

SOUP CULTURE NO-COOK NOURISHING SOUP

湯文化免煮滋補湯

TASTE THE LOVE OF HOME



一碗湯， 讓心回家

SOUP CULTURE transforms traditional slow-simmered recipes into an innovative No-Cook Nourishing Soup — simplifying the process while keeping it convenient and wholesome for modern living. Take in the authentic flavors, nutritional benefits and comfort of knowing that these herbal recipes have been trusted for thousands of years. This is how we carry on the enduring tradition of SOUP CULTURE.

免煮
NO-COOK



SIAL
INNOVATION
AWARDS 2005
**INSPIRING
FOOD**
BUSINESS
WORLDWIDE

【湯文化】將傳統的慢炖熬煮食譜，精心研制的創新理念轉化為免煮滋補的營養湯～化繁為簡，方便又健康，更適合現代生活。品嚐正宗的原始風味，享受豐富的營養，並安心享用這些傳承數千年的天然草本食譜，這就是【湯文化】真正傳承了喝湯的悠久傳統文化方式。



O'Nite Soup 凌晨湯



TRADITIONAL BENEFITS

- Relieves heat in liver
- Moistens the lungs
- Balances immunity
- Relieves fatigue

传统用途，
有助于：

- 清肝泻火
- 清肺润燥
- 平衡免疫
- 缓解疲劳

2.4G **89kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

4 Plus+ Wind & Damp Dispel Soup 湿风湯



TRADITIONAL BENEFITS

- Dispers wind and Eliminate dampness
- Calms internal wind
- Invigorates the spleen and resolves dampness
- Unblocks the orifices, vitalizes the meridians and collaterals

传统用途，
有助于：

- 祛风除湿
- 平息内风
- 健脾利湿
- 通窍舒络

3.0G **70kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 25 SG 90

1 Tiger Milk Mushroom Soup 虎乳芝湯



TRADITIONAL BENEFITS

- Eases respiration
- Moistens the lungs and Reduces inflammation
- Removes phlegm and relieves cough
- Removes pulmonary deposits
- Regulates digestion and boosts immunity

传统用途，
有助于：

- 通畅呼吸
- 润肺消炎
- 化痰止咳
- 清肺利咽
- 去除积物
- 调理肠胃
- 提升免疫

2.1G **79kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 27 SG 100

5 Heshouwu Soup 何首烏湯



TRADITIONAL BENEFITS

- Promotes hair health, reduces grey hair
- Nourishes blood and calms nerves
- Tonifies and revitalizes liver
- Enhances kidneys and strengthens bones

传统用途，
有助于：

- 乌发养发
- 养血安神
- 滋阴养肝
- 益肾健骨

4.4G **101kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

2 Get Fit Soup 祛脂湯



TRADITIONAL BENEFITS

- Relaxes bowels
- Eliminates lipid and detoxes
- Invigorates the spleen and kidney
- Boosts metabolism

传统用途，
有助于：

- 清肠通便
- 祛脂排毒
- 健脾利湿
- 新陈代谢

2.0G **73kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 20 SG 70

6 Spleen Energen Soup 健脾胃湯



TRADITIONAL BENEFITS

- Invigorates the spleen and stomach
- Warms the kidney and dissipates cold
- Dispers wind and regulates qi
- Improves physical strength

传统用途，
有助于：

- 健脾和胃
- 温肾散寒
- 祛风理气
- 增强免疫

2.0G **66kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

3 Beauty Soup 美颜湯



TRADITIONAL BENEFITS

- Brightens and nourishes the skin
- Invigorates spleen
- Resolves dampness
- Harmonizes qi and blood
- Improves immunity

传统用途，
有助于：

- 美白养颜
- 健脾化湿
- 调和气血
- 提升免疫

2.5G **77kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

7 Qi Replenish Soup 氣養肺湯



TRADITIONAL BENEFITS

- Promotes lung health
- Enhances immunity
- Detoxifies
- Invigorates spleen and Replenishes qi

传统用途，
有助于：

- 养肺益气
- 提升免疫
- 解毒抗菌
- 祛湿健脾

2.4G **91kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

8 Bazhen Soup 八珍湯



TRADITIONAL BENEFITS

- Regulates menstruation
- Relieves menstrual pain
- Nourishes blood and promotes healthy skin
- Invigorates spleen and replenishes qi
- Tonifies liver and kidney

传统用途，
有助于：
• 调经止痛
• 养血养颜
• 健脾益气
• 补肝益肾

1.8G **89kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

I Immune Soup 護寶寶湯



TRADITIONAL BENEFITS

- Enhances immunity
- Invigorates spleen
- Resolves dampness
- Replenishes qi and lung nourishes
- Promotes digestion

传统用途，
有助于：
• 提升免疫
• 健脾化湿
• 益气养肺
• 促进消化

1.9G **70kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

9 Sleep Well Soup 就好睡湯



TRADITIONAL BENEFITS

- Calms the mind to improve sleep quality
- Pacifies the liver and regulates qi
- Tonifies and tranquillises
- Restores normal coordination between heart and kidney

传统用途，
有助于：
• 清心助眠
• 平肝理气
• 补养安神
• 交通心肾

2.7G **93kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

N Clear Nose Soup 鼻通通湯



TRADITIONAL BENEFITS

- Relieves nasal allergy
- Moistens the lungs
- Relieves cough
- Eases respiration
- Improves physical strength

传统用途，
有助于：
• 解鼻敏感
• 润肺解咳
• 通畅呼吸
• 增强体力

2.2G **84kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 25 SG 90

10 Soupreme Soup 十全美湯



TRADITIONAL BENEFITS

- Replenishes Qi and nourishes blood
- Warms Yang and dispels cold
- Strengthens muscles and bones
- Relieves fatigue

传统用途，
有助于：
• 补气养血
• 温阳散寒
• 强健筋骨
• 改善疲劳

1.4G **64kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 27 SG 100

G Grow Tall Soup 長高高湯



TRADITIONAL BENEFITS

- Promotes bone development and growth
- Aids Intellectual development
- Invigorates the spleen and kidney
- Good protein source

传统用途，
有助于：
• 骨骼生长
• 智力发育
• 健脾益肾
• 优质蛋白

1.6G **72kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 22 SG 80

11 Cardiocare Soup 舒心通湯



TRADITIONAL BENEFITS

- Promotes blood circulation and resolves stasis
- Unblocks the meridians and protects the heart
- Soothes the liver and regulates Qi
- Strengthens the spleen and dispels dampness
- Calms the heart and mind, soothes the nerves

传统用途，
有助于：
• 活血化瘀
• 疏肝理气
• 健脾除湿
• 宁心安神

2.0G **54kcal**
PROTEIN ENERGY

5 Sachets **20 Sachets**
SG 25 SG 90

BaGusTeh Soup 霸酷茶湯



SERVING SUGGESTION Ideal for Steamboat, Hot Soup, Noodle Meals, and Braised Egg.
享用推荐：火锅涮煮、热汤、面汤料理、滷蛋尽享。

TRADITIONAL BENEFITS

- Replenishes qi blood
- Warms the middle and dispels cold

传统用途，
有助于：
• 补气养血
• 温中散寒

4.35G **155kcal**
PROTEIN ENERGY

Serving Size **1 Pack**
4-5 Persons SG 8.00

Premium Thermal Flask 优质保温瓶

Sip while walking and stay warm 走着喝，暖着养



Premium Blue Ceramic Thermal Flask



Premium Green Ceramic Thermal Flask



Premium 316 Stainless Steel Thermal Flask

SG 48

SG 48

SG 27

30 Days Postpartum 續30天月子滋補湯

Postnatal Care Nourishing Soup from Weeks 5-8 續30天月子滋補素食湯飲系列



60 Sachets (10packs x 6 flavours) RM 440

- 1 M30D-1 养肺排毒 • 养血护肝 x 10包
- 2 M30D-2 滋阴暖宫 • 益气调养 x 10包
- 3 M30D-3 美白润肤 • 健脾养颜 x 10包
- 4 M30D-4 祛寒舒筋 • 消肿祛湿 x 10包
- 5 M30D-5 补血滋肾 • 健骨壮腰 x 10包
- 6 M30D-6 宁心助眠 • 舒肝安神 x 10包



FREE Exclusive Gifts

with Purchase of 30 DAYS POSTPARTUM

- 316 Stainless steel premium thermal food container with handle 800ml x 1
- High-quality ceramic premium thermal flask 480ml x 1

Gentle Reminder: Be sure to order this package 2 weeks in advance so that we can deliver the freshest of everything to you.

FRIENDLY REMINDER

Due to the natural ingredients, the taste and colour may vary slightly from season to season and it is normal that the contents may be slightly moist.

温馨提醒: 源于全天然的食材配制，每季食材味道和颜色或有少许差异，或因某食材水分较高而导致少许潮湿。这均属正常现象，请安心饮用！

Avoid consuming during sickness. Pregnant women, those with special conditions and cancer should consult a doctor beforehand.

不适宜生病感冒中、怀孕妈咪。患有特殊情况和癌症的人应事先咨询医生。

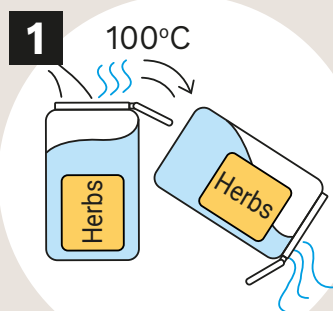
隨購買【續30天月子免煮滋養養生湯系列】

即免费附送以下精美礼品

- 316不锈钢优质手提闷烧壶800ml x 1个
- 高品质陶瓷优质保温瓶480ml x 1个

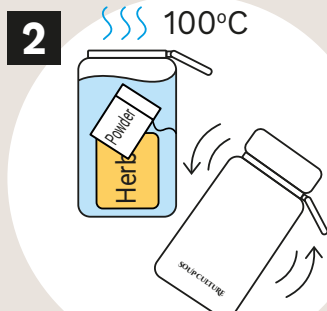
温馨提醒: 为了提供您最新鲜的食材，请于至少两个星期前预订此配套哦！

PREPARATION 准备方法



Put herbs sachet, 100°C boiling water and quick rinse.

將藥材包放入保溫瓶，加100°C沸水，快速出湯，倒掉，有助於舒展材料。



Add herbs powder sachet and 100°C boiling water (270ml - 320ml), wait for 2 hours. Shake gently & serve hot.

將藥材粉包放入保溫瓶，加入100°C沸水（270ml至320ml）靜待兩小時。搖勻，趁熱飲用。

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Cooking Instructions



Scan to order