

LEGACY LIFE



REINFORCE YOUR
**IMMUNE
SYSTEM**
WITH



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DELTA BLUES

THE LATEST PHASE OF THE COVID-19 PANDEMIC

The ongoing Covid-19 pandemic has been marked by several variants. These variants have complicated the world's struggle against the virus. Among these variants, one stands out as the largest threat to global health today: lineage B.1.617.2, better known as the "Delta variant".

The Delta variant has caused a surge in global Covid-19 infections. It's the most transmissible of all Covid-19 variants, including the original strain of the virus. Unlike other variants, Delta is often able to circumvent immune protection provided by a prior infection or vaccination. To make matters worse, researchers have found that those who contract the Delta variant are more likely to require hospitalization than those who contract any other variant.

According to the latest information released by the World Health Organization (WHO), the Delta variant is expected to become the most common strain of Covid-19 in the world.

HISTORY OF THE DELTA VARIANT

The Delta variant was first detected in India in October 2020. However, the variant would not spread abroad until February 2021.

During that month, three other countries reported Covid-19 cases caused by the Delta variant. It would not be long before the Delta variant swept across the planet, causing massive health damage.

In due time, it became evident that the Delta variant was far more transmissible than any other prior variant. Consequently, it was designated as a variant of concern in May 2021. During this period, the spread of the variant continued to accelerate due to many countries' inability to detect it. These countries would often claim that they had no cases of the Delta variant even though they neither had any specialized kits to detect it nor any laboratories to test for it. Covid-19 cases in these countries resulting from the Delta variant were deemed to be caused by an "unknown variant".

As of mid-July 2021, the Delta variant had been detected in 124 different countries. In many countries, it has already become the most common variant; this is soon likely to be true of all countries.

TRANSMISSIBILITY OF THE DELTA VARIANT

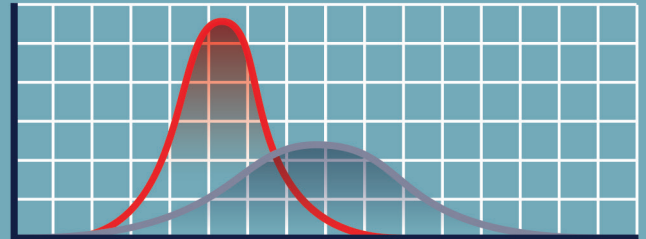
If you think that the Delta variant is “just another form of Covid-19”, you are, unfortunately, incorrect. The Delta variant is more than twice as transmissible as the original strain of the virus. Those infected by the Delta variant have approximately 1,000 times more copies of the virus in their bodies when compared to those infected by the original strain. When combined with the variant’s higher rate of transmissibility, you can clearly see why this variant is such a cause for alarm.

The Delta variant is so transmissible that countries and regions which had once relaxed requirements on face masks and large gatherings have had to rescind these eased regulations.

DELTA VARIANT SYMPTOMS

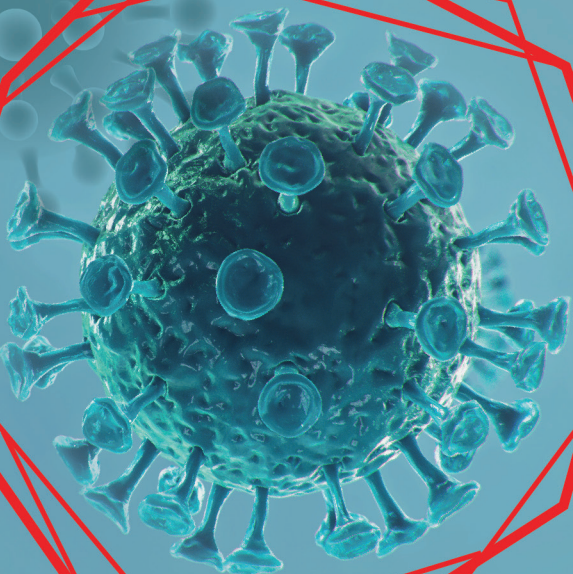
In general, most of the symptoms of the Delta variant are the same as those of other Covid-19 strains. These include headaches, a fever, and a sore throat.

This is because it’s possible for an uninfected person to be infected by the variant after just a few seconds of exposure. Even someone who’s been fully vaccinated can be infected in this way. In addition, a person who has been vaccinated but infected by the Delta variant may continue to spread it to others.



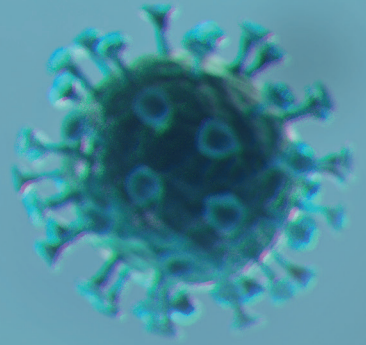
To complicate matters, a mutation of the Delta variant known as “Delta plus” is even more transmissible than the Delta variant. Delta plus is not only more transmissible; it is also more difficult to treat. That’s because delta plus reduces monoclonal antibody response, thus reducing the efficacy of certain forms of therapy provided to Covid-19 patients.

The main symptomatic differences between the Delta variant and other strains are found in associated complications. People who have been infected by the Delta variant are more likely to develop pneumonia as well as require emergency oxygen. Both of these complications make the Delta variant more likely to be deadly.



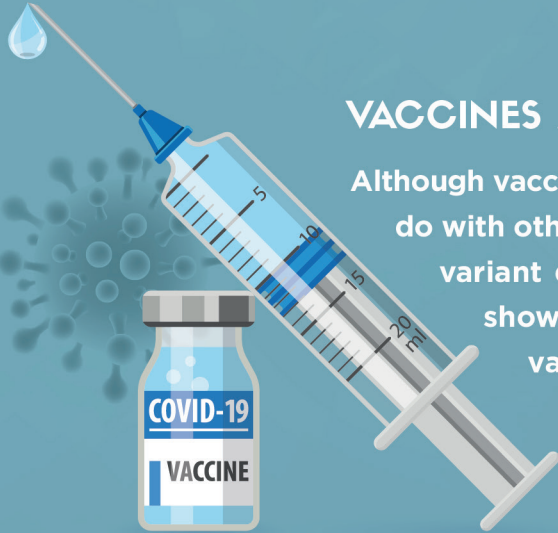
IN EXTREME CASES,

the Delta variant can eventually result in gangrene. This may occur when a Covid-19 patient develops blood clots which cause the death of affected tissue. This tissue death leads to the development of gangrene. Other symptoms unique to extreme cases of the Delta variant include nausea, joint pain, and even hearing loss.



VACCINES AND THE DELTA VARIANT

Although vaccines protect a person against the Delta variant just as they do with other variants, the Delta variant is the most vaccine-resistant variant discovered to date. Several vaccines have already been shown to have lower effectiveness rates against the Delta variant than against others. For maximum protection, you might consider requesting the use of a messenger RNA (mRNA) vaccine. mRNA vaccines have been shown to be most effective against the Delta variant.



That being said, it's also critical to remember that "less effective" does not mean "not effective". Every vaccine provides a great deal of protection against the Delta variant as well as every other variant in existence. Additionally, it must be noted that the overwhelming majority of infections, hospitalizations, and deaths caused by the Delta variant occur in the unvaccinated. That's why it's so important to get yourself fully vaccinated as soon as you can.

CONCLUSION

The emergence and spread of the Delta variant has undoubtedly made the Covid-19 pandemic even more dangerous than it already was. Greater transmissibility, more severe symptoms, higher lethality rate, and ability to infect the vaccinated - certainly, we must never underestimate the potency of the Delta variant.

For this reason, we need to receive our vaccinations and abide by all pandemic regulations in force wherever we might live. By doing so, we can keep ourselves and those around us from the potentially fatal Delta variant and bring our communities and the world one step closer to overcoming the Covid-19 pandemic once and for all.



SKIN RASHES AFTER VACCINATIONS AND HOW THEY'RE RELATED

Vaccines are perpetually in the news today. This is, of course, due to their critical role in containing the Covid-19 pandemic. For this reason, everyone ought to be vaccinated whenever they can.

Those who have received vaccination, however, might notice that a rash has developed around the area where the vaccine was administered. This rash is not unique to Covid-19 vaccinations. Skin rashes may also arise as an effect of vaccinations for measles, mumps, and rubella (MMR); chickenpox; diphtheria; and tetanus.

Not all rashes following a vaccination are the same. Some people experience more intense rashes than do others. The duration for which the rashes last will also vary from person to person. Some even experience additional side effects besides the rash, while others might not.

SKIN RASHES AND VACCINE TYPES

The characteristic of skin rash following a vaccination usually depends on the type of vaccine involved. For example, around 5% of those who received an MMR vaccine will experience a transient rash. This rash is caused by live viruses within the vaccine and is known as “vaccine-induced modified measles”.

It is also possible, though rare, for a chickenpox vaccination to cause a rash which resembles a shingles rash. The rash which a chickenpox vaccination may cause also arises due to live viruses.

Approximately 5% to 13% of all recipients of tetanus and diphtheria vaccinations experienced unidentifiable rashes. These rashes usually come with hives and angioedema. The reaction is the result of non-specific activation of the inflammatory system.

This activation takes place due to the large dose of bacterial components involved. In many instances, skin rashes which occur after a Covid-19 vaccination also occur alongside hives. Swelling is also common among sufferers. Around 1.9% of all Covid-19 vaccine recipients experience a skin rash after the vaccination.



Most people who experience a skin rash after a vaccination will find that the rash is not particularly intense. Such rashes will usually fade within several days and don't require any additional treatment. However, some vaccine recipients might be unfortunate enough to find out that their rashes are intense enough to warrant special care and treatment.

Many rashes related to vaccinations which don't fade on their own can be treated with topical steroids or antihistamines. With proper treatment, these rashes normally take three to four days to clear up. These rashes do not necessarily occur at the point of injection; it is possible for them to be found on any part of the body.

Some skin rashes after a vaccination might be caused by an allergy. If such a rash comes with excessive skin redness, hives, or swelling within two days of the vaccination, the vaccine recipient should consult an allergy specialist. By doing so, the symptoms can be addressed and a remedy will be found.

The most severe rashes which are related to vaccinations are those which spread all over the body and remain there for an extended duration. The parts of the body most often affected by such rashes are the abdomen, neck, head, and limbs. Some of these extreme rashes even come with respiratory symptoms which might require medical attention.

INTENSITY OF RASHES AFTER A VACCINATION



REOX SERIES H+



If you're suffering from a rash, whether from a vaccination or due to any other reason, Return Legacy has just what you seek: **REOX Series H+**! Among its many impressive qualities, REOX Series H+ relieves all forms of skin irritation including rashes. Through the power of Micro-Mineralised Nutrient Technology (MMNT), REOX Series H+ will bring relief to your skin in a way you've never imagined possible.

In addition to relief from rashes, REOX Series H+ regenerates the skin, facilitates soothing from acne breakouts, accelerates burn and wound healing, and acts against skin inflammation. It's all thanks to its specially-crafted combination of minerals and antioxidants - making it perfect for anyone's skin!

That's why, with REOX Series H+, you won't have to worry about your skin after ANY vaccination.

REINFORCE YOUR IMMUNE SYSTEM WITH RETURN LEGACY'S I30B

It's impossible to understate the importance of the immune system. Our immune system shields us from an array of diseases and infections, keeping us healthy and safe as we go about our lives. However, if we don't take proper care of our immune system, it will eventually degrade and fail to function as it should. Therefore, to reverse this problem, Return Legacy would like to present the incredible I30B PACKAGE!



The I30B package contains three fantastic products created to give your immune system the jolt it needs. When used together, these antioxidant products accelerate the repair of immune cells, making your body much more able to fend off any infection while also regulating its inflammatory response.

NOW, LET'S TAKE A CLOSER LOOK AT EACH OF THESE THREE PRODUCTS.

REOXlife POTENT

REOXlife POTENT bolsters your body's natural defenses by promoting anti-oxidation and cell repair. This comes about through the Micro-Mineralised Nutrient Technology (MMNT) in it. MMNT stabilizes and traps negative hydrogen ions to increase total antioxidant content. Negative hydrogen ion is a powerful antioxidant that reduces inflammation, repairs cell damage, and fends off free radicals.

REOXlife POTENT also contains cantaloupe and wheat protein extracts which ensure that your body gets the most out of these antioxidants. Wheat protein extracts guard antioxidants in cantaloupe from erosion caused by stomach acid while also improving intestinal absorption of these antioxidants. This way, you can have full certainty that you'll be giving your health a boost - there's absolutely no risk of any "lost" benefits.

Consuming REOXlife POTENT also slows the aging process. In addition, REOXlife POTENT promotes cell renewal, strengthens the cells' protection mechanisms, and acts against inflammation. It not only improves the function of your inner defenses; it even makes your skin healthier as well.



REOXlife Mediterranean Gold PLUS

REOXlife Mediterranean Gold PLUS contains Return Legacy's one-of-a-kind formula known as LePheno™. Created after countless hours of research and collaboration with experts at Fytexia, LePheno™ enhances the body produce superoxide dismutase (SOD)-one of the most powerful known antioxidants. It will shield your body from harmful free radicals and keep your cells healthy.

By improving the body's ability to produce antioxidant enzymes, REOXlife Mediterranean Gold PLUS greatly aids the body's immune function. These same antioxidant enzymes also decelerate the aging process, reduce oxidative stress, and alleviate symptoms caused by metabolic conditions.



REOXlife iMgard



It isn't always easy to remain protected against the many pathogens in existence. That's where REOXlife iMgard comes in. It contains a unique formula which enhances the body's ability to stand against pathogens including viruses, fungi, and bacteria. For this reason, REOXlife iMgard plays the role of an immune system booster within the I30B package.

REOXlife iMgard's standout component is **M-GARD®**, a β -1,3/1,6-glucan derived from baker's yeast. The unique molecular structure of **M-GARD®** allows it to bind to the specific receptors on immune cell. It then sets off signals which modulate immune cells; this modulation improves immune responses in the event of any infection.

When combined with resveratrol and vitamin C, two other key ingredients of REOXlife iMgard, the three substances work together to give your immune system a lift beyond what you could ever have imagined. In addition to the benefits already mentioned, REOXlife iMgard promotes healthy inflammatory responses, improves respiratory health, and support antioxidant activity in the body.

Each of these products will already do wonders for your immune system when taken on their own. So, just think of how much their effects will be amplified when you take them together! Isn't it exciting to think about?

WHY WAIT ANY LONGER? **TRY** **RETURN LEGACY'S I30B PACKAGE NOW**

LET YOUR IMMUNE SYSTEM REVEL IN ITS NEW ELEVATED CONDITION.

VITAMIN C

and What It Does for Immunity

Of all the vitamins which our bodies need, perhaps the best-known is vitamin C. Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin which performs several key physical functions.

Vitamin C is involved in the metabolism of proteins. It is also required for the biosynthesis of collagen. In addition, vitamin C improves the body's ability to absorb non-heme iron, protects a person against scurvy, and is one of the most important physiological antioxidants.

However, the most well-known quality of vitamin C in the body is its ability to improve the function of the immune system. There are numerous ways by which vitamin C strengthens our immune system.

Why the **IMMUNE SYSTEM**

Needs Vitamin C

Vitamin C is one of several nutrients which improve our immune function. Other nutrients which do so include zinc, selenium, iron, and vitamin D. Vitamin C supports the cellular functions of both the adaptive and innate immune system.

The lack of vitamin C can lead to impaired immunity as well as increased vulnerability to diseases and infections. For prevention of infections, we need to consume an adequate quantity of vitamin C. "Adequate" is defined as an amount which optimizes the level of vitamin C in cells and tissues. Most people should consume between 65 and 95 milligrams of vitamin C every day.

HOW VITAMIN C *Supports the Immune System*

Vitamin C provides the immune system with many positive effects because it is easily distributed in high concentrations into immune cells. It also promotes the proliferation of lymphocytes and natural killer cell and antimicrobial activities. Each of these qualities indicate that vitamin C plays an important role in maintaining the proper function of the immune system.

Vitamin C enhances the production of nitrogen oxide by phagocytes. Phagocytes are white blood cells which envelop pathogens and other harmful substances. After the phagocytes do so, they digest and neutralize the intrusive substance by way of enzymes and nitrogen oxide. The more nitrogen oxide produced, the easier it will be for the phagocytes to kill pathogens or any other threats to the body.

The presence of vitamin C in the body also increases the production of white blood cells known as B-lymphocytes and T-lymphocytes. As part of the antibody-mediated immune response, B-lymphocytes produce antibodies. B-lymphocytes perform this function when an antigen or a pathogen invades the body. The immune system needs T-lymphocytes for cell-mediated immune responses. Vitamin C enhances the production of T-lymphocytes. Larger numbers of T-lymphocytes in the body lead to an improvement in immune function.



VITAMIN C

Consumption



It isn't difficult for most people to obtain all the vitamin C they need. Most people are able to obtain sufficient vitamin C through their diets. Among the foods which naturally contain significant quantities of vitamin C include potatoes, tomatoes, citrus fruits, cantaloupe, and red and green peppers. Some people may have a question that why should we take vitamin supplements instead of absorbing vitamin C from food? It is because we want to ensure adequate levels of vitamin C has been absorbed daily. Moreover, food that are rich in vitamin C will be destructed easily through high temperature of cooking or long exposure time under the sun, causing loss of vitamin C before it can be absorbed by our bodies.

Therefore, vitamin C supplement is a good choice for us to consume.

Moreover, food that rich with vitamin C will be destructed. However, it's just as important to avoid overconsuming vitamin C. If you consume more than 2,000 milligrams of vitamin C every day, you'll put yourself at risk of abdominal cramps, nausea, and other gastrointestinal disturbances. Too much vitamin C might also increase the risk of kidney stones. Additionally, since vitamin C facilitates iron absorption, too much vitamin C can overload the body with iron; excessive iron in the body can damage tissues and organs.

CONCLUSION

The importance of vitamin C for a healthy immune system cannot be overstated. Whether we consume via food, supplements, or both, this vitamin is exactly what our bodies need to combat pathogens, guard us from infections, and keep us healthy.

Of course, it's equally as important to remember that vitamin C is just one nutrient which contributes to immune health. Those who consume enough vitamin C but neglect other important nutrients will also compromise their immune function.

So, if you combine vitamin C with all the other necessary nutrients, your immune system will be in peak condition!





5 DIETARY PLANS WHICH REALLY WORK

Many of us have been searching for the ideal dietary plan that will make us the healthiest we could possibly be. However, the reality is that as far as diets are concerned, there is no single option which works for everyone. The only way to find out if a dietary plan works is to try it for yourself.

That being said, there are several dietary plans which have been proven to work well for many people. In the following paragraphs, we will list five dietary plans that are usually rather effective. Perhaps your health might just benefit by adopting one of the five and sticking with it for the rest of your days.





INTERMITTENT FASTING

Unlike most other dietary plans, intermittent fasting is not concerned about the types of foods which are to be consumed. Instead, it primarily deals with the times of the day set aside for eating.

There are two primary types of intermittent fasting diets. The first of these is known as the 16/8 approach. The 16/8 approach forbids any food from being eaten outside a specific eight-hour window. An offshoot of the 16/8 approach is the one-meal-a-day (OMAD) approach which restricts food consumption to a one-hour period.

The other type of intermittent fasting diet is the 5:2 approach. Followers of the 5:2 approach eat as usual on five of the seven days of the week. On the other two days, they eat just one meal of 500 to 600 calories.

The primary benefits of intermittent fasting are improved heart health, better weight management, improved tissue health, and protection against diabetes and heart disease.

LOW-CARB DIET >

As implied by its name, the low-carb diet restricts consumption of carbohydrates. They are replaced by protein and fat. Foods rich in starches and sugars are shunned, while high-protein foods and those full of natural fats are consumed freely.

An increasingly popular form of the low-carb diet is known as the ketogenic diet. The ketogenic diet is an even more restrictive version of a standard low-carb diet. Those consuming this diet eat almost no carbohydrates at all to enter a state of ketosis - the origin of the diet's name.

The positive health outcomes which may result from the low-carb diet include improved intestinal health, stabilization of weight and blood pressure, proper management of diabetes, and improved skin health.



MEDITERRANEAN DIET

The Mediterranean diet was formulated to mimic the traditional diets of people from Mediterranean countries. As a result, there are no outright requirements linked to this diet, making it one of the least restrictive dietary plans. Despite the lack of requirements, all versions of the Mediterranean diet possess certain similarities.

The Mediterranean diet involves the use of a plant-based dietary approach. Healthy fats and vegetables comprise the majority of the foods which are part of this diet. Red meat, sugary foods, and dairy products are generally avoided, while protein-rich foods are used as side dishes instead of main dishes.

Those who strictly adhere to a Mediterranean diet are likely to experience improved heart health, protection against cancer and cardiovascular disease, and the prevention of Alzheimer's disease and Parkinson's disease.



DASH DIET

The Dietary Approaches to Stop Hypertension (DASH) diet, as mentioned in its name, was created to prevent or treat high blood pressure. It was created after researchers found that certain dietary patterns worked well to counteract the development of hypertension.

There are two versions of the DASH diet; one restricts sodium intake to a maximum of 2,300 milligrams per day while the other restricts it to 1,500 milligrams per day. Apart

from the maximum sodium intake, both versions are the same. They promote consumption of lean protein, fruits, and vegetables while discouraging intake of salt, fat, and red meat.

Besides normalization of blood pressure levels, the DASH diet reduces one's risk of cancer and diabetes, protects a person against metabolic syndrome, and improves cardiovascular health.

LOW-FAT DIET

The low-fat diet restricts all forms of dietary fat. It may include any food which is either naturally low in fat or devoid of it. Processed foods which have been manufactured to lack significant fat content can also be part of the diet. There are even some versions of the low-fat diet which promote the consumption of meal replacement beverages or low-fat pre-packaged meals.

One notable form of the low-fat diet is the McDougall diet. The McDougall diet forbids the consumption of all animal products, oil, and processed foods. According to the McDougall diet's guidelines, whole-food starches comprise the vast majority of the food to be eaten. Thus, the McDougall diet can be classified as a starch-based diet.

The main benefits of the low-fat diet are improved weight management, reduction of fatigue, protection against cardiovascular disease, and reduction of cholesterol and insulin levels.

“ CONCLUSION

As you can see, each of the diets listed have their own unique characteristics and benefits. If you'd like to choose one, carefully consider what you can and can't eat as well as the health benefits you most desire.

Remember, when you select a dietary plan, you must adhere to it for life if you're to get the most out of it. Choose wisely - if you do, your body will thank you for it!



Sales Pitches for VIRTUAL MEETING



Any savvy salesperson should be able to tailor a sales pitch for any situation. This is even true of virtual meetings. Virtual meetings can be needed for a variety of reasons. Sometimes, they are necessary to communicate with colleagues or clients who live far away. At other times, they are for convenience; they eliminate the need to set up all the tools and physical documents required for an in-person meeting.

In the following paragraphs, some of the ways by which you can modify sales pitches to suit virtual meetings will be discussed.

More recently, of course, restrictions imposed by lockdowns all over the world have necessitated the use of virtual meetings. Although vaccines have allowed many countries to ease these lockdown restrictions or even eliminate the need for them, virtual meetings nevertheless existed before the Covid-19 pandemic and will do so after it as well.

If you intend to make sales pitches for the Return Legacy products you're selling during a virtual meeting, you should take the necessary steps to craft these pitches accordingly. By doing so, potential customers will be more likely to develop interest in your products. They'll subsequently be more inclined to purchase them, driving up your sales and profits.



KEEP THE PITCH SHORT



Unlike sales pitches made during in-person meetings, those made during virtual ones ought to be kept short. Although you might be brimming with information about your Return Legacy products, the nature of a virtual meeting makes it more likely for others to gradually lose interest. Therefore, the sales pitch itself should be kept short and basic while retaining all of the most important points. By using such a sales pitch, you'll communicate everything which must be said while at the same time keeping everyone on board and fully interested in what you have for sale.

In addition, a shorter sales pitch will allow you to extend the question-and-answer (Q&A) session that follows your sales pitch. The longer the Q&A session, the more time and space you'll have to deliver the detailed information about your products in a digestible manner. The longer Q&A session will also allow you to build rapport with clients because you can then spend more time addressing their needs and desires. They'll be more able to direct the topic of discussion towards the areas about which they want to learn more.

TONE & VOICE

In any sales pitch, your tone and voice when speaking is crucial for accurate delivery of your message and its accompanying emotion. However, your inflection becomes exponentially more important during a virtual meeting. That's because others aren't able to see your entire body during it. Therefore, they'll pay more attention to your voice and its tone as you deliver your pitch.

As you deliver your sales pitch, try to use a downward inflection. A downward inflection conveys the idea that you are confident about the message which you are sending to clients. It can also be helpful to speak more slowly than usual. It's true that speaking too slowly can be construed as an insult to the listeners' intelligence. Therefore, what you want to do is speak just slightly slower than usual. When you do that, you'll show that you want others to listen to and consider your sales pitch.

It's also important to maintain a moderate volume during your sales pitch. Tensions can often run high during a virtual meeting. However, by reducing the volume of your voice, your clients will feel at ease. This will therefore cause any feeling of tension to dissipate.

APPROPRIATE TECHNICAL SUPPORT



Before the virtual meeting begins, you'll need to be sure you have access to any technical support which may be required during it. Technical issues during any virtual meeting are common; however, they do convey a sense of unprofessionalism, unreadiness, and a lack of concern for clients. They serve as a major distraction to the primary focus of these meetings.

Before and during the sales pitch, you should

be able to contact one or more people who can back you up if any technical difficulties come about. This way, in the event of any untoward incident, you can continue to focus on what you're saying and how you want to say it. You can be assured that the members of the technical support team will handle everything in their corner on your behalf, allowing you to make your sales pitch the best that it can be.

INFOGRAPHICS & CHARTS

The nature of virtual meetings causes them to lend themselves well to the use of infographics and charts. You can and should take advantage of this fact. By breaking up your words with the occasional well-timed visual, you'll allow potential customers to remain focused on you and the message you're presenting. These visuals will also be used to provide support for and evidence of the points you're making.

If you would like to truly maximize the impact of infographics and charts, consider

having a teammate speak while these visuals are being presented. Doing so will ensure that your audience members will retain their interest because of the variety in speakers as well as the apt timing of the speaker change. It will also show them that you are part of a knowledgeable team full of expertise and wisdom regarding your products. Do note that the other speaker should only discuss the information shown on the visuals; this speaker is not to make the entire sales pitch on your behalf.

CONCLUSION

Even if your business might not be able to contact its customers in person, an excellent sales pitch delivered via a virtual meeting will do wonders for its sales. Those who see it will be impressed by what your business has to offer them. They'll then become likely to grant you their time and patronage.

Although creating a sales pitch for a virtual meeting can sometimes be difficult, you can easily overcome these difficulties by using the appropriate skills. Preparation is also vital - without it, your virtual meeting sales pitch won't even get off the ground. As long as you keep these facts in mind and make good use of the suggestions we've provided, you can expect the sales pitch you make at your next virtual meeting to be a spectacular success.



RETURN LEGACY SDN BHD

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