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JIAN SERIES

脂立消

脂立消的 2 大好處

· 有助消脂

· 幫助減低消脂時所產生的氧化壓力

您知道健康的秘訣是要先維持理想的體重嗎？

很多人無法維持理想的體重，主要原因都是歸咎於飲食習慣，或者在不知不覺中攝取過多熱量，令身體變得肥胖。肥胖會加重身體多個器官的負荷，引致許多疾病，甚至縮短壽命。令人憂慮的是，即使體重指標還未有達到很高水平，脂肪積聚已可開始影響健康。

香港衛生署曾於 2015 年時指出，肥胖會增加患上一些慢性病的風險，包括：高血壓、心臟病、高膽固醇、糖尿病、腦血管病、膽囊病、骨關節炎、睡眠窒息症，嚴重更可引致部分癌症，如：乳癌、前列腺癌、結腸直腸癌及子宮內膜癌等。由此可見，無論男女老幼，都需要維持健康及理想的體重以減低患上慢性疾病的風險。

如何能有效及健康地維持理想的體重？

建立恆常的運動及良好的飲食習慣是幫助維持健康及理想體重的不二法則。很多人為了更快達到減重的目標，會完全避開飲食中的所有油脂，其實此舉不但違反了健康飲食的原則，身體更會因為缺乏油脂而影響各營養素的吸收，造成身體負擔或掉髮、皮膚乾燥、增加減重時平原期等的副作用。如選擇了壞的油脂 (如：紅肉內的動物脂肪) 更會使身體消脂的能力大幅減慢。所以，其實只要懂得選擇優質的油脂，如：必需脂肪酸中的複合亞麻油酸 (CLA) 及 γ - 次亞麻油酸 (GLA)，反而更有助加快修身減重的速度。據現代醫學研究顯示，複合亞麻油酸 (CLA) 能幫助減低體脂，而且對於那些飲食控制不佳的肥胖者效果特別明顯；而 γ - 次亞麻油酸 (GLA) 則能幫助改善血液中各脂肪的水平，以減低患上慢性疾病或心血管疾病的風險。

繁

脂立消

甚麼是脂立消？

脂立消結合了 2 種天然成份 – 月見草及枸杞子，含複合亞麻油酸 (CLA) 及 γ - 次亞麻油酸 (GLA)，有助對抗因新陳代謝失衡或年齡增長所引致的肥胖，以及可幫助對抗消脂時所產生的氧化壓力。脂立消的一項製造工藝更已獲中華人民共和國國家知識產權局頒發的發明專利認證 (專利號 : 201110075273.9)。當中所使用的真空冷凍乾燥技術，能最大程度地保留產品的營養成份，令保質期更長。如配合適量運動及均衡飲食，更可加快脂肪燃燒速度，幫助維持健康及理想體重。

甚麼是月見草？

月見草包含了上述的兩種必需的脂肪酸 - 複合亞麻油酸 (CLA) 及 γ - 次亞麻油酸 (GLA)，這兩種脂肪都是人體不能自行合成的脂肪酸，必須從飲食中 (如 : 母乳、天然有機及牧草飼養的牛奶、月見草油等) 攝取。但由於月見草油屬植物來源，因此它的膽固醇含量、飽和脂肪酸量和熱量等都較低，亦是 γ - 次亞麻油酸 (GLA) 最豐富的食物來源，所以就算增加攝取量都不會增加患上心血管疾病的風險，更有助消脂。

甚麼是枸杞子？

枸杞子在中國的保健和治療的用途上已有多年的歷史，其營養價值豐富，除了含有 18 種氨基酸、21 種礦物質，亦含有比甘荀更高的類胡蘿蔔素及多種促進健康的維生素。當中的枸杞多糖在中醫藥理中具重要醫學作用。枸杞子能與月見草產生協同作用，對促進人體健康消脂均有獨特的作用，亦有助體內抗氧化。

脂立消的好處

有助消脂

複合亞麻油酸 (CLA) 及 γ - 次亞麻油酸 (GLA) 對於脂肪代謝均有獨特的作用。研究顯示，配合適量負重運動，複合亞麻油酸 (CLA) 能加快身體消脂速度[1]，並有助增加肌肉量。而 γ - 次亞麻油酸 (GLA) 則可以刺激身體內的啡色脂肪以促進能量代謝。結合枸杞子內的營養素，可幫助身體更有效提升新陳代謝率和有助消脂。月見草油內含的 γ - 次亞麻油酸 (GLA) 亦有助於調節血液中的脂類物質，或有助減低因高血脂和高膽固醇而引起的動脈硬化。

幫助減低消脂時所產生的氧化壓力

日常生活壓力、不健康的飲食習慣、環境中的污染物及身體內的脂肪組織都會增加體內的氧化壓力，使身體容易受到破壞，引發不同疾病，甚至令 DNA 受損。枸杞子中的枸杞多糖 (LBP) 能幫助對抗消脂時所產生的氧化壓力，有助減低對細胞及器官組織造成的傷害。

* 參考資料：
1. AC Watras, AC Buchholz, RN Close, et al. (2007). "The role of conjugated linoleic acid in reducing body fat and preventing holiday weight gain." International Journal of Obesity (2007), 31, 481-487

此產品沒有根據《藥劑及毒藥條例》或《中醫藥條例》進冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。

繁

眼力佳

眼力佳的 3 大好處

· 明目

· 有助維持眼睛的微絲血管健康

· 有助減低有害光線進入眼睛

您知道眼睛的負擔有多重嗎？

現今社會科技發達，手機、電腦、平板電腦、帶強光的廣告板等隨處可見，使很多人普遍已用眼過度。加上日常生活中的各種污染、壓力、睡眠質素不佳、捱夜、太陽光線的折射等，都為眼睛增加了一定的影響，令不少人的眼睛都出現有眼乾、有血絲、黑眼圈、視力模糊、怕光流淚、甚至有紅腫等狀況。

除了經常被環境所產生的游離基影響眼睛之外，一些以往被認為是年長人士才有機會患上的眼睛疾病亦漸趨年輕化，如：老花、白內障、青光眼、糖尿眼等。以青光眼為例，據估計，全球約有 930 萬人因青光眼而引致失明，在中國，更約有 5 千萬患者。根據香港醫院管理局的統計數字顯示，青光眼是本港導致失明的主要成因，更是世界上導致失明及視力喪失的主要原因。所以，無論是哪一個年齡階段的人士，每天都應該要好好保護眼睛的健康。

如何減輕眼睛的負擔？

每天養成保養眼睛的習慣相當重要，如：盡量減少電子產品中的藍光影響眼睛、工作或閱讀時要保持與眼睛有適當的距離、定時讓眼睛休息及做眼部運動以防止眼睛過勞等。另外，眼睛的周圍還有很多能夠感應光線與色彩的神經細胞及微絲血管，要讓眼睛發揮最佳功能，我們就需為眼睛內眾多的血管保持良好的血液循環及多攝取能有助減低有害光線進入眼睛的營養素，如：類胡蘿蔔素（Carotenoids）、葉黃素、花青素等。

繁

眼力佳

甚麼是眼力佳？

眼力佳是集中西合璧及市場罕有複方於一身的產品，成份含有藍莓提取物、天精草提取物、枸杞提取物及小麥胚芽提取物等。眼力佳的兩項製造工藝更已獲中華人民共和國國家知識產權局頒發的發明專利認證（專利號：201110075273.9 及 201110074006.X）。當中所使用的超微粉碎技術，可以更好地保留產品的精華部分，使其含量更濃縮，更利於人體的吸收；另一項是真空冷凍乾燥技術，能最大程度地保留產品的營養成份，令保質期更長。眼力佳可有助明目、維持眼睛的微絲血管健康及有助減低有害光線進入眼睛。

甚麼是藍莓提取物？

眼力佳採用了野生的藍莓 (Bilberry)，又稱「歐洲藍莓」，它含豐富的抗氧化物 - 花青素 (Anthocyanidins)，含量更遠遠高於一般藍莓，可阻止游離基損害眼睛細胞，幫助保護眼部血管及抗炎。

甚麼是天精草提取物？

天精草即是枸杞的葉，能提供維持眼部健康所需的多種維生素和礦物質，如：維生素 C、鉻、釩、鈣、銅等，能與藍莓提取物產生協同效應，有助改善眼部血液循環、保護眼部血管及減低糖尿眼的影響。

甚麼是枸杞提取物？

枸杞含有 18 種氨基酸、21 種礦物質及比甘荀更高的類胡蘿蔔素，如：葉黃素 (Lutein) 及玉米黃素 (Zeaxanthin)。葉黃素 (Lutei) 及玉米黃素 (Zeaxanthin) 分別是兩種可聚集於眼睛的抗氧化物，是構成視網膜黃斑區的主要色素。另外，枸杞內的維生素，也是有助預防眼睛的水晶體老化的重要物質。

甚麼是小麥胚芽提取物？

小麥胚芽含有維生素 E 及鋅等營養素，能結合其他成份以產生天然的協同作用，幫助保護眼部神經線、黏膜及微絲血管。

眼力佳的好處

明目

眼力佳的成份含豐富花青素，能有助活化視紫質 (Rhodopsin) 的持續再生。視網膜上的視紫質是眼睛產生視覺的最基本物質，可加強適應對黑暗和弱光的敏感度，使視網膜適應光線的變化，提高眼睛在暗處的辨識力[1]。因此有幫助改善眼睛對黑暗與光亮的適應力、增強夜視能力，及有明目等的功效。

有助維持眼睛的微絲血管健康

眼睛的微絲血管較其他器官幼細及密度較高，維持微血管的健康才可時刻提供足夠的供氧量給眼睛。眼力佳的複合配方能特別有助維持眼部微絲血管的健康，幫助增加供氧量以改善眼睛的血液循環、紓緩眼睛疲勞及乾澀情況、減少血管增生和有助減低患上眼疾的風險。

有助減低有害光線進入眼睛

紫外線、輻射等游離基的破壞除了會影響視力外，也會增加視網膜病的風險。據現代營養及醫學研究顯示，飲食中攝取較多葉黃素、玉米黃素[2]的人士較少患上視網膜疾病。枸杞中的葉黃素及玉米黃素，可幫助過濾進入眼的光線，是唯一能有如太陽眼鏡般發揮阻擋藍光和紫外線作用的抗氧化物。因此，結合眼力佳中其他成份所含的維生素與礦物質，能全面保護眼睛，並有助減低有害光線進入眼睛。

* 參考資料：
1. Kaijimoto O., Clinical Evaluation of the Oral administration of Vaccinium Myrtillus Anthocyanosides (VMA) in Mental Fatigue and Asthenopia, Scientific Report Collection, 1998, 19, 143-150.

2. Lisa Brown, Eric B Rimm, Johanna M Seddon, et al. (1999). "A prospective study of carotenoid intake and risk of cataract extraction in US men" .American Journal of Clinical Nutrition (1999), 70:517-24.

繁

內健保

內健保的 3 大好處

· 有助維持體內平衡

· 有助肝臟分解有害代謝物

· 有助舒緩女性週期不適

你知道現代食物的質素都正在威脅著我們的健康嗎？

現代食物比起以前款式多樣，不少食物都經基因改造令其外觀更吸引和新鮮，商人更因為要增加利潤而替牲畜注射大量生長激素和抗生素，加速牠們成長。常見的基因改造和被注射合成激素的食物包括：大豆、粟米和番茄等。另外，現今的食物營養價值不但比以前大大貶值，更加入大量對人體無益和不必要的化學合成物， 例如：用來速成家禽生長的合成雌激素（或荷爾蒙）及用來延長保鮮期的殺蟲劑、化學肥料、防腐劑、除莠劑等。 長期食用這些不良食物，會對我們身體的荷爾蒙平衡機制造成很大的健康威脅。

荷爾蒙失衡對身體會帶來什麼影響？

日常飲食中我們幾乎不能完全避免攝取到含有激素或荷爾蒙的食物。當我們長期食用這些食物，會增加及擾亂體內雌激素水平。身體雌激素水平過高除了可以因從膳食中攝取過量含有雌激素的食物外，女性更年期、長期服食避孕藥和承受巨大壓力都是令體內荷爾蒙失衡的原因之一。雌激素水平過高，輕則可使女性有周期不適，嚴重則可增加患上乳腺和子宮腫瘤等風險，所以要維持雌激素在穩定的正常水平是十分關鍵。多攝取含有天然植物雌激素的非基因改造食物，例如：非基因改造大豆和亞麻籽，有助平衡體內雌激素水平。

內健保

甚麼是內健保？

內健保含有兩大針對調節體內雌激素的天然成份—大豆提取物 (非基因改造) 及亞麻籽提取物。其豐富的天然植物雌激素、維生素及完整蛋白質，是非常適合體內失衡的人士及平常少吃天然豆類製品的人士使用。

甚麼是大豆提取物 (非基因改造)?

- 非基因改造和基因改造的大豆對人體健康有兩極的影響。非基因改造的大豆有平衡體內雌激素水平的功效，有助維持骨骼密度、提升免疫力、 改善心血管問題 、乳腺及腸胃功能 ; 相反經基因改造的大豆或會擾亂體內雌激素水平，增加對肝臟及免疫系統的負擔。
- 大豆中含有多種重要營養素，包括豐富的蛋白質、卵磷脂、鈣、維生素 E 和 B 群及大豆異黃酮。 當中大豆異黃酮具有抗氧化功能，能有效減低游離基對身體細胞造成的損害。大豆異黃酮的結構跟人體的雌激素十分相似 , 有助平衡體內雌激素 [1]。

甚麼是亞麻籽提取物？

- 亞麻籽含有豐富的營養價值， 除了含有維持腸道健康的纖維外，也含有人體必要的脂肪酸—α 亞麻酸 (ALA) 和亞油酸 (LA)。這兩種必需脂肪酸的自然比例又比較適合人類，所以亞麻籽是攝取必需脂肪酸的好來源。
- 另外，亞麻籽更含有高抗氧化值的木酚素 , 因其結構跟人體的雌激素十分相似所以又稱植物雌激素。其對於維持骨骼健康和預防癌症非常重要 [2]。

內健保的好處

有助維持體內平衡

大豆中的大豆異黃酮類和亞麻籽中的木酚素的結構與人體的雌激素十分相似，是一種幫助平衡體內荷爾蒙的天然植物雌激素，有助減低因高雌激素水平而促進腫瘤生長的風險。

有助肝臟分解有害代謝物

相比起經基因改造的大豆，天然非基因改造的大豆能減低對肝臟因要分解合成化合物的負擔，從而增加肝臟排毒能力。
大豆異黃酮和亞麻籽中的木酚素都是一種抗氧化物，能有助肝臟排毒，加強肝臟功能。並且含有豐富奧米加 3 必需脂肪酸，具抗炎效用，可保護肝臟因不良的飲食習慣，酒精或藥物造成的傷害。

有助舒緩女性週期不適

許多研究顯示大豆和亞麻籽能有效維持及改善心臟健康。當中的奧米加 3 必需脂肪酸對保持血液循環有著一定的重要性，從而有助減低因血液循環慢而引起的女性周期不適。
另外，大豆中的大豆異黃酮具有調節雌激素的作用，有助緩解婦女更年期綜合症，幫助改善經期不適造成的腰酸背痛、皮膚鬆馳、脾氣暴躁及更年期骨質疏鬆。

* 參考資料：
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繁

脂立消

脂立消的 2 大好处

· 有助消脂

· 帮助减低消脂时所产生的氧化压力

您知道健康的秘诀是要先维持理想的体重吗？

很多人无法维持理想的体重，主要原因都是归咎于饮食习惯，或者在不知不觉中摄取过多热量，令身体变得肥胖。肥胖会加重身体多个器官的负荷，引致许多疾病，甚至缩短寿命。令人忧虑的是，即使体重指标还未有达到很高水平，脂肪积聚已可开始影响健康。

香港卫生署曾于 2015 年时指出，肥胖会增加患上一些慢性病的风险，包括：高血压、心脏病、高胆固醇、糖尿病、脑血管病、胆囊病、骨关节炎、睡眠窒息症，严重更可引致部分癌症，如：乳癌、前列腺癌、结肠直肠癌及子宫内膜癌等。由此可见，无论男女老幼，都需要维持健康及理想的体重以减低患上慢性疾病的风险。

如何能有效及健康地维持理想的体重？

建立恒常的运动及良好的饮食习惯是帮助维持健康及理想体重的不二法则。很多人为了更快达到减重的目标，会完全避开饮食中的所有油脂，其实此举不但违反了健康饮食的原则，身体更会因为缺乏油脂而影响各营养素的吸收，造成身体负担或掉发、皮肤干燥、增加减重时平原期等的副作用。如选择了坏的油脂 (如 : 红肉内的动物脂肪) 更会使身体消脂的能力大幅减慢。所以，其实只要懂得选择优质的油脂，如：必需脂肪酸中的复合亚麻油酸 (CLA) 及 γ - 次亚麻油酸 (GLA)，反而更有助加快修身减重的速度。据现代医学研究显示，复合亚麻油酸 (CLA) 能帮助减低体脂，而且对于那些饮食控制不佳的肥胖者效果特别明显；而 γ - 次亚麻油酸 (GLA) 则能帮助改善血液中各脂肪的水平，以减低患上慢性疾病或心血管疾病的风险。

脂立消

甚么是脂立消？

脂立消结合了 2 种天然成份 – 月见草及枸杞子，含复合亚麻油酸 (CLA) 及 γ - 次亚麻油酸 (GLA)，有助对抗因新陈代谢失衡或年龄增长所引致的肥胖，以及可帮助对抗消脂时所产生的氧化压力。脂立消的一项制造工艺更已获中华人民共和国国家知识产权局颁发的发明专利认证 (专利号 : 201110075273.9)。当中所使用的真空冷冻干燥技术，能最大程度地保留产品的营养成份，令保质期更长。如配合适量运动及均衡饮食，更可加快脂肪燃烧速度，帮助维持健康及理想体重。

甚么是月见草？

月见草包含了上述的两种必需的脂肪酸 - 复合亚麻油酸 (CLA) 及 γ - 次亚麻油酸 (GLA)，这两种脂肪都是人体不能自行合成的脂肪酸，必须从饮食中 (如 : 母乳、天然有机及牧草饲养的牛奶、月见草油等) 摄取。但由于月见草油属植物来源，因此它的胆固醇含量、饱和脂肪酸量和热量等都较低，亦是 γ - 次亚麻油酸 (GLA) 最丰富的食物来源，所以就算增加摄取量都不会增加患上心血管疾病的风险，更有助消脂。

甚么是枸杞子？

枸杞子在中国的保健和治疗的用途上已有多年的历史，其营养价值丰富，除了含有 18 种氨基酸、21 种矿物质，亦含有比甘荀更高的类胡萝卜素及多种促进健康的维生素。当中的枸杞多糖在中医药理中具重要医学作用。枸杞子能与月见草产生协同作用，对促进人体健康消脂均有独特的作用，亦有助体内抗氧化。

脂立消的好处

有助消脂

复合亚麻油酸 (CLA) 及 γ - 次亚麻油酸 (GLA) 对于脂肪代谢均有独特的作用。研究显示，配合适量负重运动，复合亚麻油酸 (CLA) 能加快身体消脂速度 1 ，并有助增加肌肉量。而 γ - 次亚麻油酸 (GLA) 则可以刺激身体内的啡色脂肪以促进能量代谢。结合枸杞子内的营养素，可帮助身体更有效提升新陈代谢率和有助消脂。月见草油内含的 γ - 次亚麻油酸 (GLA) 亦有助于调节血液中的脂类物质，或有助减低因高血脂和高胆固醇而引起的动脉硬化。

帮助减低消脂时所产生的氧化压力

日常生活压力、不健康的饮食习惯、环境中的污染物及身体内的脂肪组织都会增加体内的氧化压力，使身体容易受到破坏，引发不同疾病，甚至令 DNA 受损。枸杞子中的枸杞多糖 (LBP) 能帮助对抗消脂时所产生的氧化压力，有助减低对细胞及器官组织造成的伤害。

* 参考资料 :
1. AC Watras, AC Buchholz, RN Close, et al. (2007). "The role of conjugated linoleic acid in reducing body fat and preventing holiday weight gain." International Journal of Obesity (2007), 31, 481-487

此产品没有根据《药剂及毒药条例》或《中医药条例》进册。为此产品作出的任何声称亦没有为进行该等注册而接受评核。此产品并不供作诊断、治疗或预防任何疾病之用。

简

眼力佳

眼力佳的 3 大好处

· 明目

· 有助维持眼睛的微丝血管健康

· 有助减低有害光线进入眼睛

您知道眼睛的负担有多重吗？

现今社会科技发达，手机、电脑、平板电脑、带强光的广告板等随处可见，使很多人普遍已用眼过度。加上日常生活中的各种污染、压力、睡眠质素不佳、挨夜、太阳光线的折射等，都为眼睛增加了一定的影响，令不少人的眼睛都出现有眼干、有血丝、黑眼圈、视力模糊、怕光流泪、甚至有红肿等状况。

除了经常被环境所产生的游离基影响眼睛之外，一些以往被认为是年长人士才有机会患上的眼睛疾病亦渐趋年轻化，如：老花、白内障、青光眼、糖尿眼等。以青光眼为例，据估计，全球约有 930 万人因青光眼而引致失明，在中国，更约有 5 千万患者。根据香港医院管理局的统计数字显示，青光眼是本港导致失明的主要成因，更是世界上导致失明及视力丧失的主要原因。所以，无论是哪一个年龄阶段的人士，每天都应该要好好保护眼睛的健康。

如何减轻眼睛的负担？

每天养成保养眼睛的习惯相当重要，如：尽量减少电子产品中的蓝光影响眼睛、工作或阅读时要保持与眼睛有适当的距离、定时让眼睛休息及做眼部运动以防止眼睛过劳等。另外，眼睛的周围还有很多能够感应光线与色彩的神经细胞及微丝血管，要让眼睛发挥最佳功能，我们就需为眼睛内众多的血管保持良好的血液循环及多摄取能有助减低有害光线进入眼睛的营养素，如：类胡萝卜素（Carotenoids）、叶黄素、花青素等。

简

眼力佳

甚么是眼力佳？

眼力佳是集中西合璧及市场罕有复方于一身的产品，成份含有蓝莓提取物、天精草提取物、枸杞提取物及小麦胚芽提取物等。眼力佳的两项制造工艺更已获中华人民共和国国家知识产权局颁发的发明专利认证 (专利号 : 201110075273.9 及 201110074006.X)。当中所使用的超微粉碎技术，可以更好地保留产品的精华部分，使其含量更浓缩，更利于人体的吸收；另一项是真空冷冻干燥技术，能最大程度地保留产品的营养成份，令保质期更长。眼力佳可有助明目、维持眼睛的微丝血管健康及有助减低有害光线进入眼睛。

甚么是蓝莓提取物？

眼力佳采用了野生的蓝莓 (Bilberry)，又称「欧洲蓝莓」，它含丰富的抗氧化物 - 花青素 (Anthocyanidins)，含量更远远高于一般蓝莓，可阻止游离基损害眼睛细胞，帮助保护眼部血管及抗炎。

甚么是天精草提取物？

天精草即是枸杞的叶，能提供维持眼部健康所需的多种维生素和矿物质，如：维生素 C、铬、钒、钙、铜等，能与蓝莓提取物产生协同效应，有助改善眼部血液循环、保护眼部血管及减低糖尿眼的影响。

甚么是枸杞提取物？

枸杞含有 18 种氨基酸、21 种矿物质及比甘荀更高的类胡萝卜素，如：叶黄素 (Lutein) 及玉米黄素 (Zeaxanthin)。叶黄素 (Lutei) 及玉米黄素 (Zeaxanthin) 分别是两种可聚集于眼睛的抗氧化物，是构成视网膜黄斑区的主要色素。另外，枸杞内的维生素，也是有助预防眼睛的水晶体老化的重要物质。

甚么是小麦胚芽提取物？

小麦胚芽含有维生素 E 及锌等营养素，能结合其他成份以产生天然的协同作用，帮助保护眼部神经线、黏膜及微丝血管。

眼力佳的好处

明目

眼力佳的成份含丰富花青素，能有助活化视紫质 (Rhodopsin) 的持续再生。视网膜上的视紫质是眼睛产生视觉的最基本物质，可加强适应对黑暗和弱光的敏感度，使视网膜适应光线的变化，提高眼睛在暗处的辨识力[1]。因此有帮助改善眼睛对黑暗与光亮的适应力、增强夜视能力，及有明目等的功效。

有助维持眼睛的微丝血管健康

眼睛的微丝血管较其他器官幼细及密度较高，维持微血管的健康才可时刻提供足够的供氧量给眼睛。眼力佳的复合配方能特别有助维持眼部微丝血管的健康，帮助增加供氧量以改善眼睛的血液循环、纾缓眼睛疲劳及干涩情况、减少血管增生和有助减低患上眼疾的风险。

有助减低有害光线进入眼睛

紫外线、辐射等游离基的破坏除了会影响视力外，也会增加视网膜病的风险。据现代营养及医学研究显示，饮食中摄取较多叶黄素、玉米黄素 2 的人士较少患上视网膜疾病。枸杞中的叶黄素及玉米黄素，可帮助过滤进入眼的光线，是唯一能有如太阳眼镜般发挥阻挡蓝光和紫外线作用的抗氧化物。因此，结合眼力佳中其他成份所含的维生素与矿物质，能全面保护眼睛，并有助减低有害光线进入眼睛。

* 参考资料 :
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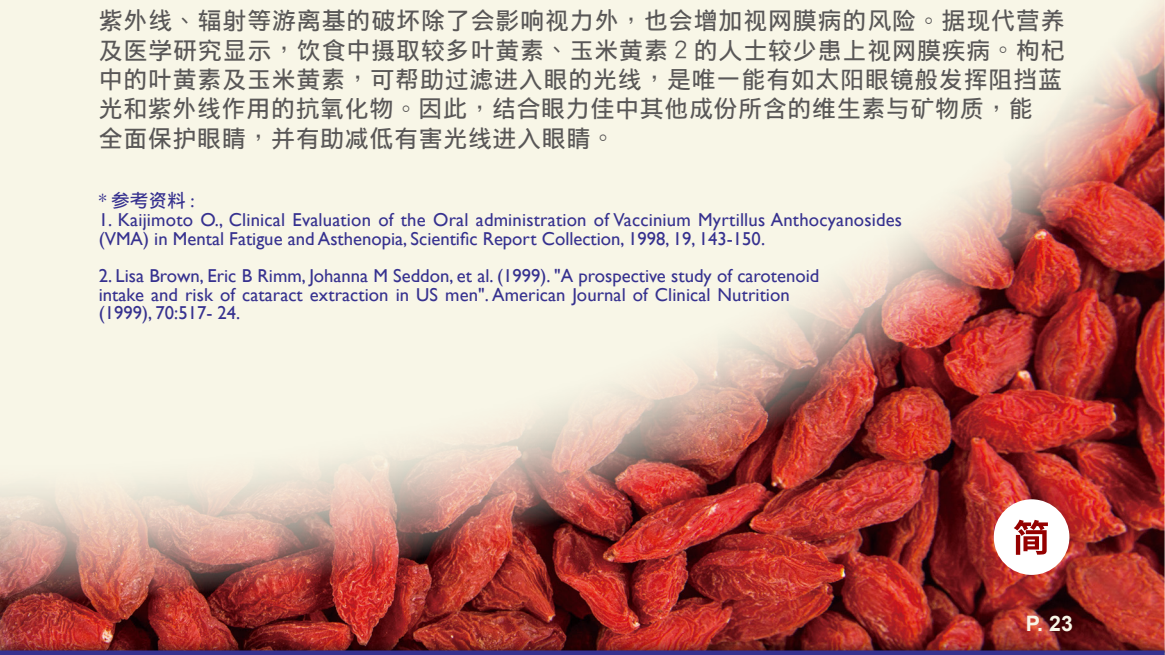


简

内健保

内健保的 3 大好处

· 有助维持体内平衡

· 有助肝脏分解有害代谢物

· 有助舒缓女性周期不适

你知道现代食物的质素都正在威胁著我们的健康吗？

现代食物比起以前款式多样，不少食物都经基因改造令其外观更吸引和新鲜，商人更因为要增加利润而替牲畜注射大量生长激素和抗生素，加速它们成长。常见的基因改造和被注射合成激素的食物包括：大豆、粟米和番茄等。另外，现今的食物营养价值不但比以前大大贬值，更加入大量对人体无益和不必要的化学合成物，例如：用来速成家禽生长的合成雌激素（或荷尔蒙）及用来延长保鲜期的杀虫剂、化学肥料、防腐剂、除莠剂等。长期食用这些不良食物，会对我们身体的荷尔蒙平衡机制造成很大的健康威胁。

荷尔蒙失衡对身体会带来什么影响？

日常饮食中我们几乎不能完全避免摄取到含有激素或荷尔蒙的食物。当我们长期食用这些食物，会增加及扰乱体内雌激素水平。身体雌激素水平过高除了可以因从膳食中摄取过量含有雌激素的食物外，女性更年期、长期服食避孕药和承受巨大压力都是令体内荷尔蒙失衡的原因之一。雌激素水平过高，轻则可使女性有周期不适，严重则可增加患上乳腺和子宫肿瘤等风险，所以要维持雌激素在稳定的正常水平是十分关键。多摄取含有天然植物雌激素的非基因改造食物，例如：非基因改造大豆和亚麻籽，有助平衡体内雌激素水平。

内健保

甚么是内健保？

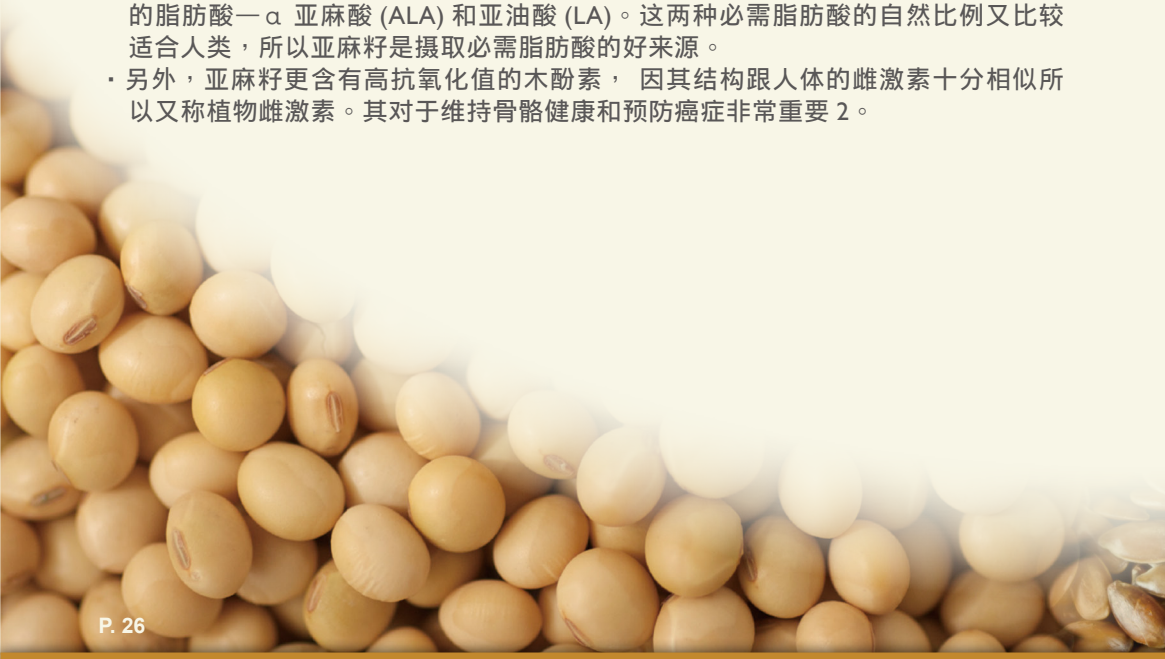
内健保含有两大针对调节体内雌激素的天然成份—大豆提取物 (非基因改造) 及亚麻籽提取物。其丰富的天然植物雌激素、维生素及完整蛋白质，是非常适合体内失衡的人士及平常少吃天然豆类制品的人士使用。

甚么是大豆提取物 (非基因改造)?

- 非基因改造和基因改造的大豆对人体健康有两极的影响。非基因改造的大豆有平衡体内雌激素水平的功效，有助维持骨骼密度、提升免疫力、改善心血管问题、乳腺及肠胃功能；相反经基因改造的大豆或会扰乱体内雌激素水平，增加对肝脏及免疫系统的负担。
- 大豆中含有多种重要营养素，包括丰富的蛋白质、卵磷脂、钙、维生素 E 和 B 群及大豆异黄酮。当中大豆异黄酮具有抗氧化功能，能有效减低游离基对身体细胞造成的损害。大豆异黄酮的结构跟人体的雌激素十分相似，有助平衡体内雌激素 [1]。

甚么是亚麻籽提取物？

- 亚麻籽含有丰富的营养价值， 除了含有维持肠道健康的纤维外，也含有人体必要的脂肪酸—α 亚麻酸 (ALA) 和亚油酸 (LA)。这两种必需脂肪酸的自然比例又比较适合人类，所以亚麻籽是摄取必需脂肪酸的好来源。
- 另外，亚麻籽更含有高抗氧化值的木酚素， 因其结构跟人体的雌激素十分相似所以又称植物雌激素。其对于维持骨骼健康和预防癌症非常重要 2。



内健保的好处

有助维持体内平衡

大豆中的大豆异黄酮类和亚麻籽中的木酚素的结构与人体的雌激素十分相似，是一种帮助平衡体内荷尔蒙的天然植物雌激素，有助减低因高雌激素水平而促进肿瘤生长的风险。

有助肝脏分解有害代谢物

相比起经基因改造的大豆，天然非基因改造的大豆能减低对肝脏因要分解合成化合物的负担， 从而增加肝脏排毒能力。
大豆异黄酮和亚麻籽中的木酚素都是一种抗氧化物，能有助肝脏排毒， 加强肝脏功能。并且含有丰富奥米加 3 必需脂肪酸，具抗炎效用，可保护肝脏因不良的饮食习惯，酒精或药物造成的伤害。

有助舒缓女性周期不适

许多研究显示大豆和亚麻籽能有效维持及改善心脏健康。当中的奥米加 3 必需脂肪酸对保持血液循环有着一定的重要性，从而有助减低因血液循环慢而引起的女性周期不适。
另外，大豆中的大豆异黄酮具有调节雌激素的作用，有助缓解妇女更年期综合症，帮助改善经期不适造成的腰酸背痛、皮肤松驰、脾气暴躁及更年期骨质疏松。

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BYEBYEFAT

2 Benefits of BYEBYEFAT

- Helps burning calories
- Helps reduce the oxidative stress during fat burning process

Do you know the secret to health is to maintain an ideal weight?

Due to dietary habits and excessive intake of calories, many people nowadays could not maintain an ideal body weight and becomes obese. Obesity can increase the load of the body organs, cause a lot of diseases and even shorten our lifespan. A much more concerned is that even the weight index has not yet reached a high level, the accumulation of fat can already effect on health.

In 2015, Department of Health in Hong Kong pointed out that obesity can increase the risk of a number of chronic diseases which include hypertension, heart diseases, hypercholesterolemia, diabetes mellitus, cerebrovascular disease, gall bladder disease, osteoarthritis, sleep apneas as well as some types of cancer such as breast, prostate, colorectal and endometrial cancer. Therefore, regardless to the age or gender, we are ought to maintain a healthy and ideal body weight to reduce the risk of developing chronic diseases.

How to maintain an ideal and healthy weight effectively?

Developing a regular exercise pattern and consuming an appropriate dietary habit are the golden rules to help maintain a healthy yet ideal weight. However, in order to achieve a speedy weight loss, a lot of people will completely avoid all fats contained in their diet. In fact, such pracfice will not only violates the principle of a healthy diet, lack of fat will also affect on the nutrients absorption, resulting in hair loss, dry skin and even increase the period of time for weight loss standstill. Moreover, an improper choice of bad fats (e.g. animal fat) can even cause a vast decline in the rate of fat burning process. However, to consume the right fat such as conjugated linoleic acids (CLA) and Gamma-linolenic acid (GLA) contains in essential fatty acids can help to speed up the fat burning process. Modern medical research shows, CLA can help to reduce body fat and is particularly evident for those who have a poor control on diet choices. GLA also helps to improve the blood lipid profile thus to reduce the risk of developing chronic or cardiovascular diseases.

BYEBYEFAT

What is BYEBYEFAT?

BYEBYEFAT combines the unique functions of two natural ingredients - Oenothera Biennis and wolfberry, it contains conjugated linoleic acids (CLA) and Gamma-linolenic acid (GLA) that helps to fight against obesity caused by imbalanced metabolism and aging, also to fight against oxidative stress that happens during fat burning process. The manufacturing process of BYEBYEFAT gained its patent certificate from the State Intellectual Property Office of The P.R.C (Patent Number: 201110075273.9). The use of "Vacuum Freeze Drying Technology" maximize the retention of nutrients in the product and hence a longer shelf life. With regular exercise and a balanced diet, it helps to speed up the fat burning process and maintain a healthy and ideal weight.

What is Oenothera Biennis?

Oenothera Biennis is also known as the evening primrose. It contains abundant fatty acids, in which the essential fatty acids –Gamma-Linolenic Acid (GLA) and Conjugated linoleic acids (CLA), both are the types of fatty acid that cannot be synthesized in our bodies, and thus needs to be obtained from daily diet. (e.g. breast milk, natural organic and grass fed milk or oenothera biennis). Since oenothera biennis is from plant source, it is therefore contain a less content of cholesterol, saturated fat and calories. It is also the richest food source of Gamma-Linolenic Acid (GLA), even with the increase consumption, it does not increase the risk of cardiovascular diseases and helps in further fat burning.

What is Wolfberry?

Wolfberry has been widely used in health treatments for decades. Its nutritional values are essential to our daily needs and health promotion. Besides of its well-known pharmaceutical constituents— Lycium Barbarum Polysaccharides (LBP), it also contains 18 types of amino acids, 21 types of minerals; it is also rich in beta-carotene and other vitamins. Together with Oenothera Biennis, it creates a synergistic effect that promotes healthy fat burning yet to provide an antioxidant property.

2 Benefits of BYEBYEFAT

Helps burning calories

Conjugated linoleic acids (CLA) and Gamma-Linolenic Acid (GLA) both have an unique function in fat metabolism. Studies have shown that with regular weight bearing exercise, Conjugated linoleic acids (CLA) could help to accelerate the speed for the body to burn fat[1], it also helps to increase muscle mass. Likewise, the Gamma-Linolenic Acid (GLA) helps to stimulate the brown fat within the body to promote energy metabolism. Combines with the nutrients contains in wolfberry, it helps the body to enhance the basal metabolic rate and fat burning process effectively. Gamma-Linolenic Acid (GLA) contains in Oenothera Biennis helps to regulate the blood lipids, not only it helps to reduce the risk of atherosclerosis caused by high cholesterol and Hyperlipidemia, it also helps to relieve inflammations caused by Prostaglandins, which in turns reduce the discomforts during menopause or menstruation.

Helps reduce the oxidative stress during fat burning process

Stress, unhealthy dietary habits, environmental pollutants and fat tissues in the body can elevate oxidative stress level in our body. This can increase our vulnerability to diseases, and even causes DNA damage. Wolfberry contains an ingredient named Lycium Barbarum Polysaccharides (LBP) which can help in reducing oxidative stress during fat burning process and to help in preventing damages to our cells and organs.

*References:
1. AC Watras, AC Buchholz, RN Close, et al. (2007). "The role of conjugated linoleic acid in reducing body fat and preventing holiday weight gain." International Journal of Obesity (2007), 31, 481-487

This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

NUEYE

3 Benefits of NUEYE

- Supports healthy vision
- Helps support capillary health of the eye
- Helps reduce harmful lights that enter the eye

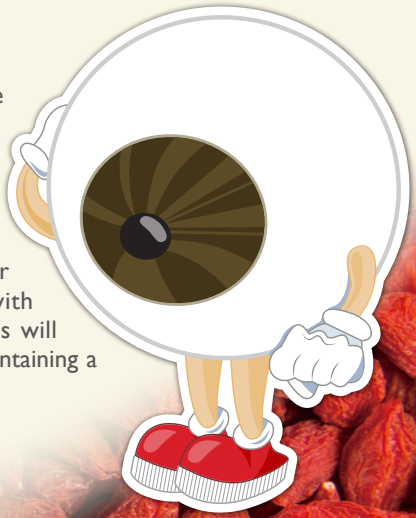
Do you know that our eyes have a lot of burdens?

The use of technology has become a way of life in recent year. Mobile devices, computer laptops, tablets and advertisement light boxes are almost everywhere thus putting a lot of pressure on the eyes. Daily exposures to pollutions, stress, bad sleeping quality, stay up late, UV light etc are also another factors that can add a certain negative effects to the eyes, resulting in a lot of people nowadays suffering from dry eyes, bloodshot eyes, dark eye circles, blurred visions, sensitiveness to light, tearing or even swollen eyes.

Apart from the above environmental free radicals that will always affect the eyes, some age-related degenerative eye diseases are becoming more common in people who are at a younger age, e.g. presbyopia, cataract, glaucoma, diabetic eyes etc. Take glaucoma for example, it is estimated that there are around 9.3million people are suffering from blindness due to glaucoma and the estimation in China even hits 50 billion sufferers. According to statistics from the Hong Kong Hospital Authority, glaucoma is the main cause of blindness in Hong Kong and it is also the main reason leading to blindness and vision loss in the globe. Therefore, regardless to the age group, everyone should protect their eyes every day.

How to lower the burden of the eyes?

It is essential to get into the habit of good eye care practices every day, e.g. try to avoid blue light from digital devices that affect the eye, keep a good distance while working or reading, rest the eyes more often and exercise the eyes regularly are some examples that help to prevent eye strain. Besides, as there are many nerve cells and capillaries surrounds by the eyes, in order to make the eyes function optimally, supply the eye with nutrients such as carotenoids, lutein and anthocyanidins will help in reducing harmful lights that enter the eye and maintaining a good blood circulation in the eyes.



NUEYE

What is NUEYE?

NUEYE is a health supplement product that is rarely seen on the market which contains a compound mixture of Western and Chinese ingredients, e.g. Bilberry extract, Wolfberry leaf extract, Wolfberry extract and Wheat germ extract. The manufacturing process of NUEYE gained its patent certificate from the State Intellectual Property Office of The P.R.C (Patent Number: 201110075273.9 and 201110074006.X). The use of "Superfine Grinding Technology" ensures that it preserves the best part of the product thus better absorption. And the application of "Vacuum Freeze Drying Technology" maximize the retention of nutrients in the product and hence a longer shelf life. It is therefore to help in supporting healthy vision, capillary health of eyes and reducing harmful lights that enter the eye.

What is Bilberry extract?

NUEYE contains wild bilberry, also named as the European blueberry. It contains significantly higher concentration of anthocyanidins than blueberry. Anthocyanidins is a strong antioxidant which helps to protect the eye cells and poses vaso-protective and anti-inflammatory properties.

What is Wolfberry leaf extract?

It is the leaf of the wolfberry. It provides multi-vitamins and minerals for the eye's health, e.g. vitamin C, chromium, vanadium, calcium, copper etc. It works with Bilberry extract synergistically to help improve the blood circulation of the eye, protect blood vessels and reduce the impact of diabetic eyes.

What is Wolfberry extract?

Wolfberry contains 18 kinds of essential amino acids, 21 kinds of minerals and carotenoids e.g. Lutein and Zeaxanthin. Lutein and Zeaxanthin are two kinds of antioxidant that are found a high concentration in the macula of the human eye, giving the macula its yellowish color. Also, wolfberry also contains sample amounts of vitamins that play a vital role in preventing aging of the eye lens.

What is Wheat germ extract?

Wheat germ contains nutrients such as vitamin E and zinc. When it combined with other ingredients that contains in NUEYE, it produces a natural synergy effect to help protect the eye nerves, mucosa and capillaries.

3 Benefits of NUEYE

Supports healthy vision

NUEYE'S ingredients are rich in anthocyanidins, it helps to activate in continuous regeneration of rhodopsin. Rhodopsin is an essential pigment in the retina that allows in producing vision and to enhance the adaptation and sensitivity of the eye when during dim light and darkness[1]. Therefore it helps to improve night vision as well as to support healthy vision.

Helps support capillary health of the eyes

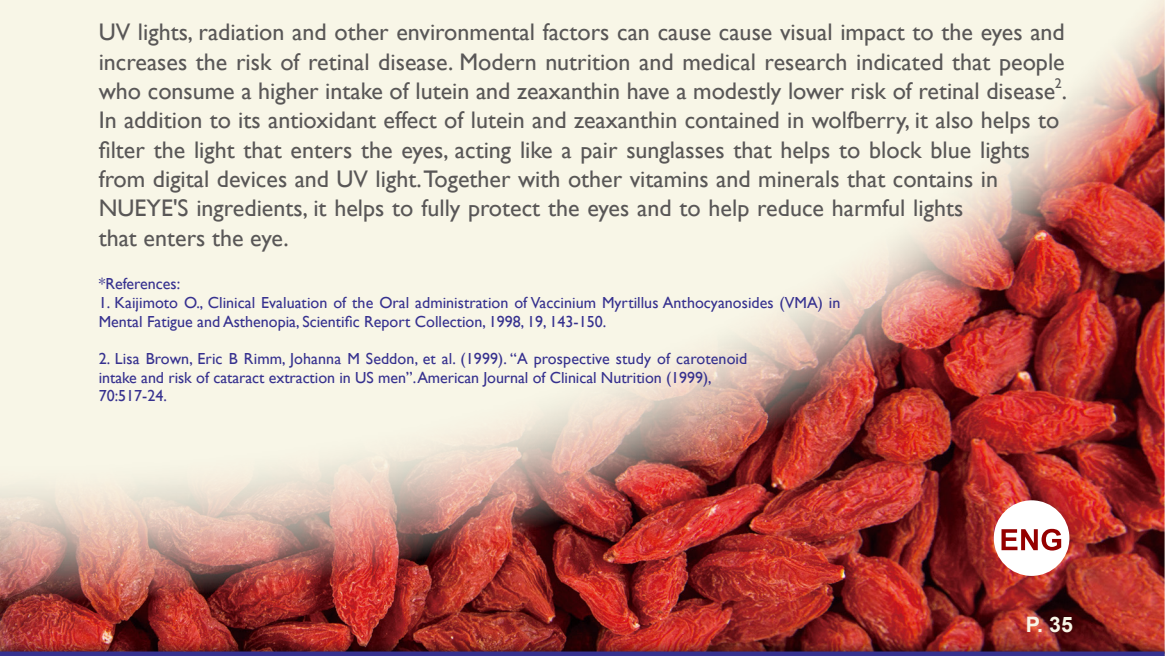
The eyes have the highest density and finest blood capillaries than in other organs, it is therefore vital to maintain a good health of these blood capillaries in order to provide a sufficient oxygen flow to the eye. The compound formula of NUEYE specifically helps to maintain the health of these microfilament of the eyes, it helps to enhance the oxygen flow for the eyes to improve the blood circulation, relieve eye strain and dry eyes, reduce the proliferation of new blood capillaries and helps to prevent the risk of eye diseases.

Helps reduce harmful lights that enters the eyes

UV lights, radiation and other environmental factors can cause cause visual impact to the eyes and increases the risk of retinal disease. Modern nutrition and medical research indicated that people who consume a higher intake of lutein and zeaxanthin have a modestly lower risk of retinal disease[2]. In addition to its antioxidant effect of lutein and zeaxanthin contained in wolfberry, it also helps to filter the light that enters the eyes, acting like a pair sunglasses that helps to block blue lights from digital devices and UV light. Together with other vitamins and minerals that contains in NUEYE'S ingredients, it helps to fully protect the eyes and to help reduce harmful lights that enters the eye.

*References:
1. Kaijimoto O., Clinical Evaluation of the Oral administration of Vaccinium Myrtillus Anthocyanosides (VMA) in Mental Fatigue and Asthenopia, Scientific Report Collection, 1998, 19, 143-150.

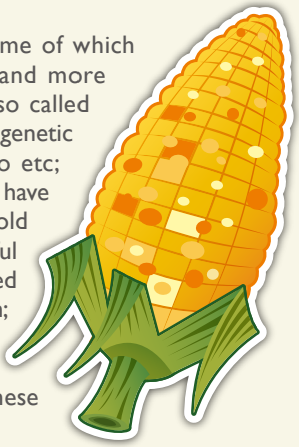
2. Lisa Brown, Eric B Rimm, Johanna M Seddon, et al. (1999). "A prospective study of carotenoid intake and risk of cataract extraction in US men". American Journal of Clinical Nutrition (1999), 70:517-24.



3 Benefits of SOYXTRA

- Helps support inner balance
- Helps support the liver to break down harmful metabolite
- Helps improve women discomfort during menstrual periods

Do you know the food produced nowadays is posing a risk to our health?



Nowadays we get so many types of foods to choose form, some of which are genetic modified (GM) to make the foods look fresher and more appealing. Some food manufacturers and producers produced so called "tainted food" to increase their profits. Common foods that are genetic modified and hormones injected include soybean, corn, tomato etc; Moreover, the quality and nutrition values of our current foods have been greatly depreciated comparing to the foods made in the old times. Nowadays, foods are added in many unnecessary and harmful chemicals and substances, for examples, livestock are injected with growth hormone and antibiotic to accelerate their growth; pesticides, chemical fertilizers, preservatives and herbicides residues are used to extend the shelf life of foods. We are definitely putting our hormonal health at risk when consuming these unhealthy and dangerous foods over period of time.

What are the health effect of hormone imbalanced?

It is almost impossible to avoid consuming foods that contain hormones or antibiotics in our everyday meals. When we consume these hormone-injected foods over a period of time, it can cause hormone imbalance in our bodies. Health problems can be a result of low and high hormone levels. Factors that can cause high level of hormone includes consuming hormone-contained food, undergoing menopause, regularly taking birth control pills, suffering from tremendous stress. When the hormone level is too high, it may causes some discomfort during menstruation; in worst cases, it may increases the risk of developing breast and uterus tumor. Nevertheless, it is crucial to maintain hormone at a normal level. It is recommended to take foods that contain natural hormone such as non-genetic modified (Non-GM) soybean and flaxseeds, since they helps balancing hormone levels.

SOYXTRA

What is SOYXTRA?

SOYXTRA is specially formulated with two nature ingredients - Soy and Flaxseed, which have hormone balance property. These two ingredients are abundant in vitamins, complete protein as well as phytoestrogen, thus are suitable for individuals who rarely consume soy products, and for those who have hormone imbalance.

What is Soybean?

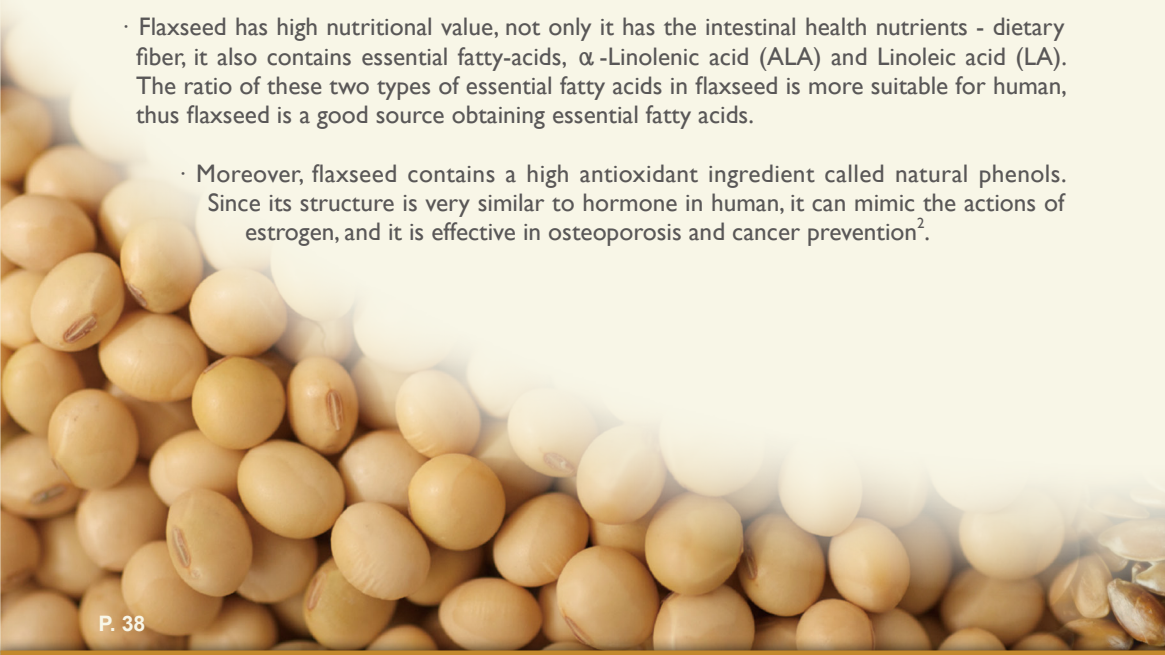
- Non-GM soybean has completely different health effects as GM soybean. Non-GM soybean has the function of supporting inner balance, which helps maintaining bone density, strengthening immune system; improving cardiovascular health, mammary gland and gastric functioning; while GM soybean may disturb inner balance, thus affecting the health of liver and immune system.

- Soybean contains many important nutrients, which include protein, lecithin, calcium, vitamin E and B complex, and isoflavones. Isoflavones has very high antioxidant property, which can effectively reduce cell damages caused by free radicals. Moreover, soybean also has a similar structure to human hormone, which can help in supporting inner balance[1].

What is Flaxseed?

- Flaxseed has high nutritional value, not only it has the intestinal health nutrients - dietary fiber, it also contains essential fatty-acids, α-Linolenic acid (ALA) and Linoleic acid (LA). The ratio of these two types of essential fatty acids in flaxseed is more suitable for human, thus flaxseed is a good source obtaining essential fatty acids.

- Moreover, flaxseed contains a high antioxidant ingredient called natural phenols. Since its structure is very similar to hormone in human, it can mimic the actions of estrogen, and it is effective in osteoporosis and cancer prevention[2].



3 Benefits of SOYXTRA

Helps support inner balance

Isoflavones found in soybean and natural phenols in flaxseed have a similar structure to hormone in human. Not only it is a natural ingredient which helps support inner balance, but also helps reduce the risk of developing tumors due to high hormone level.

Helps support the liver to break down harmful metabolite

Comparing non-GM soybean with GM soybean, the former can help lower the burden of liver to detoxify synthesized compounds, thus strengthening liver's detoxification ability.

Natural phenols is a strong antioxidant, which can effectively enhance detoxification and strengthen liver function. Omega 3 in flaxseed acts as anti-inflammatory protector, protecting the liver from any damages caused by unhealthy eating habits, alcohol or medicine intake.

Helps improve women discomfort during menstrual periods

Numerous studies have proved that flaxseed and soybean can help maintain and improve cardiovascular health. Its high omega 3 content plays an important role in good blood circulation, thus can help relief menstrual discomfort caused by poor blood circulation.

Isoflavones found in soy can regular hormone level, thus helps relief menstrual or menopause discomforts and symptoms such as back ache, saggy skin, grumpy temper and helps maintain bone density during menopause.

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