



M A R Y C H I A

MEDIA RELEASE  
30 JUNE 2021

## REAPING THE MOST HEALTH BENEFITS FROM BIRD NEST

Not all bird's nests are created equal. With MU Nutrition Quintessence, we found a way for consumers to reap the most health benefits from a bottle of enhanced bird's nest extract.

Bird's Nest is an antioxidant rich supplement that contains powerful [anti-inflammatory](#) properties. For centuries, bird's nests have been prized, especially by women, as they are believed to improve the complexion as it promotes cellular regeneration, thereby, reducing the signs of ageing. Health benefits of bird's nests are well documented in medical literature, especially in Supplements to Compendium of Materia Medica (Ben Cao Gang Mu). Accordingly, bird's nest is a tonic that supports upper respiratory health as it nourishes the yin in the lungs, dissolves phlegm and relieves coughs. According to traditional chinese medicine, the health of our skin and hair depends on the state of our lungs.

These health and beauty benefits are further reflected in [research](#) that was supported by the Ministry of Education, Culture, Sports, Science and Technology of Japan. In the same research, it is reported that Sialic Acid in bird's nests [\*"have an effective roles against other viruses which recognize O-acetylated sialic acid, such as influenza C virus and coronavirus."\*](#)

The study concluded that bird's nest extract is a safe and viable natural source for the prevention of influenza viruses.

## INTRODUCING MU NUTRITION QUINTESSENCE: MORE THAN JUST BIRD'S NEST

Quintessence delivers the true essence of bird's nests that offers Immunity Shield and EGF Age Defence. Sialic Acid and Peptide are extracted from 100% natural, wild bird's nests in this formulation that includes Sakura Extract and Glutathione. Formulated in Japan, Quintessence with Sakura Essence is beautifully curated to optimise bodily immunity while stimulating cell growth proliferation that promotes regeneration of collagen to improve skin elasticity.

Other than Sialic Acid and Glutathione that strengthens upper respiratory immunity, Sakura essence that is proven to be effective in promoting the formation of collagen, is beautifully weaved into the formulation to make Quintessence a bottle of immunity and skin booster.

Quintessence is exclusively distributed by MU Trading Pte Limited. To find out more about MU Nutrition Quintessence, please visit Mary Chia's e-store at <https://store.marychia.com>. MU Nutrition Quintessence can be purchased at all of Mary Chia Holdings Limited wellness centres. For all media enquiries, please contact Catherine Goh at [catherine.goh@marychia.com](mailto:catherine.goh@marychia.com).

### Source:

Antiviral Research Volume 70, Issue 3, pg 140 - 146

BMC Complement Altern Med 2015; 15: 310.

Published online 2015 Sep 4. doi: [10.1186/s12906-015-0843-9](https://doi.org/10.1186/s12906-015-0843-9)