellular balance.



METADICHOL

MULTI-TARGET MODULATOR UNLOCKING CELLULAR HEALTH SIGNALS

Beyond the limits of a single-target approach. The source presents Metadichol as supporting multiple nuclear receptor pathways related to immunity and metabolism.



1 NANOPARTICLES
Target recognition

2 CELL MEMBRANE
Crosses the barrier

3 CELL NUCLEUS
Reaches the control centre

48
NUCLEAR RECEPTORS

4 COORDINATED REGULATION

- Immune system
- Metabolism
- Endocrine system
- Cardiovascular system
- Nervous system
- Digestive system
- Respiratory system
- Skeletal system
- Reproductive system
- Cell repair

5 OPTIMISED SIGNALS

6 SYSTEM-WIDE BALANCE

CELL RECIPE PLUS: THE CELLULAR ENVIRONMENT FORMULA

THREE NATURAL NUTRITIONAL FOUNDATIONS

Made in the USA. Inspired by Lee Reynolds' original 1949 formula, with concentrated ingredients for nutritional wellness support.

1. DEEP-SEA WATER EXTRACT

Provides electrolytes and trace elements in ionic form with mineral profiles similar to body fluids.



2. PREMIUM RICE VINEGAR

Contains organic acids and naturally occurring compounds associated with fermentation.

3. NATURAL SEAWEED EXTRACT

Provides polysaccharides and amino acid components used in cellular nutrition.

CELL RECIPE PLUS | SIX-STEP CELLULAR CLEANSING CYCLE

A six-stage pathway described in the original CRP materials

1 NEUTRALISE

Neutralises excess acidic substances and reactive compounds.

2 OXIDISE

Oxidises targeted substances in the process described.

3 DILUTE

Dilutes accumulated metabolic products and supports fluid balance.

4 DISSOLVE

Supports small-vessel circulation and stability.

5 BREAK DOWN

Enzymes break down larger compounds.

6 ELIMINATE

Helps control undesirable microbes.



SIX-STEP CYCLE:

Purify • Circulate
Protect • Balance

HEALTH FROM CELLS TO GENES

TWO COMPLEMENTARY PATHWAYS

DUAL-PATHWAY COORDINATION



METADICHOL

CENTRAL CONTROL SYSTEM

Supports cellular signalling, self-regulation and coordination of gene expression.

GENE EXPRESSION

48 nuclear receptors



CELL RECIPE PLUS (CRP)

CELLULAR ENVIRONMENT

Purification: supports removal of wastes.
Oxygenation: supports circulation.
Hydration: helps fluid-electrolyte balance.

PURIFY • OXYGENATE • HYDRATE

Supports the extracellular environment

SYNERGISTIC VALUE

Cell Recipe Plus supports the environment around cells, while Metadichol focuses on internal cellular signalling systems.

Cellular synergy

System-wide support

Natural resilience

META PLUS 天启

USER EXPERIENCES: KIDNEY HEALTH, DIABETES, STROKE & MORE



REPORTED IMPROVEMENTS IN DAILY LIFE

PERSONAL EXPERIENCE

- Long history of kidney disease and diabetes
- Dialysis 3 times weekly; 5-6 injections
- Darkened feet and blurred vision
- Two strokes; difficulty moving hands and feet
- Told remaining life expectancy was limited
- Used Metadichol for 2-3 months
- Reported improved blood sugar and kidney tests
- Urinary problems eased; quality of life improved
- User credits Metadichol for personal change !

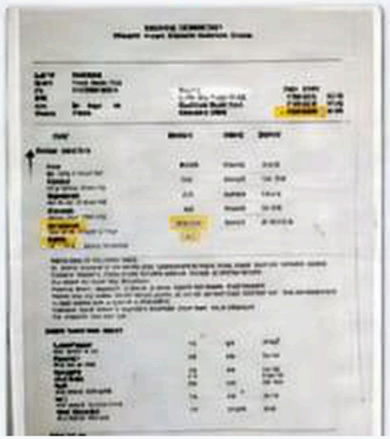


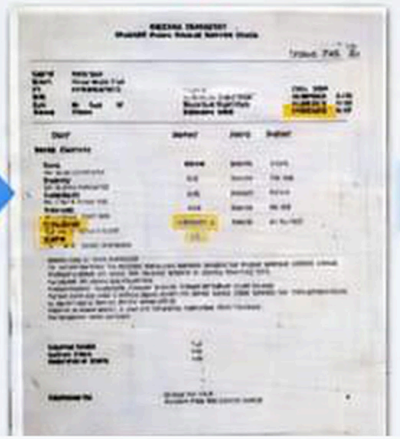


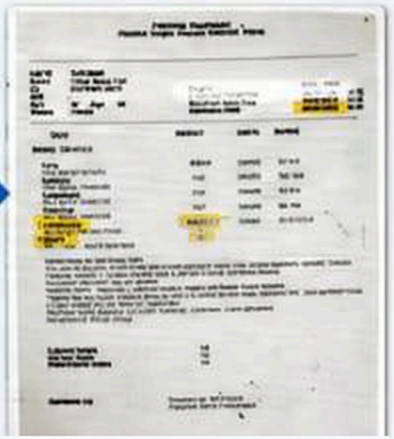
"Metadichol helped me feel hopeful about my health again." — Personal testimonial

LAB REPORT COMPARISON: KIDNEY FUNCTION

BEFORE USE	AFTER 2 MONTHS	AFTER 6 MONTHS
Creatinine 313.3 eGFR 7	Creatinine 275.3 eGFR 18	Creatinine 228.9 eGFR 30







eGFR 7 Severely reduced	eGFR 18 Improved measure	eGFR 30 Further increase

Kidney indicators
Creatinine down / eGFR up

Blood glucose
Reported as steadier

After-stroke ability
Improved daily function

Vision
Reported clearer

METADICHOL TESTIMONIALS ON YOUTUBE

Video stories shared by users with diverse health backgrounds

Sharing relevant experiences helps viewers find relatable stories and understand what users have reported.



Metadichol testimonial
COVID-19 & diabetes



Metadichol testimonial
Stroke, diabetes, high BP
(Hasemah)



Metadichol testimonial
Diabetes (Nge Meng Chong)



Metadichol testimonial
Dialysis, stroke, pancreas, diabetes
(Mr Phang Hai Chiaw)



Metadichol testimonial
Dialysis, diabetes, high BP
(Mdm Lim Ah Sim)

Find user experience videos on the META PLUS YouTube channel.

- **Find similar cases**
- **Share the video link**
- **Help others understand**
- **Move from worry to hope**



A simple approach: share a relevant testimonial video so viewers can hear directly from someone with a similar experience.

EASY TO SHARE | **EASY TO FOLLOW** | **BUILD TRUST**

GUARDIANS OF HEALTH

