



## **Aptima Nutrition & Sports Consultants**

### **Our Services:**

- Nutrition Counselling for...
  - Weight Management
  - Anti-Aging
  - Cancer Care
  - Childhood Obesity
  - Diabetes Mellitus
  - Gastrointestinal Disorders (gall stones, fatty liver, IBS)
  - Gout
  - Heart Disease
  - Hypertension
  - Pregnancy and Lactation
  - Sports Nutrition
  
- Aptima Foods (Healthy Home Food Delivery)

### **Contact:**

Aptima Nutrition & Sports Consultants  
Address: Gleneagles Medical Centre, #03-11  
Tel: 6836-9004  
Email: [info@aptima-nsc.com](mailto:info@aptima-nsc.com)