



Good food, Good life

Frequent Asked Questions

NESTLÉ® OMEGA PLUS and NESTLÉ® OMEGA GOLD

1.	What is the difference between NESTLÉ® OMEGA PLUS and NESTLÉ® OMEGA GOLD ?
	<p>NESTLÉ® OMEGA PLUS contains ACTICOL® (Plant Sterol) proven to lower cholesterol in 2 servings.</p> <p>NESTLÉ® OMEGA GOLD contains ingredients which support 3-High Management:</p> <p>ACTICOL® (Plant Sterol) – 1.2g of plant sterols that is proven effective in helping you lower cholesterol with 2 servings a day¹</p> <p>Potassium – Helps maintain normal blood pressure</p> <p>Inulin – Helps maintain good blood sugar control³</p>
2.	What is the recommended age for consumption?
	<p>NESTLÉ® OMEGA PLUS is designed for individuals aged 30-50, it comes with ACTICOL® (Plant Sterol) proven to lower cholesterol with 2 servings.</p> <p>NESTLÉ® OMEGA GOLD is designed for individuals aged 50 & above to help in managing the '3-high' (High Cholesterol, Blood Pressure & Blood Glucose).</p> <p>Both products are also suitable for individuals aged 18 & above. For individuals below 18 years old, we recommend that you consult a doctor/dietitian for advice.</p>
3.	Is the milk suitable for individuals with lactose intolerance?
	NESTLÉ® OMEGA PLUS and NESTLÉ® OMEGA GOLD are milk-based product and contains lactose.
4.	Is the milk suitable for vegetarians?
	NESTLÉ® OMEGA PLUS and NESTLÉ® OMEGA GOLD are made of cow's milk.
5.	When is the most suitable time to drink the milk?
	NESTLÉ® OMEGA PLUS and NESTLÉ® OMEGA GOLD may be consumed as part of a healthy diet any time of the day.