



心臟健康

紐崔萊™卵磷脂維他命E片



為您的心臟提供天然保護

卵磷脂有助分解脂肪，防止血液中的膽固醇積聚，保持血管暢通；維他命E具抗氧化功效，亦能保護卵磷脂及其他維他命免受氧化而被破壞。紐崔萊™卵磷脂維他命E片結合兩者的優點，發揮相輔相成的功效。

4243 200片

建議用量：每天1至4次，每次1片，可咀嚼食用。

誰需要它？

想維持心血管健康及提升身體抗氧化能力的人士。

為何選擇紐崔萊™？

卵磷脂來自天然大豆，維他命E來自天然植物油。加入蜜糖、稻子豆及天然楓樹胡桃的甜味及香味，可供咀嚼，美味可口。

每片紐崔萊™卵磷脂維他命E片可提供：

卵磷脂	290毫克
維他命E	45國際單位

知多點

卵磷脂是人體細胞膜及皮脂膜的主要成分，具親水性及親油性的雙重特質，有助平衡皮膚水分及油分，促進皮膚健康。

維他命E是一種脂溶性維他命，亦是強效的抗氧化劑，保護人體細胞免受游離基的侵害。



NUTRILITE™
紐崔萊™

心臟健康

循環系統和心血管健康

循環系統與心血管系統互相配合，幫助支援人體的免疫系統，維持正常體溫，亦有助維持身體各個系統的穩定性。

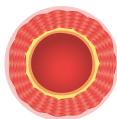
循環系統由以下三個主要部分組成：

- 1 **心臟**推動血液流動，輸送到身體各部位。
- 2 **血液**為細胞輸送營養素、水、氧氣和抗體，並將廢物從細胞中帶走。
- 3 **血管**
 - 心臟中的含氧血液經**動脈**輸送至身體各部位。
 - **靜脈**把缺氧血液輸送到心臟。
 - **微絲血管**連接動脈和靜脈。



不規律的生活方式、缺乏運動，或日常飲食中攝取過量高脂、高膽固醇食物，會增加患上心血管疾病的風險。

血液中的脂質及膽固醇過多，較易積聚於血管壁，不但令血管收窄，亦會硬化血管，導致高血壓及血管堵塞等問題。



暢通的血管



被堵塞的血管

您知道嗎？

- 心臟病是香港第三大的致命疾病。*
- 每個人在一生中，心臟平均要跳動30億次。
- 每滴血內大約有500萬個紅血球、1萬個白血球及25萬個血小板。

* 資料來源：衛生署



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Heart Health Nutrilite™ Lecithin E



PROVIDE NATURAL SUPPORT FOR YOUR HEART

Lecithin helps to break down fats, prevents the accumulation of cholesterol and maintains smooth blood flow. Vitamin E is an antioxidant that protects lecithin and other vitamins from oxidative damage. Combining both nutrients, Nutrilite™ Lecithin E is produced to give you optimum benefits.

4243 200 tablets

Suggested usage: 1 tablet each time, 1 to 4 times daily. It is chewable.



WHO NEEDS IT?

Those who want to maintain vascular health and improve antioxidant ability of the body.

WHY NUTRILITE™?

Lecithin is extracted from soybeans and vitamin E from vegetable oil. Flavoured with honey, carob and maple-walnut, it gives you a chewable and tasty way to achieve optimal health.

Each tablet of Nutrilite™ Lecithin E provides:

Lecithin 290 mg
Vitamin E 45 IU

TALKING POINTS

Lecithin is the building block of cell membrane and sebum membrane. With its ability to bind oil and water, it helps balance the skin's oil and moisture levels, giving you supple and healthy skin.

Vitamin E is a fat-soluble vitamin and an antioxidant. It protects human cells from the damage of free radical oxidation.

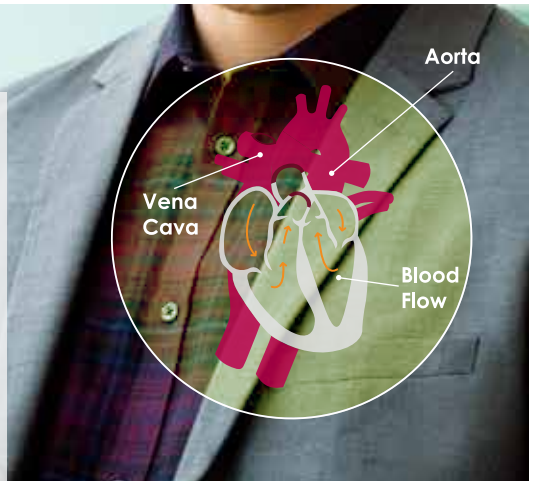
HEART HEALTH

The Circulatory System and Cardiovascular Health

Combined with the cardiovascular system, the circulatory system helps support the body's immune system, helps the body maintain a normal body temperature, and provides the right chemical balance to maintain homeostasis among all the body's systems.

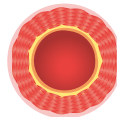
The circulatory system consists of three main components:

- 1 **THE HEART** pumps blood and keeps it moving.
- 2 **BLOOD** carries nutrients, water, oxygen, antibodies, and waste products to and from your cells.
- 3 **BLOOD VESSELS**
 - **Arteries** carry oxygenated blood away from heart toward the rest of your body.
 - **Veins** carry deoxygenated blood to the heart.
 - **Capillaries** connect arteries and veins.



Factors such as irregular lifestyle, lack of exercise and excessive intake of high-fat, high-cholesterol food will increase the risk of contracting cardiovascular disease.

The excessive lipid and cholesterol in the blood would accumulate in blood vessel wall, which will lead to the narrowing and hardening of blood vessels, causing high blood pressure and blood clots.



Normal blood vessel



Blocked blood vessel

DID YOU KNOW?

- Heart disease is the third most fatal disease in Hong Kong. *
- The heart beats approximately 3 billion times during an average lifetime.
- There are approximately 5,000,000 red blood cells, 10,000 white blood cells, and 250,000 platelets in one drop of blood.

* Source: Department of Health