



# 心臟健康

## 紐崔萊™奧米加三脂肪酸



### 保護健康血流和心臟功能

奧米加三脂肪酸無法由人體合成，必須從食物中攝取。過去已有許多醫學研究證實，魚油所含的EPA與DHA可以有助降低血脂肪、減低患上心臟病、心律不正與腦中風的風險、延緩動脈硬化結塊形成及穩定血壓。

4298 90粒

建議用量：成人每天服食1至2粒。

### 誰需要它？

所有想保護心臟健康、但可能在飲食中並未攝取足夠海鮮魚類的人士。

### 為何選擇紐崔萊™？

分別由無污染的海域——挪威及秘魯嚴選含豐富奧米加三脂肪酸的魚類：鮭魚、鯖魚、沙丁魚及鯷魚提煉而成。

每粒紐崔萊™奧米加三脂肪酸可提供：

EPA ..... 180毫克

DHA ..... 120毫克

### 知多點

為了保障原料的新鮮，避免魚油氧化，紐崔萊™以真空技術萃取魚油，更添加維他命E作抗氧化，並且規定於72小時內完成整粒營養丸的製作，將魚油保持在最新鮮的狀態。



**NUTRILITE™**  
紐崔萊™



# 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。



# 心臟健康

紐崔萊™綠茶精華



## 抑制膽固醇的天然力量

您的身體能夠製造您所需的膽固醇，但您亦可能從飲食中攝取了膽固醇（特別是壞膽固醇），導致體內的膽固醇過多。

紐崔萊™綠茶精華所含的茶多酚，有助減少身體從食物中吸收的壞膽固醇，亦可調節血液中的膽固醇水平，有助血管健康。

1070 60粒

建議用量：每天2粒，隨餐食用。

## 誰需要它？

關注心血管健康，及嗜肉、嗜食海鮮的人士。

## 為何選擇紐崔萊™？

綠茶萃取物含豐富的茶多酚，臨床研究證實，有助降低壞膽固醇的水平。\*

每2粒紐崔萊™綠茶精華可提供：  
綠茶萃取物 ..... 395毫克

## 知多點

膽固醇的高低與年齡及體重沒有直接關係，即使身形瘦削或年紀尚輕之人士，亦會有膽固醇過高的機會。

\* 資料來源：Maron et al (2003) Arch Intern Med. Vol 163:1448-1453

## 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。

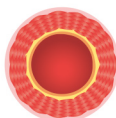
循環系統由以下三個主要部分組成：

- 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





# Heart Health

## Nutrilite™ Salmon Omega-3 Complex



### WHO NEEDS IT ?

People who want to support heart health but might not get enough seafood and fish in their diet.

### WHY NUTRILITE™ ?

Extracted from salmon, mackerel, sardines and anchovy harvested from the unpolluted seas in Norway and Peru and are rich in omega-3 fatty acids.

Each softgel of Nutrilite™ Salmon Omega-3 Complex provides:

- EPA ..... 180 mg
- DHA ..... 120 mg

### SUPPORT HEALTHY BLOOD FLOW

Omega-3 fatty acids cannot be produced by the body and must be obtained from food. Medical studies have proven that EPA and DHA contained in fish oil can reduce blood lipid level and the risk of heart diseases. It also helps slow down the formation of atherosclerotic plaque and stabilize blood pressure, suitable for those who are concerned about their cardiovascular health.

4298 90 softgels

Suggested Usage: For adults, take 1 to 2 softgels daily.

### TALKING POINTS

To guarantee the freshness of ingredients and protect the fish oil from oxidation, Nutrilite™ uses vacuum technique to extract the fish oil and additionally adds vitamin E for anti-oxidation. The production of each softgel must be finished within 72 hours since the extraction of fish oil so as to achieve its best freshness.





# Heart Health

## Nutriline™ 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, Nutriline™ 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 Nutriline™ 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

## Nutralite™ Green Tea Plus



### A NATURAL APPROACH TO CHOLESTEROL CONTROL

Your body produces all the cholesterol you need, but you're probably getting it from your diet, too, which will lead to excessive accumulation of cholesterol in your body.

The polyphenols in Nutralite™ Green Tea Plus help to reduce the absorption of cholesterol from food and adjust blood cholesterol levels to maintain vascular health.

1070 60 softgels

Suggested usage: Take 2 softgels daily with meals.

### WHO NEEDS IT?

Those who are concerned about cardiovascular health and people who are fond of eating meat and seafood.

### WHY NUTRILITE™?

The green tea extract is rich in tea polyphenols and has been clinically proven to lower bad cholesterol levels.\*

Every 2 softgels of Nutralite™ Green Tea Plus provide:

Green tea extract ..... 395 mg

### TALKING POINTS

There is no direct relationship between cholesterol levels and age or weight. Even those who have a slim figure or who are young can have risk of high cholesterol levels.

\* Source: Maron et.al (2003) Arch Intern Med. Vol 163:1448-1453



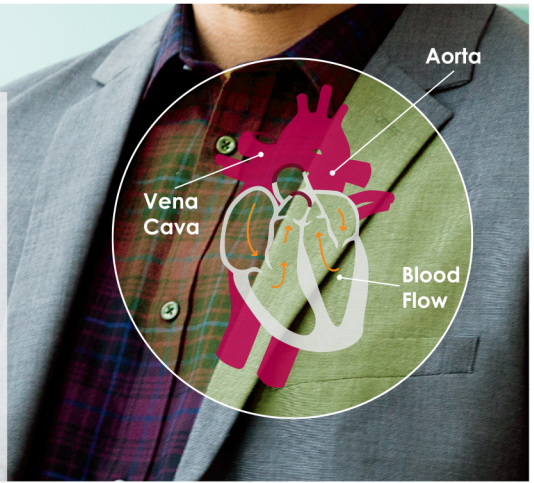
# HEART HEALTH

## 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.

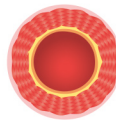
The circulatory system consists of three main components:

- 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?

- According to Department of Health, 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.

