FUNCTIONAL FOOD CONCENTRATES SERIES
功能性濃縮食品系列

PYCNOPHY

疲樂振

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ORAC

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Pycnogenol® with Phytonutrients

PRODUCTS YOU TRUST 信譽產品

目錄 Contents

疲樂振的9大好處 P.4

什麼是游離基？ P.5

游離基積聚會造成什麼問題？ P.6

什麼是 Pycnogenol® ？ P.7

疲樂振的好處 P.8

疲乐振的9大好处 P.10

什么是游离基？ P.11

游离基积聚会造成什么问题？ P.12

什么是 Pycnogenol® ？ P.13

疲乐振的好处 P.14

9 main benefits of Pycnophy ••••••••••••••••••• P.16
What is free radical? ••••••••••••••••••• P.17
What will happen when free radicals accumulate in the body? ••••••••••••••••••• P.18
What is Pycnogenol®? ••••••••••••••••••• P.19
The benefits of Pycnophy ••••••••••••••••••• P.20

ORAC 值是甚麼？
What is ORAC ? ••••••••••••••••••• P.22

30 粒 /30 tablets　　120 粒 /120 tablets

疲樂振的 9 大好處

1. 超級強力抗氧化

2. 幫助維持血管健康

3. 或有助對抗微波輻射

4. 有助抗衰老

5. 含強力抗炎成份

6. 有助保護前列腺和子宮頸的健康

7. 有助保護 DNA

8. 能有效保護微絲血管

9. 有助保護腦細胞及促進腦部血液流動

甚麼是游離基？

遺傳基因控制著人類身體的成長、健康及其他重要的生理過程。但基因一旦受破壞，人體便會開始退化，健康問題接二連三慢慢出現。遺傳基因會受輻射及致癌物質等衆多因素影響，當中亦包括「游離基」。

游離基在生理過程中扮演著重要的角色。這些生理過程對生命十分重要，例如：白血球噬菌細胞會產生游離基來殺死細菌。氫氧基及超氧化物是其中兩種最重要的游離基。但是，因它們的反應活性很高，所以也會對身體細胞造成傷害。因游離基會對細胞基因 (DNA) 產生反應，過多游離基積聚會令細胞受損及死亡，嚴重情況更會引致疾病，如：癌症、中風、心肌梗塞、糖尿病及器官失調症等。

甚麼因素引致游離基在體內累積？

身體的新陳代謝會正常地產生氧化壓力，形成游離基。免疫系統會在消滅細菌及病毒時製造游離基。環境及生活習慣因素亦是游離基產生的原因之一，例如：環境污染、輻射、農藥及吸煙，都會令身體中的游離基水平上升。

在正常情況下，身體會自行調整游離基的水平。但如果體內的抗氧化物不足，或游離基的產生過程太快，身體便不能有效地處理游離基，最終可能令身體受損。年紀愈大，身體受游離基破壞的程度亦會愈大。

游離基積聚會造成甚麼問題？

當游離基接近身體內的細胞份子時，會搶走細胞份子的電子，從而令自己得到穩定。但這個過程同時會令細胞分子受到破壞，引致一連串連鎖反應，令基因 (DNA) 受損。

當基因受到損害，會影響細胞分裂及新細胞形成，最終整個細胞的功能都會受影響。這個過程會令基因遺傳訊息傳遞錯誤，導致癌症出現。游離基其他的影響包括：

- 傷害心血管系統
- 削弱免疫系統
- 影響皮膚及內臟，破壞膠原蛋白結構
- 傷害腦部及減弱認知能力
- 加速老化

怎樣中和游離基？

抗氧化物是能夠抑制游離基的物質，它們可以保護身體免受氧化傷害。蔬菜及水果含有豐富的抗氧化物，一些市面上的營養補充物都可為身體提供顯著的抗氧化營養素。有效及素質好的抗氧化營養補充物可令身體內多種的抗氧化物質同時發揮出協同作用，把抗氧化能力達至最佳水平。

甚麼是 Pycnogenol® ？

Pycnogenol® 是一種草本營養補充物的優質品牌名稱，這種營養物是從法國沿海一帶的松樹樹皮抽取出來的精華。松樹樹皮充滿著活躍生物類黃酮 (亦存在於新鮮的水果和蔬菜)。松樹樹皮的提取物是一種有效的混合活性化合物。**Pycnogenol®** 的安全性及對人體健康的全面益處已有超過 **35** 年的研究實證肯定。**Pycnogenol®** 的純度和效用不斷受到監測及由賀發研究機構 **(Horphag Research)** 保證其持續的優良品質。

甚麼是疲樂振？

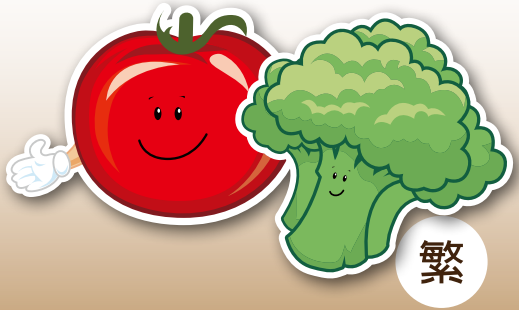
疲樂振是一種經專業調配的功能性濃縮食品 **(FFC)**，有非常高的抗氧化能力。主要成份為西蘭花精華、蕃茄精華、松樹皮精華和 **Pycnogenol®**。

西蘭花精華對身體有什麼益處？

西蘭花含有 *β*- 胡蘿蔔素及 **Indole 3–Carbinol**，有助保護基因，以防基因突變。西蘭花還含有多種植物的化學成份，能有助維持我們的免疫系統及心臟健康。

蕃茄精華對身體有什麼益處？

蕃茄含豐富的維生素和礦物質，能幫助維持心血管功能。它能保持眼睛及腸道健康、改善皮膚及尿道問題。蕃茄也是豐富抗氧化物的來源，如：蕃茄紅素，可防止氧化破壞細胞基因。



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疲樂振的好處

1. 超級強力抗氧化
研究指出松樹皮精華是一種強力的抗氧化劑，有助保護身體組織和血管。

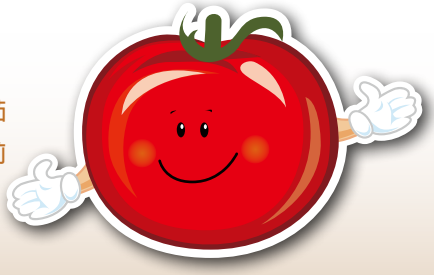
2. 幫助維持血管健康
研究指出松樹皮精華可有助製造一氧化氮，令平滑肌放鬆，血管擴張，增加血流量，有助血液循環。

3. 或有助對抗微波輻射
環境輻射會不斷蠶食身體健康。研究指出松樹皮精華可以保護我們的基因，減少有害輻射對身體的影響。

4. 有助抗衰老
健康的細胞可以促進膠原蛋白的製造，有助預防皺紋，改善皮膚彈性。

5. 含強力抗炎成份
研究指出松樹皮精華能有助於對抗游離基。它能強化微絲血管及預防組織受損，成份中的豐富酚酸 **(Phenolic acid)** 亦具抗菌、抗敏感及抗炎功效。

6. 有助保護前列腺和子宮頸的健康
配方中的西蘭花精華含有 **Indole 3–Carbinol**，而蕃茄精華也含 β 胡蘿蔔素及蕃茄紅素，此類營養素對保持前列腺及子宮頸的健康有莫大幫助。

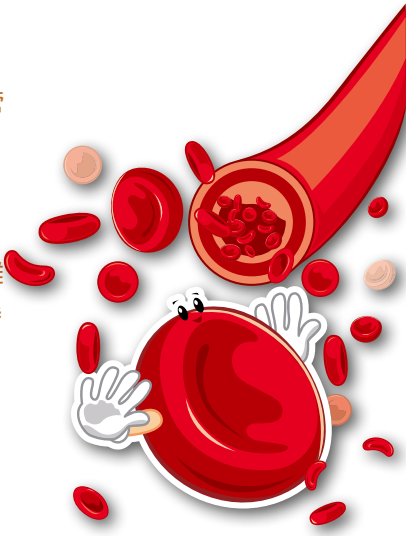


7. 有助保護 DNA

研究指出松樹皮精華的 **Pycnogenol®** 配方富有超級強力抗氧化精華，有助對抗游離基的傷害。配以蕃茄及西蘭花精華，令多種抗氧化物發揮協同作用，全面保護基因。

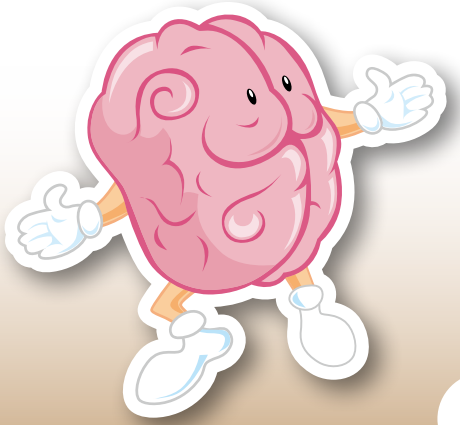
8. 能有效保護微絲血管

研究指出松樹皮精華防止游離基傷害微絲血管，有助加強血管健康，維持及改善血管的滲透性。



9. 有助保護腦細胞及促進腦部血液流動

腦部藏有大量微絲血管。 研究指出松樹皮精華針對及改善游離基對腦血管的破壞問題，亦促進一氧化氮形成，使腦血管能保持最佳的血液流動，有助腦細胞健康地運作。



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疲乐振的 9 大好处

1. 超级强力抗氧化

2. 帮助维持血管健康

3. 或有助对抗微波辐射

4. 有助抗衰老

5. 含强力抗炎成份

6. 有助保护前列腺和子宫颈的健康

7. 有助保护 **DNA**

8. 能有效保护微丝血管

9. 有助保护脑细胞及促进脑部血液流动

什么是游离基？

遗传基因控制着人类身体的成长、健康及其他重要的生理过程。但基因一旦受破坏，人体便会开始退化，健康问题接二连三慢慢出现。遗传基因会受辐射及致癌物质等众多因素影响，当中亦包括「游离基」。

游离基在生理过程中扮演着重要的角色。这些生理过程对生命十分重要，例如：白血球噬菌细胞会产生游离基来杀死细菌。氢氧基及超氧化物是其中两种最重要的游离基。但是，因它们的反应活性很高，所以也会对身体细胞造成伤害。因游离基会对细胞基因 **(DNA)** 产生反应，过多游离基积聚会令细胞受损及死亡，严重情况更会引致疾病，如：癌症、中风、心肌梗塞、糖尿病及器官失调症等。

什么因素引致游离基在体内累积？

身体的新陈代谢会正常地产生氧化压力，形成游离基。免疫系统会在消灭细菌及病毒时制造游离基。环境及生活习惯因素亦是游离基产生的原因之一，例如：环境污染、辐射、农药及吸烟，都会令身体中的游离基水平上升。

在正常情况下，身体会自行调整游离基的水平。但如果体内的抗氧化物不足，或游离基的产生过程太快，身体便不能有效地处理游离基，最终可能令身体受损。年紀愈大，身体受游离基破坏的程度亦会愈大。

游离基积聚会造成什么问题？

当游离基接近身体内的细胞分子时，会抢走细胞份子的电子，从而令自己得到稳定。但这个过程同时会令细胞份子受到破坏，引致一连串连锁反应，令基因 **(DNA)** 受损。

当基因受到损害，会影响细胞分裂及新细胞形成，最终整个细胞的功能都会受影响。这个过程会令基因遗传讯息传递错误，导致癌症出现。游离基其他的影响包括：

- 伤害心血管系统
- 削弱免疫系统
- 影响皮肤及内脏，破坏胶原蛋白结构
- 害脑部及减弱认知能力
- 加速老化

怎样中和游离基？

抗氧化物是能够抑制游离基的物质，它们可以保护身体免受氧化伤害。蔬菜及水果含有丰富的抗氧化物，一些市面上的营养补充物都可为身体提供显着的抗氧化营养素。有效及素质好的抗氧化营养补充物可令身体内多种的抗氧化物质同时发挥出协同作用，把抗氧化能力达至最佳水平。

什么是 Pycnogenol® ？

Pycnogenol® 是一种草本营养补充物的优质品牌名称，这种营养物是从法国沿海一带的松树树皮抽取出来的精华。松树树皮充满着活跃生物类黄酮 **(** 亦存在于新鲜的水果和蔬菜 **)**。松树树皮的提取物是一种有效的混合活性化合物。**Pycnogenol®** 的安全性及对人体健康的全面益处已有超过 **35** 年的研究实证肯定。**Pycnogenol®** 的纯度和效用不断受到监测及由贺发研究机构 **(Horphag Research)** 保证其持续的优良质量。

什么是疲乐振？

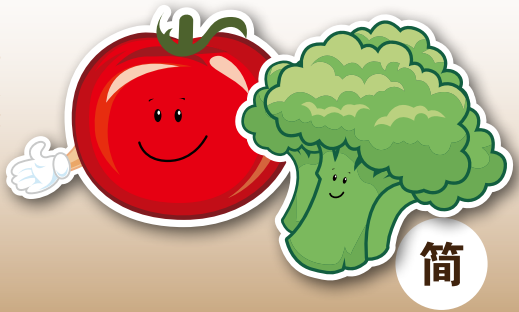
疲乐振是一种经专业调配的功能性浓缩食品 **(FFC)**，有非常高的抗氧化能力。主要成份为西兰花精华、蕃茄精华、松树皮精华和 **Pycnogenol®**。

西兰花精华对身体有什么益处？

西兰花含有 β- 胡萝卜素及 **Indole 3–Carbinol**，有助保护基因，以防基因突变。西兰花还含有多种植物的化学成份，能有助维持我们的免疫系统及心脏健康。

蕃茄精华对身体有什么益处？

蕃茄含丰富的维生素和矿物质，能帮助维持心血管功能。它能保持眼睛及肠道健康、改善皮肤及尿道问题。蕃茄也是丰富抗氧化物的来源，如蕃茄红素，可防止氧化破坏细胞基因。



简

疲乐振的好处

1. 超级强力抗氧化
研究指出松树皮精华是一种强力的抗氧化剂，有助保护身体组织和血管。

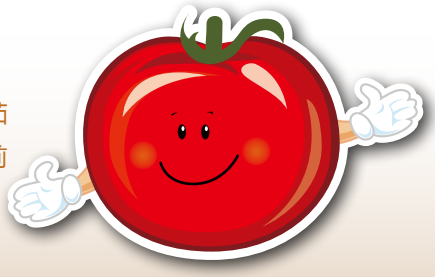
2. 帮助维持血管健康
研究指出松树皮精华可有助制造一氧化氮，令平滑肌放松，血管扩张，增加血流量，有助血液循环。

3. 或有助对抗微波辐射
环境辐射会不断蚕食身体健康。研究指出松树皮精华可以保护我们的基因，减少有害辐射对身体的影响。

4. 有助抗衰老
健康的细胞可以促进胶原蛋白的制造，有助预防皱纹，改善皮肤弹性。

5. 含强力抗炎成分
研究指出松树皮精华能有助于对抗游离基的功效。它能强化微丝血管及预防组织受损，成份中的丰富酚酸 **(Phenolic acid)** 亦具抗菌、抗敏感及抗炎功效。

6. 有助保护前列腺和子宫颈的健康
配方中的西兰花精华含有 **Indole 3–Carbinol**，而蕃茄精华也含 β 胡萝卜素及蕃茄红素，此类营养素对保持前列腺及子宫颈的健康有莫大帮助。

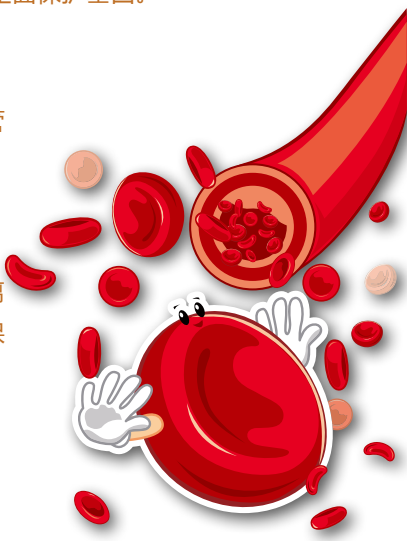


7. 有助保护 DNA

研究指出松树皮精华的 **Pycnogenol®** 配方富有超级强力抗氧化精华，有助对抗游离基的伤害。配以蕃茄及西兰花精华，令多种抗氧化物发挥协同作用，全面保护基因。

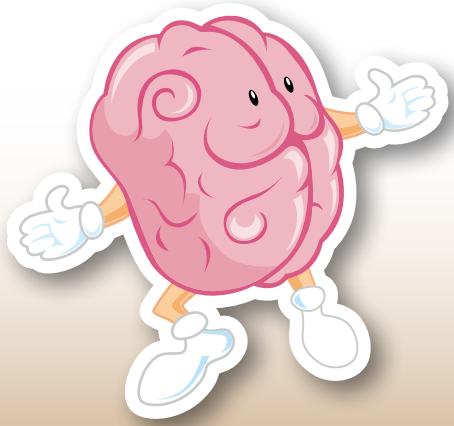
8. 能有效保护微丝血管

研究指出松树皮精华防止游离基伤害微丝血管，有助加强血管健康，维持及改善血管的渗透性。



9. 有助保护脑细胞及促进脑部血液流动

脑部藏有大量微丝血管。 研究指出松树皮精华针对及改善游离基对脑血管的破坏问题，亦促进一氧化氮形成，使脑血管能保持最佳的血液流动，有助脑细胞健康地运作。



9 main benefits of Pycnophy

1. Ultra-potent antioxidant

2. Maintains healthy blood vessels

3. May help to protect against micro-wave radiation

4. Helps anti-aging

5. Contains ultra anti-inflammatory ingredients

6. Helps protect the prostate and cervix

7. Helps protect DNA

8. A strong capillaries protector

9. Helps protect brain cells and improve cerebral blood flow

What is free radical?

Genetic information controls our body growth, health and other important biological processes. However, if the genetic information is altered or mutated, our body will progressively degenerate. Many health problems will arise. Genetic information is affected by radiation, carcinogens and other inevitable factors including the interference of "free radicals".

Free radicals play an important role in a number of biological processes. Some of these are necessary for life, such as the intracellular killing process of bacteria by using phagocytic cells. The two most important oxygen-centered free radicals are superoxide and hydroxyl radical. However, due to their reactivity, these free radicals can participate in unwanted side reactions resulting in cell damage. Excessive amounts of these free radicals can lead to cell injury and death, which may contribute to many diseases such as inflammation, cancer, stroke, myocardial infarction, diabetes and major disorders due to the result of reactions between free radicals and DNA.

What factors cause free radicals to build up in our body?

Free radicals arise during normal metabolism. Sometimes the body's immune system purposely create them to neutralize viruses and bacteria. However, environmental factors, such as pollution, radiation, cigarette smoke and herbicides can also produce free radicals.
Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free-radical production becomes excessive, damage can occur. Of particular importance, free radical damage can accumulate with age.

What will happen when free radicals accumulate in the body?

When free radicals get near other molecules in the body, they grab an electron to make themselves stable. This stealing of electrons causes damage in the molecules they come in contact with, and creates damage to DNA.

When DNA is damaged, it affects the function of cells when they reproduce. This process can lead to cancer which is essentially cells dividing with bad DNA encoding. Free radicals can also lead to the following problems:

- Damage to your cardiovascular system
- Damage to your immune system
- Damage to skin and organs through collagen cross linking
- Damage to your brain and cognitive functions
- Speed up aging

How to get rid of free radicals?

Substances which are able to counteract free radicals are called antioxidants. They can quench free radicals and protect our body against the oxidizing damage and harmful effects. Common sources of antioxidants include vegetables, fruits and nutrient supplements. A good and potent antioxidant supplement should work synergistically with other antioxidants in the body.

What is Pycnogenol®?

Pycnogenol® is the brand name for a premium herbal supplement ingredient extracted from the bark of the French Maritime Pine Tree. This special pine bark is loaded with a concentrate of active bioflavonoids, which are also found in fresh fruits and vegetables. The extract from the pine bark is a potent blend of active compounds. Extensive research over 35 years or more was dedicated to safety of Pycnogenol® and to substantiate the manifold benefits for human health of this extraordinary extract. Purity and potency of Pycnogenol® are continuously monitored and Horphag Research guarantees its constant high quality.

What is Pycnophy?

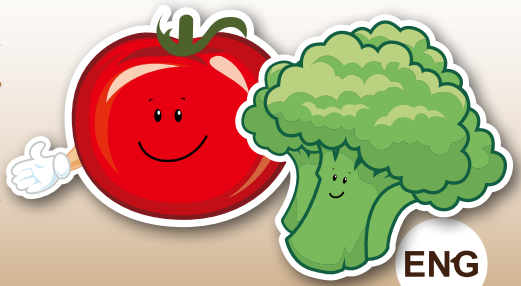
Pycnophy is a well-formulated functional food concentrate (FFC) with super high antioxidant activity. Its active ingredients are Broccoli Powder, Tomato Powder, Pine Bark Extract and Pycnogenol®.

How does broccoli powder benefit our body?

Broccoli contains beta carotene and Indole 3–Carbinol which help prevent carcinogen damage and genetic mutation. It also contains several phytochemicals, which helps in maintaining healthy immune and heart system while protecting our DNA.

How does tomato powder benefit our body?

Tomato is a rich source of vitamins and minerals,which maintains healthy cardiovascular system. It also improves vision and guts health, minimizes skin problem and urinary system problems. Tomato contains significant amount of antioxidants such as lycopene that have been proven to be effective in protecting DNA against oxidative damage.



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The Benefits of Pycnophy

1. Ultra-potent antioxidant

Researches have stated that Pycnogenol® is a strong antioxidant which help to protect body tissues and blood vessels from oxidative damage.

2. Maintains healthy blood vessels

Medical research has stated that Pycnogenol® can promote the production of nitric oxide, which can help smooth muscles resulted in vasodilation. This leads to the increase of blood flow for blood circulation throughout the body.

3. May help to protect against micro-wave radiation

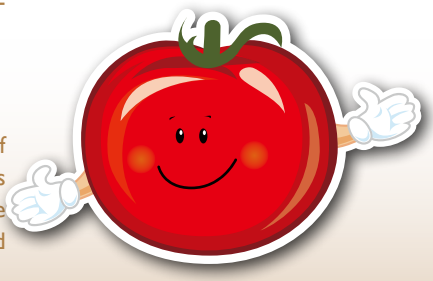
Environmental radiations continuously damage body tissues. Medical research has stated that Pycnogenol® can minimize the harmful effects of radiations while protecting our genes.

4. Helps anti-aging

Healthy cells can encourage and speed up collagen protein synthesis, delaying the onset of wrinkles by improving the skin texture.

5. Contains ultra anti-inflammatory ingredients

Medical research has stated that Pycnogenol® can improve the resistance of body to free radicals damage and strengthen capillaries. It also contains phenolic acids which is anti-bacterial, anti-allergic and anti-inflammatory.



6. Helps protect the prostate and cervix

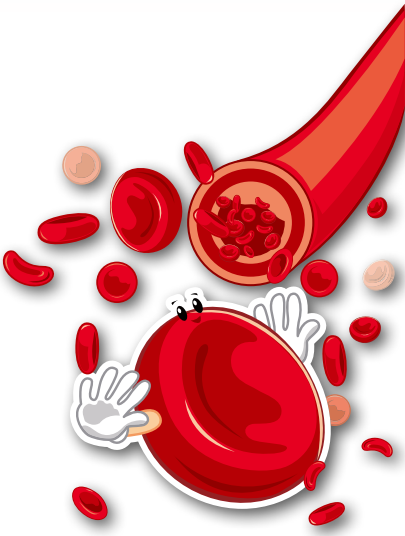
Medical research has stated that Pycnogenol® consist of broccoli extract and tomato extract. The former contains Indole 3–Carbinol while the latter contains β-carotene and lycopene. They are all beneficial to prostate gland and cervix.

7. Helps protect DNA

One of the ingredients of Pycnophy is Pycnogenol® which is a super potent antioxidant. Working together with broccoli and tomato extract, Pycnogenol® can beneficially remove free radicals and reduce their damage. Also, the functional formula of Pycnophy can synergistically advance the anti-oxidizing capacity of different antioxidants existing in the body, giving versatile protection to DNA.

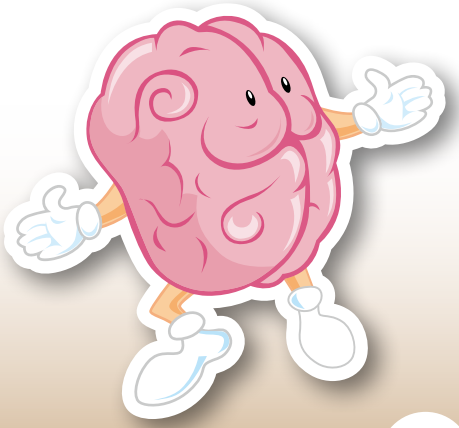
8. A strong capillaries protector

Medical research has stated that Pycnogenol® can reduce the free radical damaging effects to capillaries, improving the capillary health and functions. The capillary permeability to nutrients can thus be enhanced.



9.Helps protect brain cells and improve cerebral blood flow

Our brain contains billions of blood capillaries. The health of capillaries is very much related to brain functions. Medical research has stated that Pycnogenol® can specifically tackle the problems associated with free radicals damage to brain capillaries and it can promote the synthesis of nitric oxide, a vasodilating agent. The combining effect is to maintain quality blood flow in brain and facilitate healthy brain functions.



#1:
ORAC 值是甚麼？

ORAC，英文叫 **Oxygen Radical Absorbance Capacity**，稱為高氧游離基吸收能力值或 **ORAC** 值。它是以試管分析的方法來量度食物及其他化學物質的總抗氧化能力。

許多研究顯示，進食大量高氧游離基吸收能力值 **(ORAC)** 的食物，如：巴西莓、菠菜及藍莓等：

- 有助延緩身體和大腦的退化現象
- 有助提升人體血液中抗氧化能力高達 **10%** 至 **25%**
- 預防喪失長期記憶和降低學習能力
- 有助維持腦細胞對化學物質的刺激反應能力
- 有助保護微絲血管，免受氧化

#1:
ORAC 值是什么？

ORAC，英文叫 **Oxygen Radical Absorbance Capacity**，称为高氧游离基吸收能力值或 **ORAC** 值。它是以试管分析的方法来量度食物及其他化学物质的总抗氧化能力。

许多研究显示，进食大量高氧游离基吸收能力值 **(ORAC)** 的食物，如：巴西莓、菠菜及蓝莓：

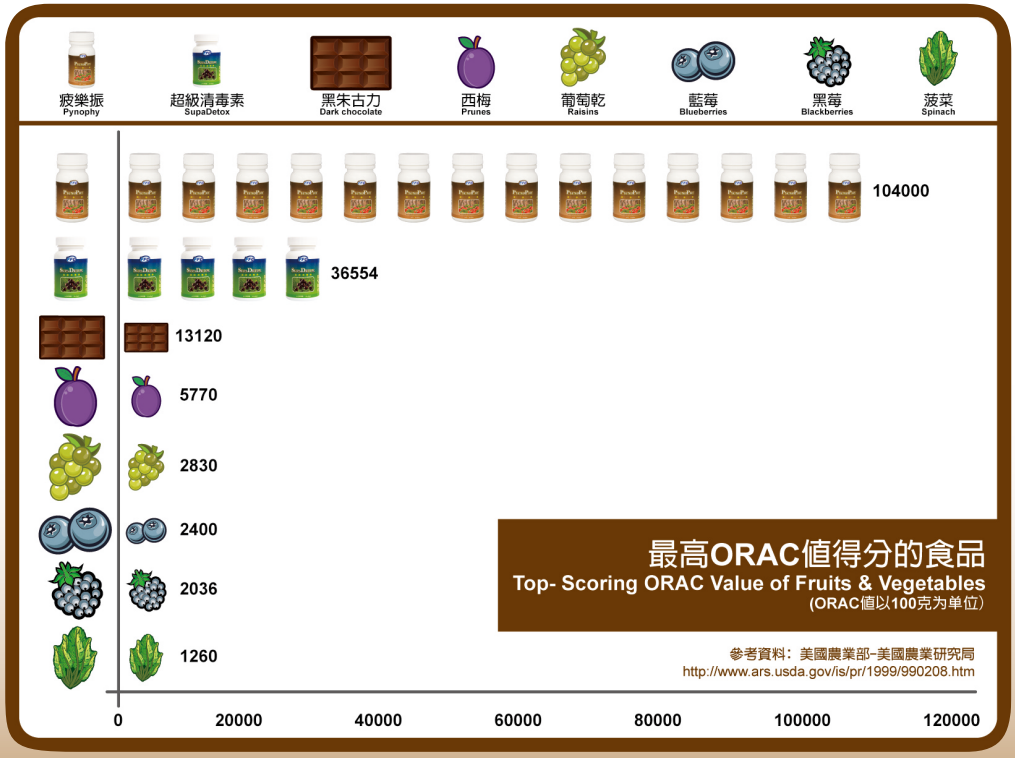
- 有助延缓身体和大脑的退化现象
- 有助提升人体血液中抗氧化能力高达 **10%** 至 **25%**
- 预防丧失长期记忆和降低学习能力
- 有助维持脑细胞对化学物质的刺激反应能力
- 有助保护微丝血管，免受氧化

#1:
What is ORAC?

ORAC, stand for Oxygen Radical Absorbance Capacity, is a test tube analysis that measures the total antioxidant power of foods and other chemical substances.

Many studies shared that eating plenty of high-ORAC foods, such as Acai, spinach and blueberries could:

- Help slow the processes associated with aging in both body and brain
- Help raise the antioxidant power of human blood 10% to 25%
- Prevent some loss of long-term memory and learning ability
- Help maintain the ability of brain cells to respond to a chemical stimulus
- Help protect tiny blood vessels against oxygen damage



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