



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

# TRIMU

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PRODUCTS YOU TRUST 信譽產品

# 美纖 TRIMU

美纖是一種含高膳食纖維的優質功能性濃縮食品。膳食纖維可分為兩種 - 非溶性和可溶性纖維。非溶性纖維不會透過細胞膜被身體吸收，它能把食物中多餘的油份抓緊或停留於腸中抓緊食物的油份，並一同被排出體外。而可溶性纖維則可以協助帶走壞膽固醇。

含高纖維的均衡飲食對健康是十分重要。現代人的飲食習慣裡都含有過高的壞脂肪、壞膽固醇、鈉和精製糖等，並且大多都缺乏足夠的膳食纖維，使人百病叢生。有研究指出，文明國家的慢性疾病及退化性疾病發率的暴升，都與不良的飲食習慣有關。但於過去二十年裡，膳食纖維已逐漸被認為可能預防及幫助治療多種慢性疾病。而且飲食中包含足夠的纖維能有助減低多種退化性疾病的機會，例如心血管問題等，亦有助改善體重、血糖水平及腸胃的運作。

美纖是含有高、而且天然的可溶性及非溶性纖維，特別為繁忙的都市人而設。能有助平衡城市人的飲食、協助控制體重，還可減少餐膳中的油份被身體吸收，以幫助減低罹患都市病的機會。

TrimU is a high quality Functional Food Concentrate (FFC) containing a high content of dietary fiber. Dietary fiber can be classified into two types, insoluble and soluble fiber. Insoluble fiber cannot be absorbed by the body through the cell membrane. Another one of its major functions is to soak up excess oil and eliminate it from the body. Soluble fiber on the other hand helps in removing unhealthy cholesterol.

Optimum health is founded on a balanced, fiber-rich diet. However, the modern diet contains high levels of harmful fat, cholesterol, sodium and refined sugars, along with a lack of adequate dietary fiber. Such dietary preferences have therefore given rise to a host of degenerative diseases. The dramatic increase of chronic degenerative diseases in civilized countries is undoubtedly related to poor eating habits. Over the course of the past 20 years, statistics have proven that a fiber-rich diet prevents and cures many degenerative diseases, e.g. coronary heart disease. It also helps keep people fit, balance blood sugar levels and improve GI tract function.

TrimU is particularly designed to help busy people meet their nutritional needs. It contains natural soluble and insoluble fibers, which are key components in a balanced diet. This helps control body weight, reduces the amount of oils absorbed by the body and may in turn help reduce the risk of chronic health problems.

# 5大好處

## 1. 有助健康的體重管理

美纖包含了兩種不同的膳食纖維。當中以水溶性纖維提供了吸水的功能，吸水後會增大自身體積，從而產生飽腹感以減少能量攝入，達至體重管理的效果。

## 2. 強力脂肪磁石

美纖就好像「脂肪磁石」，能吸去我們日常食物中的油膩壞脂肪(如:飽和脂肪)，阻止身體吸收從脂肪中所產生的卡路里。不會妨礙身體吸收食物中的其他養份之餘，亦有助加快瘦身。

## 3. 或有助穩定血脂/膽固醇

膳食纖維能吸附著小腸中的膽汁，然後排泄出體外。膽汁的流失，會使肝臟製造更多的膽鹽。由於膽固醇是膽鹽中的必要成份，此舉就能使血液中的膽固醇含量減少。更重要的是，於美纖的獨特配方中，特別加入了葫蘆巴籽精華。有研究題述，葫蘆巴籽能幫助增加消化，並且協助肝臟製造膽汁的功能，加速脂肪代謝。



## 4. 有助維持纖維吸收

美纖的成份含有不同的植物精華提供了豐富的非溶性纖維，如檸檬精華、大麥草精華、米糠精華、紅蘿蔔精華及繁縷等。而每2粒的美纖，已相當於約半碗蔬菜的纖維量，有助維持纖維吸收。

## 5. 適合已切除膽臟的人士

膽的主要功能是幫助儲存膽汁，以使用於消化飲食中的脂肪。當膽切除後，膽汁因不能被儲存，會不斷滴流到腸道引起各種消化不良、腹瀉等症狀。因此對於已切除膽臟的人士，建議飲食中要包含足夠的膳食纖維。美纖含有高膳食纖維，能於腸道裡吸收水份來改善排便狀況，及有助消化脂肪。

\*此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。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。

# 5 MAIN BENEFITS

## 1. HELPS HEALTHY WEIGHT MANAGEMENT

TrimU contains both types of dietary fibers. TrimU can function as an absorbent, absorbing water and expanding in size within the stomach. This can prevent an excess in caloric consumption, therefore aiding in weight management.

## 2. EXCELLENT FAT-ADSORPTION PROPERTIES

TrimU functions as a “fat magnet”. It helps absorb the greasy fats, found in food, prevents caloric absorption from fats, all whilst not affecting the absorption of other nutrients in food. TrimU speeds up the progress of weight-loss during the fat burning process, helping to maintain overall weight. TrimU is indeed the perfect tool for reducing the absorption of fat in the diet.

## 3. MAY ASSIST IN STABILIZING BLOOD LIPIDS / CHOLESTEROL

Dietary fiber can bind tightly to bile within the small intestine and excrete it through the process of defecation. In order to replenish this loss of bile, the liver must synthesize more bile salts. As cholesterol is one of the essential components in bile salts, the body will have to pull cholesterol from the blood, resulting in lowered blood cholesterol levels. More importantly, TrimU contains a special blend of fenugreek seed extracts. Studies have shown that Fenugreek seeds help improve the digestive process liver bile acid production along with fat metabolism.

## 4. HELPS SUPPORT HEALTHY FIBER INTAKE

The ingredients in TrimU include a number of different plant extracts that provide a good source of insoluble fiber, such as lemon, barley grass, rice bran, carrot, and chickweed etc. The fiber content in every 2 tablets of TrimU is equivalent to about half a bowl of vegetables. This helps support healthy fiber intake.



## 5. SUITABLE FOR PEOPLE WITHOUT A GALLBLADDER

The main function of the gallbladder is to store bile, which is in turn used to digest the oils and fats that we consume in our food. If the gallbladder is removed, bile will dribble continuously into the gut. This can result in indigestion, diarrhea and other symptoms when ingesting greasy food. Therefore, consuming an adequate amount of dietary fiber is highly recommended for those who have had their gallbladders removed. TrimU contains a large amount of dietary fiber, which helps to absorb excess water. TrimU also improves bowel movement and aids in the digestion of fats.

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# 美纤 TRIMU

美纤是一种含高膳食纤维的优质功能性浓缩食品。膳食纤维可分为两种 - 非溶性和可溶性纤维。非溶性纤维不会透过细胞膜被身体吸收，它能把食物中多余的油份抓紧或停留于肠中抓紧食物的油份，并一同被排出体外。而可溶性纤维则可以协助带走坏胆固醇。

含高纤维的均衡饮食对健康是十分重要。现代人的饮食习惯里都含有过高的坏脂肪、坏胆固醇、钠和精制糖等，并且大多都缺乏足够的膳食纤维，使人百病丛生。有研究指出，文明国家的慢性疾病及退化性疾病病发率的暴升，都与不良的饮食习惯有关。但于过去二十年里，膳食纤维已逐渐被认为可能预防及帮助治疗多种慢性疾病。而且饮食中包含足够的纤维能有助减低多种退化性疾病的机会，例如心血管问题等，亦有助改善体重、血糖水平及肠胃的运作。



美纤是含有高、而且天然的可溶性及非溶性纤维，特别为繁忙的都市人而设。能有助平衡城市人的饮食、协助控制体重，还可减少餐膳中的油份被身体吸收，以帮助减低罹患都市病的机会。



# 5大好处

## 1.有助健康的体重管理

美纤包含了两种不同的膳食纤维。当中以水溶性纤维提供了吸水的功能，吸水后会增大自身体积，从而产生饱腹感以减少能量摄入，达至体重管理的效果。

## 2.强力脂肪磁石

美纤就好像「脂肪磁石」，能吸去我们日常食物中的油腻坏脂肪(如:饱和脂肪)，阻止身体吸收从脂肪中所产生的卡路里。不会妨碍身体吸收食物中的其他养份之余，亦有助加快瘦身。

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膳食纤维能吸附着小肠中的胆汁，然后排泄出体外。胆汁的流失，会使肝脏制造更多的胆盐。由于胆固醇是胆盐中的必要成份，此举就能使血液中的胆固醇含量减少。更重要的是，于美纤的独特配方中，特别加入了葫芦巴籽精华。有研究题述，葫芦巴籽能帮助增加消化，并且协助肝脏制造胆汁的功能，加速脂肪代谢。



## 4.有助维持纤维吸收

美纤的成份含有不同的植物精华提供了丰富的非溶性纤维，如柠檬精华、大麦草精华、米糠精华、红萝卜精华及繁缕等。而每2粒的美纤，已相当于约半碗蔬菜的纤维量，有助维持纤维吸收。

## 5.适合已切除胆脏的人士

胆的主要功能是帮助储存胆汁，以便用于消化饮食中的脂肪。当胆切除后，胆汁因不能被储存，会不断滴流到肠道引起各种消化不良、腹泻等症状。因此对于已切除胆脏的人士，建议饮食中要包含足够的膳食纤维。美纤含有高膳食纤维，能于肠道里吸收水份来改善排便状况，及有助消化脂肪。

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