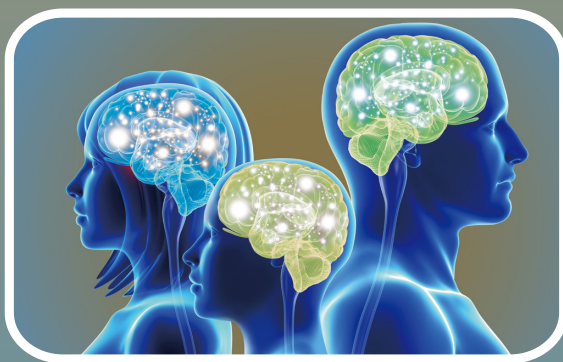




FUNCTIONAL FOOD CONCENTRATES SERIES
功能性濃縮食品系列

ATEZE[®] Plus

壓力消



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PRODUCTS YOU TRUST 信譽產品

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120 粒 tablets

壓力消的 9 大好處

1. 有助舒緩壓力

2. 有助穩定情緒，平復心情

3. 有助促進睡眠及改善睡眠質素

4. 有助分解酒精及咖啡因

5. 有助提升集中力

6. 或有助促進細胞合成和修復

7. 有助維持健康的心臟系統

8. 有助維持神經系統健康

9. 有助維持健康的新陳代謝功能



* 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。

腦部神經傳導物質與情緒

我們的大腦內有許多不同的神經細胞，這些細胞會製造神經傳導物質（又稱腦內荷爾蒙），儲存於神經末鞘。當我們有不同的情緒和心態時，便會釋放這些物質，以極速運到突觸間隙，與突觸後受體結合，從而將信息傳遞到另一個神經細胞，最終將訊息傳送到大腦和身體各個對應部位¹。此時，體內就會依照指令而產生情緒反應和行動。正是這些物質的交互作用造就了人類複雜的七情六欲，在人類複雜的情緒中各自扮演了重要角色。如感到高興時，腦部會分泌快樂荷爾蒙「多巴胺」；感到幸福時，會分泌幸福荷爾蒙「血清素」；感到沉重壓力時，則是分泌緊繃荷爾蒙「去甲腎上腺素」，使人心情低落。



這些神經傳導物質雖能讓我們感到充滿活力，但同時也會因為生活的壓力而被消耗。長期處於壓力底下會使腦部分泌大量的去甲腎上腺素，而身體為了平衡，會開始大量消耗血清素。可是腦部只會按照平均所需的用量生產血清素，一旦缺乏原料，就無法即時生產。一旦穩定情緒的血清素不足，心情就會變得沮喪或焦慮。久而久之，更會出現「心情收支」的天秤不平衡狀況，即壓力（支出）大於神經傳導物質（收入），令天秤偏向某一邊，最後造成所謂的「情緒問題」。天秤越傾斜，情緒問題就越可能惡化成「抑鬱症」、「恐慌症」或「強迫症」等情緒疾病。

參考資料：

1. ScienceDaily. (2019). Stress Hormone Found To Regulate Brain Neurotransmission.

甚麼是壓力？對身體有甚麼影響？

「壓力」無處不在，可來自工作、家庭或人際關係等，而每人的「壓力」耐受水平都不一。從心理層面及精神健康的角度來說，「壓力」指當生活中要應付的事件大於我們可承受的能力範圍時，身體便會開始產生一系列的協調反應，包括行為、自主功能和激素分泌的改變，以及身體中各種生理和心理上的變化，而這些反應便是「壓力」。當壓力水平較低時，身體通常能處於體內平衡狀態，令所有身體系統都能正常運作。但隨著壓力水平的升高，體內平衡能力會隨之降低，長期處於高壓力水平更會令身體所有系統容易氧化，對健康帶來毀滅性的影響！

根據 2018 年信諾「360° 健康指數」的調查結果，香港整體健康指標連續四年下跌，只有 56.8 分（滿分為 100 分）；而在壓力方面，香港於全球排行首五名，每十個香港人中就有九人感到有壓力。過大的工作壓力，對個人生理及心理健康，均帶來極大的負面影響。美國壓力研究所亦指出，高達 90% 的健康問題都與壓力有關。當身體承受過大壓力時，最先受影響的便是免疫系統。於處理情緒壓力期間，身體所製造的免疫細胞會顯著下降，但營養需求及消耗卻更多，若此時沒有適當地補充維生素、礦物質和其他營養素，我們的身體便會發出一些警告信號，提醒我們的健康正受到壓力的威脅，例如：



1. 腸胃不適，經常感到胃脹、胃痛、消化不良、食欲不佳、便秘
2. 睡眠質素不佳，經常出現失眠、多夢、淺睡、易驚醒等情況
3. 經常感到疲倦，體力不足

4. 經常感到身體不適，如偏頭痛、腰酸骨痛

5. 免疫力下降，容易生病感冒



6. 容易煩躁、易怒，注意力降低和記性差

7. 皮膚乾燥粗糙，出現暗瘡

8. 白髮增多，出現頻繁脫髮的情況



我們應如何管理壓力？

許多研究已證實，透過針對性的營養補充，來使體內恢復平衡狀態是壓力管理的重要一環¹。因為處理壓力令身體產生更大的生理需求，需要更多的能量、氧氣、休息和營養補充等來支持，所以患有壓力的人其實更需要營養均衡的飲食（如含有維生素 B、C、E 和抗氧化的食物），而不應選擇營養價值低的食物（如含大量糖和飽和脂肪的食物），導致營養不均衡，進一步損害代謝系統²。另外，進行定期的帶氧運動（如太極、瑜伽、慢跑和游泳等）能加快新陳代謝，具有令人放鬆的能力，幫助對抗抑鬱和消除壓力³。

甚麼是壓力消 ATEZE PLUS？

壓力消是市面上獨特和罕有的優質功能性濃縮食品，集合了中西方食物的天然優良功效，並含有齊全的八種 B 群維生素，以及多種人體必需的營養素，如：維生素 A、B、C、D、E、褐藻碘和檸檬酸鎂等，還額外加入了已轉化的 B9（葉酸）及 B12，助身體全方位對抗壓力和情緒。壓力消除了能提供我們於對抗壓力時所消耗的營養外，當中蘊含的天然草本精華亦能夠幫助精神和身體放鬆；而天然抗氧化萃取物更可減少因壓力為身體帶來的氧化壓力。配方齊全獨特、濃度適中，並能產生協同效應，讓身體能更有效地吸收和運用。



成份：

5 種天然抗氧化萃取物：

柑橘生物類黃酮、紅蘿蔔汁粉、米糠粉、花粉、橙皮苷

9 種天然草本精華：

當歸根粉、柏子仁萃取物、川芎粉、桑椹（印度）粉、天麻粉、
杜仲萃取物、酸棗仁粉、何首烏、麥冬粉



有 18 種成分的 *STRESSFIGHTER* 專有配方：

維生素 **B1**、**B2**、**B3**、**B5**（本多酸鈣）、**B6**、**B7**（生物素）、**B8**（肌醇）、**B9**（葉酸）、**B9**（甲基四氫葉酸鈣）和 **B12**（甲鈷胺）、重酒石酸膽鹼、對胺基苯甲酸（**PABA**）、檸檬酸鎂、西伯利亞人參根、西蕃蓮花粉、黃芩萃取粉、維生素 **D3**（膽鈣化醇）、褐藻碘

參考資料：

1. Medicine, U. (2019). Eat Right, Drink Well, Stress Less: Stress-Reducing Foods, Herbal Supplements, and Teas - Explore Integrative Medicine.
2. Medicine, U. (2019). Make Healthier Decisions Now and Avoid Metabolic Syndrome (MetS) - Explore Integrative Medicine.
3. Publishing, H. (2019). Exercising to relax - Harvard Health.

成份的優良功效

天然抗氧化萃取物

游離基，是人體進行正常新陳代謝過程中自然產生的副產品，其次，外界的誘發因子，如輻射、紫外線、現代社會的生活壓力、急躁、焦慮、鬱悶、緊張等精神壓力亦是游離基的來源。游離基能刺激細胞的修復，但同時亦能破壞細胞，若游離基的產生量超過修復速度時，便會造成「氧化壓力」，使鄰近細胞甚至基因受損。要對抗游離基，需要有足夠的抗氧化劑。壓力消配方中含有柑橘生物類黃酮、紅蘿蔔汁粉、米糠粉、花粉及橙皮苷等的抗氧化成份，能解決壓力為身體所帶來的氧化壓力，有助減低游離基對身體造成的傷害，加強免疫系統，延緩細胞老化速度。

草本精華

長期處於壓力的情況下，容易影響腦內神經傳導物質的合成，導致容易出現焦慮、恐慌、狂躁，甚至精神失常問題。壓力消是市面上罕有的複合配方，除了加入*STRESSFIGHTER* 專有配方，專為長期處於壓力底下的人士補充維生素B群，還額外添加了9種天然有效的草本精華成份，它們具有「君臣佐使」的作用，能互相配合以調節五臟六腑，有助行氣活血和寧心安神，達致穩定情緒及平復心情的功效。



當歸



杜仲



酸棗仁

STRESSFIGHTER 專有配方：

當面對壓力時，身體不但會加速消耗維生素B群，亦會同時減少營養吸收的能力。*STRESSFIGHTER* 專有配方為市場上獨有，除了含有齊全的八種B族維生素外，更特別加入已轉化的維生素B9和B12，能加強營養吸收的維生素D3和礦物質，以及有「扶正固本」功能的草本精華，致力為補充一般人群因壓力流失的維生素B群，加強身體營養吸收能力，維持身體機能之正常運作，擁有MTHFR和MTRR基因表現衰弱的人士更特別適合使用。

甚麼是轉化維生素B9和B12？

大多的維生素B9能在蔬菜裡找到，例如菠菜、西蘭花和紅菜頭等；而維生素B12則能在乳製品裡找到，例如牛奶、芝士和乳酪等。正常情況下，當人體吸收維生素B9和B12後，需要把它們轉化，才能供給身體細胞使用。然而，有部分人士在MTHFR和MTRR的先天基因上，都缺乏了能將維生素B9和B12轉化的酵素，加上日常生活當中所攝取的B9和B12並不足夠應付身體所需，從而使身體更易出現情緒起伏和心血管衰弱的問題。



壓力消的好處

1. 有助舒緩壓力

多巴胺及 GABA 都是腦內神經傳遞物的一種，多巴胺主要使我們感到興奮和快樂；而 GABA 則有促進放鬆和鎮靜作用。當面對壓力時，身體會加速維生素 B 群的消耗，令多巴胺生產減少，從而影響判斷力、集中力，並使情緒低落，甚至誘發抑鬱症。

壓力消含有的維生素 B 群有助合成多巴胺，促進健康的神經系統功能，以協助合成 GABA 及增強其含量，從而有助舒緩壓力¹。草本精華如黃芩具有非常顯著的緩解焦慮作用。在一篇發表於香港科技大學的論文指出，黃芩含有選擇性抗焦慮作用的黃酮類化合物，能作為緩解焦慮和壓力的有效干預措施²；而西蕃蓮則含有豐富的類黃酮與生物鹼 (Harmala alkaloid)，有助於減輕壓力和焦慮緊張的情緒，並舒緩因神經緊張引起的頭痛、胃痛和心慌³。



參考資料：

1. Ikeda, M.A. S.A.Y. U. K. I., Azuma, S. H. I. N. J. I., & Inoue, S. (1997). Vitamin B12 enhances GABA content but reduces glutamate content in the rat suprachiasmatic nucleus. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 273(1), R359-R363.
2. 薛紅 (2017)。中草藥中選擇性抗焦慮藥物的發現及其作用機理的研究。香港科技大學。
3. Livertox.nih.gov. (2018). Passionflower.

2. 有助穩定情緒，平復心情

壓力消含有已轉化的維生素 B12，可加強神經之間的訊息傳遞，並協助身體製造與情緒有關的神經傳遞物，如去甲腎上腺素、腎上腺素、多巴胺和血清素等。多個研究顯示，這些神經傳遞物能有助穩定情緒、對抗壓力和提升專注力。另外，*STRESSFIGHTER* 專有配方中加入了被冠以「天然鎮靜劑」美譽的鎂和鈣，因為它們具協同效應，能協助神經傳遞正確的訊息，並有穩定情緒的作用¹。有研究指出大多有壓力的人士身體都缺乏鎂，如果身體長期嚴重缺乏鎂，會出現焦慮和幻覺。壓力消配方中不同的草本精華均能達致寧心安神、平穩心情、鎮靜和鎮痛的功效，例如柏子仁、酸棗仁和天麻等。

參考資料：

1. Emsley J. *Nature's building blocks. An A-Z guide of the elements*. Oxford : Oxford University Press; 2001.



3. 有助促進睡眠及改善睡眠質素

一個全球睡眠習慣調查發現，香港人的睡眠質素排名為兩岸三地中最低，於全球排在 17 位，每 10 個香港人就有 1 個有失眠問題¹。壓力是影響睡眠質素的原因之一，而處理壓力的時候身體所消耗的維生素 B 群會比平常多。

壓力消含有鎂、齊全的維生素 B 群（包括已轉化的維生素 B9 和 B12）及 D3，有助身體更易利用和製造血清素及褪黑激素^{2,3}。血清素有助產生睏倦的感覺，而褪黑激素則有鎮靜和誘發睡眠作用。另外，配方當中的草本精華亦能有效改善睡眠質素，例如：麥冬粉、何首烏、西蕃蓮花粉以及西伯利亞人參根等等，而柏子仁和酸棗仁更具有協同作用，能進一步解決失眠問題，提升睡眠質量。有了良好的睡眠，才能維持健康的免疫系統，讓身體有能力對抗壓力。

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1. 港人夜瞓睡眠質素全球排 17 醫生：比瞓得少更影響健康。（2015 年，4 月 19 日）。蘋果日報。
2. Clark, L. (2017). Best supplements for sleep: Take these THREE cheap nutrients to fall asleep FAST.
3. Greta, S. (2018). The role of Vitamin D in treatment of Chronic Insomnia with Melatonin. Neurology, P5.320.

4. 有助分解酒精及咖啡因

衆所周知，酒精需要透過肝臟分解，長期飲用過量酒精會促使肝細胞受損。壓力消中的西伯利亞人參根和杜仲萃取物能減少酒精對肝臟帶來的傷害，可改善酒精性的肝損傷。另外研究指出，川芎明顯地消除了酒精引起的肝脂肪變性和高脂血症的問題。



川芎

除此之外，其實咖啡因亦需要肝臟進行分解，所以增加維生素 B 的攝取能加強肝臟的排毒功能，加強分解咖啡因的能力。所以，服用壓力消可同時全面補充因酗酒而難吸收的維生素 B 群，還可加強肝臟分解酒精和咖啡因的能力。

5. 有助提升集中力

神經傳遞物的不足均會令人難以集中精神，影響集中力。多個研究發現，當腦內多巴胺濃度降低時，腦部的活化區變得較為分散而非集中，可能因此而無法降低背景噪音對主要訊息的干擾，導致注意力無法集中¹。而根據英國華威大學一項研究，足夠的鋅對改善集中力、記憶力和語言技能等有正面效用²。

壓力消含有豐富維生素 B 群、維生素 C 和鋅，有助合成與集中力有關的神經傳遞物，有效改善注意力不足問題。另外，體內氧氣供給量充足亦與注意力集中有密切關係³。壓力消配方中加入了西伯利亞人參根，能提高細胞氧氣交換能力，從而有助促進腦部血液循環和增加人體的氧氣吸收量，以減少疲勞感⁴；其萃取液亦含有能使反射神經變得敏銳之功效，可提高集中注意力。

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1. 郭約瑟、林式穀、唐子俊、陳紹祖、賴建翰、洪曜（2014）。重度憂鬱症的最新治療策略。臺灣醫界，57（9）。
2. Maylor, E., Simpson, E., Secker, D., Meunier, N., Andriollo-Sanchez, M., Polito, A., Stewart-Knox, B., McConville, C., O' Connor, J. and Coudray, C. (2006). Effects of zinc supplementation on cognitive function in healthy middle-aged and older adults: the ZENITH study. British Journal of Nutrition, 96(4), pp.752-760.
3. 馮化平（2017）。智商綜合培養方案。赤峰市：內蒙古科學技術出版社。
4. 梁啟文、梁惠梅（2014）。細說人參。香港：萬里機構。

6. 或有助促進細胞合成和修復

6.1 基因

我們的身體每日都會自己產生游離基，加上每天面對不同的毒素和污染物，令游離基在身體堆積，使細胞容易受到侵襲，從而產生氧化壓力令細胞受損，繼而增加了炎症、癌症和基因突變的風險。^{*}STRESSFIGHTER^{*} 專有配方中的維生素 B 群具有協同作用，均可促進細胞的修復和代謝。研究指出，連續 4 周服用維生素 B 的補充品，可以把懸浮粒子 PM2.5 對細胞的損害減少 28-76%¹。相關的研究亦指出，每日食用葉酸補充劑可以改善 DNA 穩定性，可降低某些與基因缺陷有關的癌症風險²。

參考資料：

1. BBC News. (2017). B vitamins may have 'protective effect' against air pollution.
2. Daniells, S. (2006). Folic acid supplements could boost DNA repair, says study. [online] Nutraingredients.

6.2 有助補充血液營養

葉酸與維生素 B12 結合，對紅血球的形成和製造非常重要¹。但由於維生素 B 屬水溶性維生素，不可在身體儲存。若長期攝取量不足，可導致貧血。如在先天基因上轉化維生素 B9 和 B12 的能力較弱，沒法讓身體吸收運用，更會造成惡性貧血。成分中草本精華含有當歸、何首烏和西伯利亞人參根有助預防血虛頭暈的問題。

參考資料：

1. Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-203.

7. 有助維持健康的心臟系統

許多研究已證實高半胱氨酸為引致血管硬化的一種重要因素¹⁻³，並發現每當血液中的高半胱氨酸含量上升 5 $\mu\text{mol/L}$ ，心血管病患者患上血管栓塞的風險便上升 50-80%⁴。造成高半胱氨酸血症的主要原因為維生素 B 群的缺乏，令體內「高半胱氨酸」無法得到代謝，從而破壞血管內壁，造成血管硬化。情況嚴重更會損傷血管內壁而形成血塊，導致中風、心肌梗塞和肺動脈栓塞等。

若能適當補充維生素 B 群、維持均衡飲食，並保持良好的生活習慣，可有助減低體內高半胱氨酸的濃度，每 4 人中就有 1 人可避免中風⁵。美國營養學院期刊發出一篇研究亦顯示，每天補充維他命 B12、B6 及葉酸能將高半胱氨酸的水平降低 51%⁶。

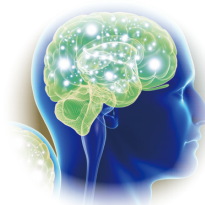
壓力消含有豐富維生素 B 群，有助身體代謝高半胱氨酸，維持心血管健康。此外，維生素 C、E、天然抗氧化萃取物以及草本精華如川芎粉、天麻粉、杜仲和西伯利亞人參根均對血管內皮細胞具保護作用，並促進血液循環。此產品或有助於穩定血壓。

參考資料：

1. Stampfer MJ, Malinow R, Willett WC, Newcomer LM, Upson B, Ullmann D, Tishler PV, Hennekens CH: A prospective study of plasma homocysteine and risk of myocardial infarction in US Physicians. *JAMA* 268:877-881, 1992.
2. Clarke R, Daly L, Robinson K, Naughten E, Cahalane S, Fowler B, Graham I: Hyperhomocysteinemia: an independent risk factor for vascular disease. *N Engl J Med* 324:1149-1155, 1991.
3. Coen DA, Weijenberg MP, van den Berg M, Jakobs C, Feskens JM, Kromhout D: Serum homocysteine and risk of coronary heart disease and cerebrovascular disease in elderly men - A 10 year follow-up. *Arterioscler Thromb Vasc Biol* 18:1895-1901, 1998.
4. Maron, B. and Loscalzo, J. (2009). The Treatment of Hyperhomocysteinemia. *Annual Review of Medicine*, 60(39-54).
5. 中大研究證實半胱氨酸與中風有密切關係。(2009 年，10 月 29 日)。香港中文大學。
6. Nicolosi, R., Wilson, T., Lawton, C. and Handelsman, G. (2001). Dietary Effects on Cardiovascular Disease Risk Factors: Beyond Saturated Fatty Acids and Cholesterol. *Journal of the American College of Nutrition*, 20(sup5), pp.421S-427S.

8. 有助維持神經系統健康

不少臨牀研究顯示補充維生素 B 群有助維持神經系統健康及改善神經痛症狀：B1 利於神經遞質代謝作用；B6 幫助合成神經遞質；而 B12 具有神經功能恢復作用，是神經髓鞘形成、髓鞘再生及神經再生的關鍵¹。維生素 B 群充足，則神經細胞能量充沛，可以緩解憂慮、緊張，增加對噪音等的承受力；反之，則導致應對壓力的能力衰退，甚至引發神經炎等。



另外，*STRESSFIGHTER* 配方亦能幫助製造神經傳遞物，幫助我們維持神經系統健康。而缺乏神經傳遞物，除了增加患上情緒病的風險，還會出現各種各樣的神經症狀，如皮膚麻木、手或腳肌肉無力、運動不協調和反應遲緩等²。而研究顯示，壓力消草本精華中的川芎含有川芎嗪，能顯著地降低神經元的損失和腦梗塞。

參考資料：

1. 徐銳, & 宋學軍. (2013). B 族維生素的鎮痛和神經保護作用. 中國疼痛醫學雜誌, 19(10), 609-613.
2. Stough C, Simpson T, Lomas J, et al. Reducing occupational stress with a B-vitamin focussed intervention: a randomized clinical trial: study protocol. Nutr J. 2014; 13(1):122.

9. 有助維持健康的新陳代謝功能

壓力過大時，身體會先分泌壓力荷爾蒙，以加快心跳、提高警覺性，使人快速進入對抗壓力的備戰狀態。但若長時間處於壓力底下，則有機會令新陳代謝失調，使人感到疲憊和乏力。

維生素 B 群對於全面運作的新陳代謝至關重要。新陳代謝的主要功能是幫助身體代謝碳水化合物、脂肪和蛋白質，並轉化食物中的營養作能量¹。若身體的維生素 B 群處於不足的狀態，便有可能影響人體的代謝功能。除了維生素 B 群外，壓力消中不同的草本成份，如杜仲萃取物和西伯利亞人參根，亦能加快新陳代謝，改善因壓力而令新陳代謝減慢的問題。

參考資料：

1. Cafasso, J. (2018). What Are the Best Nutrients to Boost Your Metabolism?.



* 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。

壓力消的獨特性

1

市場獨有配方，結合 32 種中西方營養及草本精華，以助身體全方位對抗壓力

透過西方的營養知識，結合了東方獨有的草本精華，使壓力消形成市場上獨有的配方，更容易地達到個人最佳健康狀態¹。從補充處理壓力所需的營養到紓緩緊張心情，壓力消都能助你全方位對抗壓力。齊全的維生素和礦物質能幫身體補充因壓力而流失的營養素和合成腦部神經傳遞物；當中不單含專為對抗壓力而設的 *STRESSFIGHTER* 專有配方，為對抗游離基而加入的天然抗氧化萃取物，更擁有針對幫助放鬆心情的天然草本精華，以加強身體恢復平衡的速度！

參考資料：

1. Medicine, U. (2019). Achieving Health and Balance through the Art of Eating - Explore Integrative Medicine. [online] Explore Integrative Medicine. Available at: <https://exploreim.ucla.edu/nutrition/achieving-balance-through-the-art-of-eating-demystifying-eastern-nutrition-and-blending-it-with-western-nutrition/> [Accessed 5 Jan. 2019].

2

含有齊全的維生素 B 群（8 種），能產生協同效應，使身體吸收和運用率更高

研究指出，服用齊全的維生素 B 群比起單一服用效果會更強，因維生素 B 群具協同作用，能有較好的吸收。由於膳食中，我們無法單憑一種食物同時吸收 8 種的維生素 B，而且維生素 B 亦容易受光線、煮食方法等破壞。所以，服用齊全的維生素 B 是較佳的選擇，而且能更有效加快身體的新陳代謝，減少身體組織的損耗。

3

加入已轉化的維生素 B9（葉酸）和 B12，MTHFR 和 MTRR 基因表現衰弱的人士特別適合使用

大部人都不會知道自己的基因表現是如何，而壓力消針對大部人對維生素 B 群所需，尤其是 MTHFR 和 MTRR 基因表現衰弱的人士，因為這類人士利用維生素 B 群的能力較弱¹。另外，於 MTHFR 基因中出現變異的人士，代謝高半胱氨酸（Homocysteine）的能力亦會較弱，增加血管硬化風險。因此壓力消所使用的已轉化 B9 和 B12，可減卻人體在胃部中轉化維生素 B 群的過程，從而直接吸收運用。由於部分膳食中攝取的維生素 B9 和 B12 需要在胃部轉化人體才能吸收，所以服用已轉化 B9 和 B12 更能幫助 MTHFR 和 MTRR 基因表現衰弱而無法轉化的人士吸收和運用。

參考資料：

1. Shiran, A., Remer, E., Asmer, I., Karkabi, B., Zittan, E., Cassel, A., ... & Flugelman, M. Y. (2015). Association of Vitamin B12 Deficiency with Homozygosity of the TT MTHFR C677T Genotype, Hyperhomocysteinemia, and Endothelial Cell Dysfunction. The Israel Medical Association Journal: IMAJ, 17(5), 288-292.

压力消的 9 大好处

1. 有助舒缓压力



2. 有助稳定情绪，平复心情

3. 有助促进睡眠及改善睡眠质量

4. 有助分解酒精及咖啡因

5. 有助提升集中力



6. 或有助促进细胞合成和修复

7. 有助维持健康的的心脏系统

8. 有助维持神经系统健康

9. 有助维持健康的新陈代谢功能



* 此产品没有根据《药剂业及毒药条例》或《中医药条例》注册。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。

脑部神经传导物质与情绪

我们的大脑内有许多不同的神经细胞，这些细胞会制造神经传导物质（又称脑内荷尔蒙），储存于神经末鞘。当我们有不同的情绪和心态时，便会释放这些物质，以极速运到突触间隙，与突触后受体结合，从而将信息传递到另一个神经细胞，最终将讯息传送到大脑和身体各个对应部位¹。此时，体内就会依照指令而产生情绪反应和行动。正是这些物质的交互作用造就了人类复杂的七情六欲，在人类复杂的情绪中各自扮演了重要角色。如感到高兴时，脑部会分泌快乐荷尔蒙「多巴胺」；感到幸福时，会分泌幸福荷尔蒙「血清素」；感到沉重压力时，则是分泌紧绷荷尔蒙「去甲肾上腺素」，使人心情低落。



这些神经传导物质虽能让我们感到充满活力，但同时也会因为生活的压力而被消耗。长期处于压力底下会使脑部分泌大量的去甲肾上腺素，而身体为了平衡，会开始大量消耗血清素。可是脑部只会按照平均所需的用量生产血清素，一旦缺乏原料，就无法即时生产。一旦稳定情绪的血清素不足，心情就会变得沮丧或焦虑。久而久之，更会出现「心情收支」的天秤不平衡状况，即压力（支出）大于神经传导物质（收入），令天秤偏向某一边，最后造成所谓的「情绪问题」。天秤越倾斜，情绪问题就越可能恶化成「抑郁症」、「恐慌症」或「强迫症」等情绪疾病。

资料来源：

1. ScienceDaily. (2019). Stress Hormone Found To Regulate Brain Neurotransmission.

甚么是压力？对身体有甚么影响？

「压力」无处不在，可来自工作、家庭或人际关系等，而每人的「压力」耐受水平都不一。从心理层面及精神健康的角度来说，「压力」指当生活中要应付的事件大于我们可承受的能力范围时，身体便会开始产生一系列的协调反应，包括行为、自主功能和激素分泌的改变，以及身体中各种生理和心理上的变化，而这些反应便是「压力」。当压力水平较低时，身体通常能处于体内平衡状态，令所有身体系统都能正常运作。但随着压力水平的升高，体内平衡能力会随之降低，长期处于高压水平更会令身体所有系统容易氧化，对健康带来毁灭性的影响！

根据 2018 年信诺「360°健康指数」的调查结果，香港整体健康指标连续四年下跌，只有 56.8 分（满分为 100 分）；而在压力方面，香港于全球排行前五名，每十个香港人中就有九人感到有压力。过大的工作压力，对个人生理及心理健康，均带来极大的负面影响。美国压力研究所亦指出，高达 90% 的健康问题都与压力有关。当身体承受过大压力时，最先受影响的便是免疫系统。于处理情绪压力期间，身体所制造的免疫细胞会显著下降，但营养需求及消耗却更多，若此时没有适当地补充维生素、矿物质和其他营养素，我们的身体便会发出一些警告信号，提醒我们的健康正受到压力的威胁，例如：



1. 肠胃不适，经常感到胃胀、胃痛、消化不良、食欲不佳、便秘
2. 睡眠质素不佳，经常出现失眠、多梦、浅睡、易惊醒等情况

3. 经常感到疲倦，体力不足

4. 经常感到身体不适，如偏头痛、腰酸背痛



5. 免疫力下降，容易生病感冒

6. 容易烦躁、易怒，注意力降低和记性差

7. 皮肤干燥粗糙，出现暗疮

8. 白发增多，出现频繁脱发的情况



我们应如何管理压力？

许多研究已证实，透过针对性的营养补充，来使体内恢复平衡状态是压力管理的重要一环¹。因为处理压力令身体产生更大的生理需求，需要更多的能量、氧气、休息和营养补充等来支持，所以患有压力的人其实更需要营养均衡的饮食（如含有维生素B、C、E和抗氧化的食物），而不应选择营养价值低的食物（如含大量糖和饱和脂肪的食物），导致营养不均衡，进一步损害代谢系统²。另外，进行定期的带氧运动（如太极、瑜伽、慢跑和游泳等）能加快新陈代谢，具有令人放松的能力，帮助对抗抑郁和消除压力³。

甚么是压力消 ATEZE PLUS？

压力消是市面上独特和罕有的优质功能性浓缩食品，集合了中西方食物的天然优良功效，并含有齐全的八种B群维生素，以及多种人体必需的营养素，如：维生素A、B、C、D、E、褐藻碘和柠檬酸镁等，还额外加入了已转化的B9（叶酸）及B12，助身体全方位对抗压力和情绪。压力消除了能提供我们于对抗压力时所消耗的营养外，当中蕴含的天然草本精华亦能够帮助精神和身体放松；而天然抗氧化萃取物更可减少因压力为身体带来的氧化压力。配方齐全独特、浓度适中，并能产生协同效应，让身体能更有效地吸收和运用。



成份：

5 种天然抗氧化萃取物：

柑橘生物类黄酮、红萝卜汁粉、米糠粉、花粉、橙皮苷

9 种天然草本精华：

当归根粉、柏子仁萃取物、川芎粉、桑椹（印度）粉、天麻粉、
杜仲萃取物、酸枣仁粉、何首乌、麦冬粉



有 18 种成分的 *STRESSFIGHTER* 专有配方：

维生素 B1、B2、B3、B5（本多酸钙）、B6、B7（生物素）、B8（肌醇）、
B9（叶酸）、B9（甲基四氢叶酸钙）和 B12（甲钴胺）、重酒石酸胆碱、
对胺基苯甲酸（PABA）、柠檬酸镁、西伯利亚人参根、西蕃莲花粉、
黄芩萃取粉、维生素 D3（胆钙化醇）、褐藻碘

资料来源：

1. Medicine, U. (2019). Eat Right, Drink Well, Stress Less: Stress-Reducing Foods, Herbal Supplements, and Teas - Explore Integrative Medicine.
2. Medicine, U. (2019). Make Healthier Decisions Now and Avoid Metabolic Syndrome (MetS) - Explore Integrative Medicine.
3. Publishing, H. (2019). Exercising to relax - Harvard Health.

成份的优良功效

天然抗氧化萃取物

游离基，是人体进行正常新陈代谢过程中自然产生的副产品，其次，外界的诱发因子，如辐射、紫外线、现代社会的生活压力、急躁、焦虑、郁闷、紧张等精神压力亦是游离基的来源。游离基能刺激细胞的修复，但同时亦能破坏细胞，若游离基的产生量超过修复速度时，便会造成「氧化压力」，使邻近细胞甚至基因受损。要对抗游离基，需要有足够的抗氧化剂。压力消配方中含有柑橘生物类黄酮、红萝卜汁粉、米糠粉、花粉及橙皮苷等的抗氧化成份，能解决压力为身体所带来的氧化压力，有助减低游离基对身体造成的伤害，加强免疫系统，延缓细胞老化速度。

草本精华

长期处于压力的情况下，容易影响脑内神经传导物质的合成，导致容易出现焦虑、恐慌、狂躁，甚至精神失常问题。压力消是市面上罕有的复合配方，除了加入*STRESSFIGHTER* 专有配方，专为长期处于压力底下的人士补充维生素B群，还额外添加了9种天然有效的草本精华成份，它们具有“君臣佐使”的作用，能互相配合以调节五脏六腑，有助行气活血和宁心安神，达致稳定情绪及平复心情的功效。



当归



杜仲



酸枣仁

STRESSFIGHTER 专有配方

当面对压力时，身体不但会加速消耗维生素B群，亦会同时减少营养吸收的能力。*STRESSFIGHTER* 专有配方为市场上独有，除了含有齐全的八群B族维生素外，更特别加入已转化的维生素B9和B12，能加强营养吸收的维生素D3和矿物质，以及有「扶正固本」功能的草本精华，致力为补充一般人群因压力流失的维生素B群，加强身体营养吸收能力，维持身体机能之正常运作，拥有MTHFR和MTRR基因表现衰弱的人士更特别适合使用。

什么是转化维生素B9和B12？

大多的维生素B9能在蔬菜里找到，例如菠菜、西兰花和红菜头等；而维生素B12则能在乳制品里找到，例如牛奶、芝士和乳酪等。正常情况下，当人体吸收维生素B9和B12后，需要把它们转化，才能供给身体细胞使用。然而，有部分人士在MTHFR和MTRR的先天基因上，都缺乏了能将维生素B9和B12转化的酵素，加上日常生活当中所摄取的B9和B12并不足够应付身体所需，从而使身体更易出现情绪起伏和心血管衰弱的问题。



压力消的好处

1. 有助舒缓压力

多巴胺及 GABA 都是脑内神经传递物的一种，多巴胺主要使我们感到兴奋和快乐；而 GABA 则有促进放松和镇静作用。当面对压力时，身体会加速维生素 B 群的消耗，令多巴胺生产减少，从而影响判断力、集中力，并使情绪低落，甚至诱发抑郁症。

压力消含有的维生素 B 群有助合成多巴胺，促进健康的神经系统功能，以协助合成 GABA 及增强其含量，从而有助舒缓压力¹。草本精华如黄芩具有非常显著的缓解焦虑作用。在一篇发表于香港科技大学的论文指出，黄芩含有选择性抗焦虑作用的黄酮类化合物，能作为缓解焦虑和压力的有效干预措施²；而西蕃莲则含有丰富的类黄酮与生物碱 (Harmala alkaloid)，有助于减轻压力和焦虑紧张的情绪，并舒缓因神经紧张引起的头痛、胃痛和心慌³。



资料来源：

1. Ikeda, M.A. S.A.Y. U. K. I., Azuma, S. H. I. N. J. I., & Inoue, S. (1997). Vitamin B12 enhances GABA content but reduces glutamate content in the rat suprachiasmatic nucleus. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 273(1), R359-R363.
2. 薛红 (2017)。中草药中选择性抗焦虑药物的发现及其作用机理的研究。香港科技大学。
3. Livertox.nih.gov. (2018). Passionflower.

2. 有助稳定情绪，平复心情

压力消含有已转化的维生素 B12，可加强神经之间的讯息传递，并协助身体制造与情绪有关的神经传递物，如去甲肾上腺素、肾上腺素、多巴胺和血清素等。多个研究显示，这些神经传递物能有助稳定情绪、对抗压力和提升专注力。另外，*STRESSFIGHTER* 专有配方中加入了被冠以「天然镇静剂」美誉的镁和钙，因为它们具协同效应，能协助神经传递正确的讯息，并有稳定情绪的作用¹。有研究指出大多有压力的人士身体都缺乏镁，如果身体长期严重缺乏镁，会出现焦虑和幻觉。压力消配方中不同的草本精华均能达致宁心安神、平稳心情、镇静和镇痛的功效，例如柏子仁、酸枣仁和天麻等。

资料来源：

1. Emsley J. *Nature's building blocks. An A-Z guide of the elements*. Oxford : Oxford University Press; 2001.



3. 有助促进睡眠及改善睡眠质素

一个全球睡眠习惯调查发现，香港人的睡眠质素排名为两岸三地中最低，于全球排在 17 位，每 10 个香港人就有 1 个有失眠问题¹。压力是影响睡眠质素的原因之一，而处理压力的时候身体所消耗的维生素 B 群会比平常多。

压力消含有镁、齐全的维生素 B 群（包括已转化的维生素 B9 和 B12）及 D3，有助身体更易利用和制造血清素及褪黑激素^{2,3}。血清素有助产生困倦的感觉，而褪黑激素则有镇静和诱发睡眠作用。另外，配方当中的草本精华亦能有效改善睡眠质素，例如：麦冬粉、何首乌、西蕃莲花粉以及西伯利亚人参根等等，而柏子仁和酸枣仁更具有协同作用，能进一步解决失眠问题，提升睡眠质量。有了良好的睡眠，才能维持健康的免疫系统，让身体有能力对抗压力。

资料来源：

1. 港人夜瞓睡眠质素全球排 17 医生：比瞓得少更影响健康。（2015 年，4 月 19 日）。苹果日报。
2. Clark, L. (2017). Best supplements for sleep: Take these THREE cheap nutrients to fall asleep FAST.
3. Greta, S. (2018). The role of Vitamin D in treatment of Chronic Insomnia with Melatonin. Neurology, P5.320.

4. 有助分解酒精及咖啡因

众所周知，酒精需要透过肝脏分解，长期饮用过量酒精会促使肝细胞受损。压力消中的西伯利亚人参根和杜仲萃取物能减少酒精对肝脏带来的伤害，可改善酒精性的肝损伤。另外研究指出，川芎明显地消除了酒精引起的肝脂肪变性和高脂血症的问题。



川芎

除此之外，其实咖啡因亦需要肝脏进行分解，所以增加维生素 B 的摄取能加强肝脏的排毒功能，加强分解咖啡因的能力。所以，服用压力消可同时全面补充因酗酒而难吸收的维生素 B 群，还可加强肝脏分解酒精和咖啡因的能力。

5. 有助提升集中力

神经传递物的不足均会令人难以集中精神，影响集中力。多个研究发现，当脑内多巴胺浓度降低时，脑部的活化区变得较为分散而非集中，可能因此而无法降低背景噪音对主要讯息的干扰，导致注意力无法集中¹。而根据英国华威大学一项研究，足够的锌对改善集中力、记忆力和语言技能等有正面效用²。

压力消含有丰富维生素 B 群、维生素 C 和锌，有助合成与集中力有关的神经传递物，有效改善注意力不足问题。另外，体内氧气供给量充足亦与注意力集中有密切关系³。压力消配方中加入了西伯利亚人参根，能提高细胞氧气交换能力，从而有助促进脑部血液循环和增加人体的氧气吸收量，以减少疲劳感⁴；其萃取液亦含有能使反射神经变得敏锐之功效，可提高集中注意力。

资料来源：

1. 郭约瑟、林式毅、唐子俊、陈绍祖、赖建翰、洪曜（2014）。重度忧郁症的最新治疗策略。台湾医界，57（9）。
2. Maylor, E., Simpson, E., Secker, D., Meunier, N., Andriollo-Sanchez, M., Polito, A., Stewart-Knox, B., McConville, C., O'Connor, J. and Coudray, C. (2006). Effects of zinc supplementation on cognitive function in healthy middle-aged and older adults: the ZENITH study. British Journal of Nutrition, 96(4), pp.752-760.
3. 冯化平（2017）。智商综合培养方案。赤峰市：内蒙古科学技术出版社。
4. 梁后文、梁惠梅（2014）。细说人参。香港：万里机构。

6. 或有助促进细胞合成和修复

6.1 基因

我们的身体每日都会自己产生游离基，加上每天面对不同的毒素和污染物，令游离基在身体堆积，使细胞容易受到侵袭，从而产生氧化压力令细胞受损，继而增加了炎症、癌症和基因突变的风险。***STRESSFIGHTER*** 专有配方中的维生素 B 群具有协同作用，均可促进细胞的修复和代谢。研究指出，连续 4 周服用维生素 B 的补充品，可以把悬浮粒子 PM2.5 对细胞的损害减少 28-76%¹。相关的研究亦指出，每日食用叶酸补充剂可以改善 DNA 稳定性，可降低某些与基因缺陷有关的癌症风险²。

资料来源：

1. BBC News. (2017). B vitamins may have 'protective effect' against air pollution.
2. Daniells, S. (2006). Folic acid supplements could boost DNA repair, says study. [online] Nutraingredients.

6.2 有助补充血液营养

叶酸与维生素 B12 结合，对红血球的形成和制造非常重要¹。但由于维生素 B 属水溶性维生素，不可在身体储存。若长期摄取量不足，可导致贫血。如在先天基因上转化维生素 B9 和 B12 的能力较弱，没法让身体吸收运用，更会造成恶性贫血。成分中草本精华含有当归、何首乌和西伯利亚人参根有助预防血虚头晕的问题。

资料来源：

1. Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-203.

7. 有助维持健康的心脏系统

许多研究已证实高半胱氨酸为引致血管硬化的一种重要因素¹⁻³，并发现每当血液中的高半胱氨酸含量上升 5μmol/L，心血管病患者患上血管栓塞的风险便上升 50-80%⁴。造成高半胱氨酸血症的主要原因为维生素 B 群的缺乏，令体内「高半胱氨酸」无法得到代谢，从而破坏血管内壁，造成血管硬化。情况严重更会损伤血管内壁而形成血块，导致中风、心肌梗塞和肺动脉栓塞等。

若能适当补充维生素 B 群、维持均衡饮食，并保持良好的生活习惯，可有助减低体内高半胱氨酸的浓度，每 4 人中就有 1 人可避免中风⁵。美国营养学院期刊发出的一篇研究亦显示，每天补充维他命 B12、B6 及叶酸能将高半胱氨酸的水平降低 51%⁶。

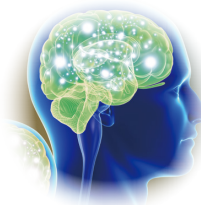
压力消含有丰富维生素 B 群，有助身体代谢高半胱氨酸，维持心血管健康。此外，维生素 C、E、天然抗氧化萃取物以及草本精华如川芎粉、天麻粉、杜仲和西伯利亚人参根均对血管内皮细胞具保护作用，并促进血液循环。此产品或有助于稳定血压。

资料来源：

1. Stampfer MJ, Malinow R, Willett WC, Newcomer LM, Upson B, Ullmann D, Tishler PV, Hennekens CH: A prospective study of plasma homocysteine and risk of myocardial infarction in US Physicians. *JAMA* 268:877-881, 1992.
2. Clarke R, Daly L, Robinson K, Naughten E, Cahalane S, Fowler B, Graham I: Hyperhomocysteinemia: an independent risk factor for vascular disease. *N Engl J Med* 324:1149 - 1155, 1991.
3. Coen DA, Weijenberg MP, van den Berg M, Jakobs C, Feskens JM, Kromhout D: Serum homocysteine and risk of coronary heart disease and cerebrovascular disease in elderly men - A 10 year follow-up. *Arterioscler Thromb Vasc Biol* 18:1895 - 1901, 1998.
4. Maron, B. and Loscalzo, J. (2009). The Treatment of Hyperhomocysteinemia. *Annual Review of Medicine*, 60(39-54).
5. 中大研究证实半胱氨酸与中风有密切关系。(2009 年 10 月 29 日)。香港中文大学。Nicolosi, R., Wilson, T.,
6. Lawton, C. and Handelman, G. (2001). Dietary Effects on Cardiovascular Disease Risk Factors: Beyond Saturated Fatty Acids and Cholesterol. *Journal of the American College of Nutrition*, 20(sup5), pp.421S-427S.

8. 有助维持神经系统健康

不少临床研究显示补充维生素 B 群有助维持神经系统健康及改善神经痛症状：B1 利于神经递质代谢作用；B6 帮助合成神经递质；而 B12 具有神经功能恢复作用，是神经髓鞘形成、髓鞘再生及神经再生的关键¹。维生素 B 群充足，则神经细胞能量充沛，可以缓解忧虑、紧张，增加对噪音等的承受力；反之，则导致应对压力的能力衰退，甚至引发神经炎等。



另外，*STRESSFIGHTER* 配方亦能帮助制造神经传递物，帮助我们维持神经系统健康。而缺乏神经传递物，除了增加患上情绪病的风险，还会出现各种各样的神经症状，如皮肤麻木、手或脚肌肉无力、运动不协调和反应迟缓等²。而研究显示，压力消草本精华中的川芎含有川芎嗪，能显著地降低神经元的损失和脑梗塞。

资料来源：

1. 徐锐, & 宋学军. (2013). B 族维生素的镇痛和神经保护作用. 中国疼痛医学杂志, 19(10), 609-613.

2. T. Lomas J, et al. Reducing occupational stress with a B-vitamin focussed intervention: a randomized clinical trial: study protocol. Nutr J. 2014; 13(1):122.

9. 有助维持健康的新陈代谢功能

压力过大时，身体会先分泌压力荷尔蒙，以加快心跳、提高警觉性，使人快速进入对抗压力的备战状态。但若长时间处于压力底下，则有机会令新陈代谢失调，使人感到疲惫和乏力。

维生素 B 群对于全面运作的新陈代谢至关重要。新陈代谢的主要功能是帮助身体代谢碳水化合物、脂肪和蛋白质，并转化食物中的营养作能量¹。若身体的维生素 B 群处于不足的状态，便有可能影响人体的代谢功能。除了维生素 B 群外，压力消中不同的草本成份，如杜仲萃取物和西伯利亚人参根，亦能加快新陈代谢，改善因压力而令新陈代谢减慢的问题。

资料来源：

1. Cafasso, J. (2018). What Are the Best Nutrients to Boost Your Metabolism?.



* 此产品没有根据《药剂业及毒药条例》或《中药条例》注册。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。

压力消的独特性

1

市场独有配方，结合 32 种中西方营养及草本精华，
以助身体全方位对抗压力

透过西方的营养知识，结合了东方独有的草本精华，使压力消形成市场上独有的配方，更容易地达到个人最佳健康状态¹。从补充处理压力所需的营养到纾缓紧张心情，压力消都能助你全方位对抗压力。齐全的维生素和矿物质能帮身体补充因压力而流失的营养素和合成脑部神经传递物；当中不单含专为对抗压力而设的*STRESSFIGHTER* 专有配方，为对抗游离基而加入的天然抗氧化萃取物，更拥有针对帮助放松心情天然草本精华，以加强身体恢复平衡的速度！

资料来源：

1. Medicine, U. (2019). Achieving Health and Balance through the Art of Eating - Explore Integrative Medicine. [online] Explore Integrative Medicine. Available at: <https://exploreim.ucla.edu/nutrition/achieving-balance-through-the-art-of-eating-demystifying-eastern-nutrition-and-blending-it-with-western-nutrition/> [Accessed 5 Jan. 2019].

2

含有齐全的维生素 B 群（8 种），
能产生协同效应，使身体吸收和运用率更高

研究指出，服用齐全的维生素 B 群比起单一服用效果会更强，因维生素 B 群具协同作用，能有较好的吸收。由于膳食中，我们无法单凭一种食物同时吸收 8 种的维生素 B，而且维生素 B 亦容易受光线、煮食方法等破坏。所以，服用齐全的维生素 B 是较佳的选择，而且能更有效加快身体的新陈代谢，减少身体组织的损耗。

3

加入已转化的维生素 B9（叶酸）和 B12，
MTHFR 和 MTRR 基因表现衰弱的人士特别适合使用

大部人都不会知道自己的基因表现是如何，而压力消针对大部人对维生素 B 群所需，尤其是 MTHFR 和 MTRR 基因表现衰弱的人士，因为这类人士利用维生素 B 群的能力较弱¹。另外，于 MTHFR 基因中出现变异的人士，代谢高半胱氨酸（Homocysteine）的能力亦会较弱，增加血管硬化风险。因此压力消所使用的已转化 B9 和 B12，可减却人体在胃部中转化维生素 B 群的过程，从而直接吸收运用。由于部分膳食中摄取的维生素 B9 和 B12 需要在胃部转化人体才能吸收，所以服用已转化 B9 和 B12 更能帮助 MTHFR 和 MTRR 基因表现衰弱而无法转化的人士吸收和运用。

资料来源：

1. Shiran, A., Remer, E., Asmer, I., Karkabi, B., Zittan, E., Cassel, A., ... & Flugelman, M.Y. (2015). Association of Vitamin B12 Deficiency with Homozygosity of the TT MTHFR C677T Genotype, Hyperhomocysteinemia, and Endothelial Cell Dysfunction. The Israel Medical Association Journal: IMAJ, 17(5), 288-292.

THE 9 MAIN BENEFITS OF ATEZE PLUS

1. Helps Relieve Stress

2. Helps To Stabilize Mood Swing And Calming

3. Helps Improve Sleeping Quality

4. Supports Alcohol And Caffeine Metabolism

5. Helps To Improve Concentration And Focus

6. May Promote Cells Development And Repair

7. Helps Maintain A Healthy Cardiovascular System

8. Helps Maintain A Healthy Nervous System

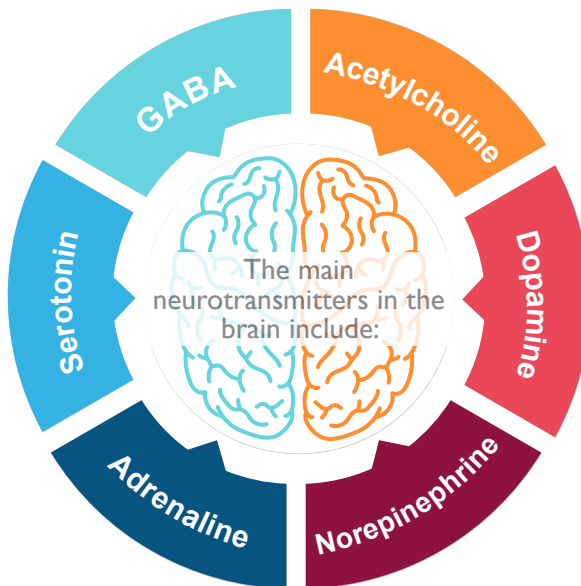
9. Helps Sustain Healthy Metabolic Function



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BRAIN NEUROTRANSMITTERS AND EMOTIONS

There are many different nerve cells in our brain that create nerve-transmitting substances (also known as brain hormones) that are stored in the nerve ending sheath. When we have different emotions and states of mind, these substances are released and transported to the synaptic space at a very fast speed, combined with postsynaptic receptors to transmit information to another nerve cell, ultimately transmitting the message to the brain and each corresponding body part¹. At this point, the body will respond to the instructions and produce emotional reactions and actions. It is the interaction of these substances that create complex human emotions and plays an important role in the complex emotions of human beings. When you feel happy, the brain will secrete the hormone "dopamine"; when you are pleased, it will secrete the hormone "serotonin"; when you feel heavy pressure, it will secrete the hormone "norepinephrine", which makes people feel low.



These neurotransmitters can make us feel energized, but they will also be consumed by pressure from life. Long-term stress will cause a large amount of norepinephrine in the brain, and the body will start to consume a lot of serotonin for balancing. However, the brain only produces the basic amount of serotonin that required. When it is lacking in raw materials, it cannot be produced immediately. Once serotonin is insufficient, we will feel frustrated or anxious. Moreover, there will be an emotional imbalance, that is, the amount of pressure is greater than the amount of neurotransmitter, which makes the emotional balance scale shift to one side, and causes the emotional problem. The more the scale shifted, the more likely the emotional problem will be worsen into mental illnesses such as "depression", "panic disorder" or "obsessive-compulsive disorder".

Reference:

1. ScienceDaily. (2019). Stress Hormone Found To Regulate Brain Neurotransmission. [online] Available at: <https://www.sciencedaily.com/releases/2008/08/080807072125.htm> [Accessed 5 Jan. 2019].

WHAT IS STRESS? HOW IS THE BODY AFFECTED?

There are different sources of “pressure”, for example from work, family or relationships. Each of us has different “stress” tolerance level. From the perspective of psychological and mental health, “stress” means that when the events to be dealt with in life are greater than the range of capabilities we can afford, the body will begin to produce a series of coordinated responses, including behavior, autonomic function, and hormone secretion changes, as well as various physical and psychological changes in the body, and these reactions are “stress.” When the stress level is low, the body is usually in a state of stress balance, allowing all body systems to function properly. However, as the pressure level rises, the ability of stress balance will decrease. The long-term high pressure level will make all the body's systems prone to oxidation, which will have a devastating effect on health!

According to the results of the 2018 Cigna “360° Wellbeing Survey”, Hong Kong's overall health indicators has been falling for the fourth consecutive years, with only 56.8 points (out of 100 points). In terms of pressure, Hong Kong ranked the top five in the world and nine out of every ten Hong Kong people feel pressured. Excessive work pressure has a great negative impact on individual physical and mental health. The American Institute of Stress Research also pointed out that up to 90% of health problems are related to stress. When the body is under excessive stress, the immune system is the first to be affected. During the emotional stress period, the body's immune cell warriors will drop significantly, but the nutritional needs and consumption will increase. If the vitamins, minerals and other nutrients are not properly supplemented during the moment, our body will release warning signals, to remind us that our health is under threat of stress, such as:



1. Gastrointestinal discomfort, often bloating, stomach pain, indigestion, poor appetite, constipation

2. Poor sleep quality, insomnia, frequent dreaming, shallow sleep, waking at night, etc.

3. Fatigue, lack of physical strength

4. Often feeling unwell, such as migraine, backache

5. Reduced immunity, easy to get sick and catch a cold



6. Easy to get irritated or angry, poor attention and poor memory

7. Dry and rough skin, acne

8. Increased white hair, frequent hair loss



HOW SHOULD WE MANAGE THE PRESSURE?

Many studies have confirmed that restoring balance in the body through targeted nutritional supplements is an important part of stress management¹, as the body requires more physiological needs, such as more energy, oxygen, rest and nutritional supplements to support while we are managing pressure. Therefore, people with stress actually need a balanced diet (such as vitamin B, C, E and anti-oxidant foods), rather than foods with low nutritional value (such as foods containing large amounts of sugar and saturated fat) that will lead to nutritional imbalances that further damage the metabolic system². In addition, regular aerobic exercise (such as Tai Chi, yoga, jogging and swimming), can speed up metabolism, have a relaxing ability to help fight depression and eliminate stress³.

WHAT IS ATEZE PLUS?

ATEZE PLUS is a unique and rare high-quality Functional Food Concentrates (FFC) on the market. It combines the natural and excellent effects of Asian and Western foods. It also contains all eight B-vitamins and a variety of essential nutrients such as vitamins A, C, D, E, iodine and magnesium citrate, etc. Methylated vitamin B9 (folic acid) and B12 are also added to help the body to fight stress and emotions. In addition to providing the nutrients we consume when fighting stress, ATEZE PLUS also contains natural herbal extracts that help the mind and body to relax. Natural antioxidant extracts reduce the oxidative stress caused by pressure. The formula is complete, unique, suitably concentrated, and produces synergistic effects that allow the body to absorb and use it more effectively.



INGREDIENTS :



5 Kinds of Natural Antioxidant Extracts:

Citrus Bioflavonoids, Carrot Juice Powder, Rice Bran Powder, Bee Pollen, Hesperidin Complex

9 Kinds Of Natural Herbal Extracts:

Dong Quai Root Powder, Semen Biotae Extract, Szechuan Lovage Root Powder, Mulberry (Indian) Powder, Rhizoma Gastrodiae (Gastrodia) Powder, Eucommiae Bark Extract, Jujube Powder, Radix Polygonium Multiflorum, Radix Ophiopogon Root Powder

Stressfighter Unique Formula With 18 Ingredients:

Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Vitamin B3 (Niacinamide), D-Calcium Pantothenate, Choline Bitartrate, Inositol, Para-Amino-Benzoic Acid (Paba), Magnesium Citrate, Vitamin B6 (Pyridoxine Hcl), Siberian Ginseng Root, Passion Flower Powder, Scutellariae Radix Pe, Vitamin B12 (Methylcobalamin), Vitamin D3 (Cholecalciferol), Folic Acid, Folate (As Calcium L-5-Methyltetrahydrofolate), Iodine Ascorphyllum Nodosum, Biotin

Reference:

1. Medicine, U. (2019). Eat Right, Drink Well, Stress Less: Stress-Reducing Foods, Herbal Supplements, and Teas - Explore Integrative Medicine.
2. Medicine, U. (2019). Make Healthier Decisions Now and Avoid Metabolic Syndrome (MetS) - Explore Integrative Medicine.
3. Publishing, H. (2019). Exercising to relax - Harvard Health.

EXCELLENT EFFICACY OF INGREDIENTS

NATURAL ANTIOXIDANT EXTRACT

Free radicals are the by-products naturally produced by the human body during normal metabolic processes. In addition, external stressors such as radiation, ultraviolet rays, life stress in modern society, impatience, anxiety, depression, nervousness, etc. are also sources of free radicals. Free radicals can stimulate the repair of cells, but at the same time, they can destroy cells. If the amount of free radicals exceeds the rate of repair, it will cause "oxidative stress" and damage neighboring cells and even genes. To fight free radicals, you need to have enough antioxidants. ATEZE PLUS formula contains antioxidants such as citrus bioflavonoids, carrot juice powder, rice bran powder, pollen and hesperidin, which can relieve the oxidative stress caused by pressure. It can help reduce the damage caused by free radicals, strengthen the immune system, and delay the aging of cells.

NATURAL HERBAL EXTRACTS

Under long-term stress, the synthesis of neurotransmitters in the brain can be easily affected, leading to anxiety, panic, arrogance, and even mental disorders. ATEZE PLUS is a rare complex formula on the market, in addition to the *STRESSFIGHTER* unique formula, it is specially designed for people who are under pressure for a long time to supplement vitamin B group, while 9 different kinds of natural and effective herbal extracts are also added to generate synergistic effects, in order to be coordinated with each other to regulate the internal organs, help to promote blood circulation and calm the nerves, to achieve mood stability and calming.



Dong Quai Root



Eucommiae Bark



Jujube

STRESSFIGHTER UNIQUE FORMULA

When we are dealing with stress, the body will not only accelerate the consumption of vitamin B group, but also reduce the ability to absorb nutrients. *STRESSFIGHTER* formula is unique on the market, in addition to the complete vitamin B group, it is specially added with the methylated vitamins B9 and B12 to enhance the nutrient absorption of vitamin D3 and minerals, together with the herbal extract, which is designed to supplement the vitamin B group that is lost due to stress in the general population. It strengthens the body's ability to absorb nutrients and maintain the normal functioning of the body. People with weak MTHFR and MTRR genes are also suitable for use.

What is Methylated Vitamins B9 and B12?

Most vitamin B9 can be found in vegetables such as spinach, broccoli and red cabbage, while vitamin B12 can be found in dairy products such as milk, cheese and yogurt. Under normal circumstances, vitamins B9 and B12 need to be converted by the body in order for body cells to use after they were absorbed. However, some people might lack of the enzymes that helps to convert vitamin B9 and B12, due to weaker MTHFR and MTRR genes, resulting in insufficient daily intake of vitamin B9 and B12 to meet the body's needs, thus making body easier to have emotional problems and cardiovascular weakness.



THE 9 MAIN BENEFITS OF ATEZE PLUS

1. HELPS RELIEVE STRESS

Dopamine and GABA are neurotransmitters in the brain. Dopamine mainly makes us feel excited and happy. GABA promotes relaxation and sedation. When facing stress, the body accelerates the consumption of vitamin B and reduces dopamine production, thus affecting judgment, concentration.

ATEZE PLUS contains a vitamin B group that helps synthesize dopamine, promotes healthy nervous system function to help reduce stress, assists in the synthesis of GABA and enhances its content, thereby helping to relieve stress¹. Herbal extracts such as Scutellariae Radix PE have a very significant relieving function. A published paper by the Hong Kong University of Science and Technology pointed out that Astragalus contains flavonoids with selective anti-anxiety effects, which can be used as an effective intervention to relieve anxiety and stress². The Passion Flower Powder is rich in flavonoids and Alkaloids (Harmala alkaloid), which help relieve stress and anxiety, and relieve headaches, stomach pains and palpitation caused by nervous tension³.



Reference:

1. Ikeda, M.A. S.A.Y. U. K. I., Azuma, S. H. I. N. J. I., & Inoue, S. (1997). Vitamin B12 enhances GABA content but reduces glutamate content in the rat suprachiasmatic nucleus. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 273(1), R359-R363.
2. 薛紅 (2017)。中草藥中選擇性抗焦慮藥物的發現及其作用機理的研究。香港科技大學。
3. Livertox.nih.gov. (2018). Passionflower.

2. HELPS STABILIZING MOOD SWING AND CALMING

ATEZE PLUS contains methylated vitamin B12, which enhances the transmission of signals between nerves and assists the body in the production of emotionally related neurotransmitters such as norepinephrine, adrenaline, dopamine and serotonin. Several studies have shown that these neurotransmitters can help stabilize mood, fight stress and improve concentration. In addition, *STRESSFIGHTER* formula incorporates magnesium and calcium, which are known as "natural sedatives" because they have a synergistic effect that help the nerves deliver the right message and stabilize the mood. Studies have shown that most people with stress are physically deficient in magnesium. If the body is seriously deficient in magnesium for a long time, anxiety and hallucinations will occur. The addition of different herbal extracts to the formula such as Semen Biotae, Jujube Powder and Rhizoma Gastrodiae (Gastrodia) Powder, can achieve the benefits of relieving the stress, calming the mind, and easing pain.

Reference:

1. Emsley J. *Nature's building blocks. An A-Z guide of the elements.* Oxford : Oxford University Press; 2001.

3. HELPS PROMOTE SLEEPING QUALITY

A global sleep habit survey found that Hong Kong people's sleep quality ranking is the lowest among the Mainland, Taiwan and Hong Kong, ranking 17th in the world, and one in every 10 Hong Kong people has insomnia problems¹. Stress is one of the reasons that affect the quality of sleep, and the body consumes more vitamin B than usual when dealing with stress.



ATEZE PLUS contains magnesium, a complete vitamin B group (including methylated vitamins B9 and B12) and D3, which helps the body to easily utilize and manufacture serotonin and melatonin. Serotonin helps to produce a feeling of drowsiness, while melatonin has a calming and sleep-inducing effect. In addition, the herbal extracts in the formula such as: Radix Ophiopogon Root, Radix Polygonum Multiflorum, Passion Flower Powder and Siberian Ginseng Root, etc. can also effectively improve the quality of sleep, while Semen Biotae Extract and Jujube Powder have synergistic effects, which can further solve the problem of insomnia and improve sleep quality. With a good night's sleep, you can maintain a healthy immune system and give your body the ability to fight stress.

Reference:

1. 港人夜間睡眠質素全球排 17 醫生：比瞓得少更影響健康。（2015 年，4 月 19 日）。蘋果日報。
2. Clark, L. (2017). Best supplements for sleep: Take these THREE cheap nutrients to fall asleep FAST.
3. Greta, S. (2018). The role of Vitamin D in treatment of Chronic Insomnia with Melatonin. Neurology, P5.320.

4. HELPS BREAK DOWN OF ALCOHOL AND CAFFEINE

As we all know, alcohol needs to be broken down through the liver. Drinking too much alcohol for a long time will promote the damage of liver cells. Siberian ginseng root and eucommia extract in ATEZE PLUS can reduce damage to the liver from drinking alcohol, and improve alcoholic liver damage. In addition, studies have indicated that Szechuan Lovage Root Powder significantly eliminates the problems of alcohol-induced hepatic steatosis and hyperlipidemia.



Szechuan Lovage Root

In addition, caffeine also need to be broken down by the liver, so increasing the intake of vitamin B can strengthen the liver's detoxification function and strengthen the ability to break down caffeine. Therefore, ATEZE PLUS can provides the vitamin B group that can not be absorbed by alcoholic, and also strengthens the liver's ability to break down alcohol and caffeine.

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5. HELPS TO BOOST CONCENTRATION LEVELS

Insufficient neurotransmitters can lead to difficulty in concentration. Several studies have found that when the concentration of dopamine in the brain decreases, the activation zone of the brain becomes more dispersed rather than concentrated, which may affect the ability to reduce the interference of background noise on the main message, resulting in an inability to concentrate¹. According to a study by the University of Warwick, sufficient zinc has positive effects on improving concentration, memory and language skills².

ATEZE PLUS is rich in vitamin B group, vitamin C and zinc, which helps to synthesize neurotransmitters related to concentration and effectively improve attention deficit. In addition, adequate oxygen supply in the body is also closely related to concentration³. Therefore, the addition of Siberian Ginseng Roots in the formula can improve the oxygen exchange capacity of the cells, thereby promoting blood circulation in the brain and increasing the oxygen absorption of the human body to reduce fatigue⁴; the extract can also enhance function of the reflex nerves and increase one's concentration.

Reference:

1. 郭約瑟、林式毅、唐子俊、陳紹祖、賴建翰、洪曜（2014）。重度憂鬱症的最新治療策略。臺灣醫界，57（9）。
2. Maylor, E., Simpson, E., Secker, D., Meunier, N., Andriollo-Sanchez, M., Polito, A., Stewart-Knox, B., McConville, C., O' Connor, J. and Coudray, C. (2006). Effects of zinc supplementation on cognitive function in healthy middle-aged and older adults: the ZENITH study. *British Journal of Nutrition*, 96(4), pp.752–760.
3. 馮化平（2017）。智商綜合培養方案。赤峰市：內蒙古科學技術出版社。
4. 梁啟文、梁惠梅（2014）。細說人參。香港：萬里機構。

6. MAY PROMOTE CELLS DEVELOPMENT AND REPAIR

6.1 GENE

Free radicals produced by our body every day, together with daily exposure to different toxins and pollutants, lead to free radicals accumulation in the body, making it easy for cells to be attacked and resulting in oxidative stress that damages cells, which in turn increases inflammation, the risk of cancer and genetic mutations. The vitamin B group in the *STRESSFIGHTER* formula has a synergistic effect and promotes cell repair and metabolism. Studies have shown that continuous consumption of vitamin B supplements for 4 weeks can reduce the damage of PM2.5 to cells by about 28-76%¹. Related studies have also pointed out that daily consumption of folic acid supplements can improve DNA stability and reduce the risk of certain cancers associated with genetic defects².

Reference:

1. BBC News. (2017). B vitamins may have 'protective effect' against air pollution.
2. Daniells, S. (2006). Folic acid supplements could boost DNA repair, says study. [online] Nutraingredients.

6.2 HELPS SUPPLEMENTING BLOOD NUTRITION

Folic acid binds to vitamin B12 and is important for the formation and manufacture of red blood cells¹. However, since vitamin B is a water-soluble vitamin, it cannot be stored in the body. If our consumption of vitamin B is insufficient in a long period of time, it may lead to certain types of anemia. The herbal extracts of the ingredients contain Dong Quai Root Powder, Polygonum Multiflorum and Siberian Ginseng Roots, which may help to prevent blood deficiency and dizziness.

Reference:

1. Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-203.

7. HELPS MAINTAIN A HEALTHY CARDIOVASCULAR SYSTEM

Many studies have confirmed that homocysteine is an important factor in atherosclerosis¹⁻³, and found that whenever the blood homocysteine rises by 5 $\mu\text{mol/L}$, the risk of cardiovascular embolism in patients with cardiovascular disease increases by 50-80%⁴. The main cause of hyperhomocysteinemia is the lack of vitamin B group, which makes the body "hypercysteine" unable to be metabolized, thereby destroying the inner wall of blood vessels and causing hardening of blood vessels. Severely, it will damage the inner wall of blood vessels and form blood clots, leading to stroke, myocardial infarction and pulmonary embolism.



If you can properly take the vitamin B group, maintain a balanced diet, and maintain good living habits, it can help reduce the concentration of homocysteine in the body, and one in every four people can avoid stroke⁵. A study published in the Journal of the American College of Nutrition also showed that daily supplementation with vitamins B12, B6 and folic acid reduced the level of homocysteine by 51%.⁶

ATEZE PLUS is rich in vitamin B group, which helps the body to metabolize homocysteine, maintaining cardiovascular health. In addition, vitamins C, E, natural antioxidant extracts and herbal extracts such as Szechuan Lovage Root, Rhizoma Gastrodiae (Gastrodia) Powder, Eucommiae Bark Extract and Siberian Ginseng Roots have protective effects on vascular endothelial cells, promoting blood circulation. This product may assist in stabilizing blood pressure.

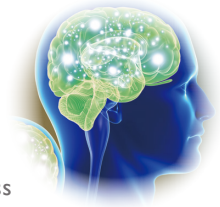
Reference:

1. Stampfer MJ, Malinow R, Willett WC, Newcomer LM, Upson B, Ullmann D, Tishler PV, Hennekens CH: A prospective study of plasma homocysteine and risk of myocardial infarction in US Physicians. JAMA 268:877-881, 1992.
2. Clarke R, Daly L, Robinson K, Naughten E, Cahalane S, Fowler B, Graham I: Hyperhomocysteinemia: an independent risk factor for vascular disease. N Engl J Med 324:1149-1155, 1991.
3. Coen DA, Weijenberg MP, van den Berg M, Jakobs C, Feskens JM, Kromhout D: Serum homocysteine and risk of coronary heart disease and cerebrovascular disease in elderly men—A 10 year follow-up. Arterioscler Thromb Vasc Biol 18:1895-1901, 1998.
4. Maron, B. and Loscalzo, J. (2009). The Treatment of Hyperhomocysteinemia. Annual Review of Medicine, 60(39-54).
5. 中大研究證實半胱氨酸與中風有密切關係。(2009年, 10月29日)。香港中文大學。
6. Nicolosi, R., Wilson, T., Lawton, C. and Handelman, G. (2001). Dietary Effects on Cardiovascular Disease Risk Factors: Beyond Saturated Fatty Acids and Cholesterol. Journal of the American College of Nutrition, 20(sup5), pp.421S-427S.

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8. HELPS MAINTAIN HEALTHY NERVOUS SYSTEM

Many clinical studies have shown that vitamin B supplementation can help maintain nervous system health and improve neuropathic symptoms: B1 is beneficial to neurotransmitter metabolism; B6 helps synthesize neurotransmitters; and B12 has neurological recovery function, which is key to sheath formation, remyelination and nerve regeneration¹. When vitamin B group is sufficient, the nerve cells are full of energy, which can alleviate anxiety, tension, and increase the tolerance for noise; or else, the ability to cope with stress declines, and even may lead to neuritis.



In addition, the *STRESSFIGHTER* formula can also help create neurotransmitters that help us maintain the health of the nervous system. The lack of neurotransmitters, in addition to increasing the risk of emotional illness, can also lead to a variety of neurological symptoms, such as skin numbness, hand or foot muscle weakness, movement incoordination and slow response². Studies have shown that herbal extracts containing Szechuan Lovage Root Powder can significantly reduce neuronal loss and cerebral infarction³.

Reference:

1. Xu Wei, & Song Xuejun. (2013). Analgesic and neuroprotective effects of B vitamins. Chinese Journal of Pain Medicine, 19(10), 609-613.
2. Stough C, Simpson T, Lomas J, et al. Reducing occupational stress with a B-vitamin focussed intervention: a randomized clinical trial: study protocol. Nutr J. 2014; 13(1): 122.
3. Kao TK, et al. Neuroprotection by tetramethylpyrazine against ischemic brain injury in rats. Neurochem Int. 2006; 48: 166-176.

9. HELPS SUSTAIN HEALTHY METABOLIC FUNCTION

When the pressure is too high, the body will first release stress hormones to speed up the heartbeat, improve alertness, and enable people to quickly enter the state of preparation for combating stress. However, if you are under stress for a long time, your metabolism might result in dysfunction and make you feel tired and weak.

The vitamin B group is essential for a fully functioning metabolism. The main function of metabolism is to help the body metabolize carbohydrates, fats and proteins, and convert nutrients in food into energy¹. If the body's vitamin B group is in an insufficient state, it may affect the body's metabolic function. In addition to the vitamin B group, different herbal ingredients, such as Eucommiae Bark Extract and Siberian Ginseng Roots, can speed up metabolism. Therefore, the *STRESSFIGHTER* formula in ATEZE PLUS can effectively improve the problem of slowing down metabolism due to stress.

Reference:

1. Cafasso, J. (2018). What Are the Best Nutrients to Boost Your Metabolism?.



UNIQUENESS OF ATEZE PLUS

1

The unique formula on the market, which combines 32 kinds of Chinese and Western nutrients and natural herbal extracts to help our body fight against stress

Through combining western nutrition knowledge with the unique Asian herbal extracts, ATEZE PLUS is a unique formula on the market, making it easier to achieve the best personal health. From supplementing the nutrients needed due to stress, relieving tension, ATEZE PLUS can help you fight stress in all directions. A full range of vitamins and minerals can help the body replenish nutrients lost through stress and synthesize brain neurotransmitters. It includes not only the *STRESSFIGHTER* unique formula, which is designed to combat stress, but also the natural antioxidants to fight against free radicals, as well as the natural herbal extracts to help relax and strengthen the body's balance!

Reference:

1. Medicine, U. (2019). Achieving Health and Balance through the Art of Eating - Explore Integrative Medicine. [online] Explore Integrative Medicine. Available at: <https://exploreim.ucla.edu/nutrition/achieving-balance-through-the-art-of-eating-demystifying-eastern-nutrition-and-blending-it-with-western-nutrition/> [Accessed 5 Jan. 2019].



2

Contains a full range of vitamin B groups (8 types) that produce synergistic effects that increase body absorption and utilization

Studies have shown that taking a full vitamin B group is more effective than taking a single type of vitamin B, because the vitamin B group has a synergistic effect and can be better absorbed. Since our body are not able to absorb 8 kinds of vitamin B at the same time from one type of food, and vitamin B is also easily damaged by light and cooking methods. Taking a full range of vitamin B is a better choice, and can more effectively accelerate the body's metabolism, reducing the loss of body tissue.

3

Adding methylated vitamin B9 (folate) and B12, particularly suitable for people with weakened performance in MTHFR and MTRR genes

Most people would not know how their genes are performing, and ATEZE PLUS is aimed at the majority of people who need vitamin B, especially those with weak MTHFR and MTRR genes. This type of population is prone to the problem of weaker utilization of vitamin B group. In addition, people who develop mutations in the MTHFR gene will also have a weaker ability to metabolize homocysteine, increasing the risk of vascular sclerosis. The methylated vitamin B9 and B12 in ATEZE PLUS can reduce the body's conversion process of vitamin B in the stomach. Since vitamins B9 and B12 in some part of the diet need to be converted by the stomach in order for the body to absorb, the use of methylated B9 and B12 can help the people that have MTHFR and MTRR genes.



Reference:

1. Shiran, A., Remer, E., Asmer, I., Karkabi, B., Zittan, E., Cassel, A., ... & Flugelman, M. Y. (2015). Association of Vitamin B12 Deficiency with Homozygosity of the TT MTHFR C677T Genotype, Hyperhomocysteinemia, and Endothelial Cell Dysfunction. The Israel Medical Association Journal: IMAJ, 17(5), 288-292.



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