

PHYTONUTRIENTS

Protecting Plants & People

植物营养素

保护植物与人类

It was once thought that carbohydrates, proteins, fats, vitamins and minerals were the only nutrients necessary for optimal health but we know now that there is another group of nutrients that is necessary—phytonutrients.

Although it may sound high-tech, the word "phytonutrients" (from the Greek phyton for "plant") simply means "nutrients from a plant".

Phytonutrients are also referred to as "phytochemicals". In plants, these chemical compounds give foods their colour, taste and smell. They also protect, fortify and strengthen plants. These same protective compounds that help keep plants healthy are passed along to us when we eat plant foods.

Studies have shown that eating foods rich in phytonutrients can help promote eye, bone, joint, and heart health, as well as support immune and brain function. These plant compounds help neutralize oxidants and maintain healthy cells. They do this by neutralizing unpaired electrons on potentially dangerous molecules. This chemical interaction stabilizes oxidants and keeps oxidative damage from taking place. Studies have shown consistently that there is a strong association in the reduction of the development of chronic diseases, such as cancer and cardiovascular disease when fruits and vegetables are regularly present in the diet.

Some phytonutrients work alone, others work in combination, and some seem to work in conjunction with other nutrients in food, such as vitamins. Eating a wide variety of fruits and vegetables is the best way to achieve all the potential benefits that phytonutrients offer.

过去人们认为，碳水化合物、蛋白质、脂肪、维生素和矿物质是达到最佳健康状态所必需的营养物质，但现在我们知道，还有另一组营养物质是必需的，即植物营养素。

“植物营养素”这个词听起来或许很高科技，但其实它就只意为植物中的营养素。

植物营养素，亦称“植物化学物质”。在植物中，这些化合物除了赋予食物色彩、味道与气味外，也有着保护、增强以及强化植物的作用。同样的，当我们摄取植物性食物时，这些帮助植物保持健康的保护性化合物也会相对的传递于我们。

研究显示，摄取富含植物营养素的食物能够促进眼睛、骨骼、关节以及心脏的健康。此外，它也能支持免疫系统与脑部功能。这些植物化合物通过中和潜在危险分子中的不成对电子，帮助中和氧化剂并维持细胞的健康。这种化学相互作用能维持氧化剂的稳定性，避免产生氧化损伤。研究也一致表明，如果饮食中经常有水果和蔬菜，就能大大降低癌症和心血管疾病等慢性病的发病率。

有些植物营养素是单独作用，有些则结合作用，另外一些似乎与食物中的其他营养素(如维生素)协同作用。吃各种各样的水果和蔬菜是吸收植物营养素提供的所有潜在益处的最好方式。



The value of

PHYTONUTRIENTS

is one reason why the World Health Organization encourages the consumption of at least five cups of fruits and vegetables (400g) every day.

这些

植物营养素

的价值就是世界卫生组织之所以鼓励人们每日至少摄取五杯蔬菜水果（400g）的原因之一。



3 out of 4 adults
四分之三的成年人



PROBLEM

The challenge is that globally 3 out of 4 adults do not meet the minimum recommended quantity and variety of fruits and vegetables and thus are not reaping the important health benefits provided by phytochemicals.

问题

而问题是，全球四分之三的成年人没有满足水果和蔬菜的最低推荐摄入量与种类，因此没有获得植物化学物质提供的所有重要健康益处。

SOLUTION

If you are part of the majority of people who are not eating enough quantity and variety of fruits and vegetables in your diet, the simple solution is to consider **phytonutrients supplements** in your diet.

解决方法

如果您和大多数人一样，在饮食中没有摄入足够数量和种类的水果和蔬菜，最简单的解决方法就是考虑在您的饮食中加入**植物营养素的补充剂**。



SUPER GREEN FOOD ++(SGF++)

SGF++ contains 27 active ingredients sourced from nature. It is rich in essential vitamins, minerals, enzymes, protein, beta carotene, chlorophyll, essential fatty acids and antioxidants. The nutrients found in SGF++ work synergistically together to provide the following benefits:

- Improve digestion
- Prevent free radical damage
- Support lymphatic health
- Boost the immune system
- Enable the growth of good bacteria
- Reduce inflammation

SGF++ is great for adults, children, teenagers, vegetarians and the elderly. That's right! It is suitable for the whole family!

特超绿食品++ (SGF++)

SGF++ 含有27种天然活性成分。它富含必需的维生素、矿物质、酶、蛋白质、β-胡萝卜素、叶绿素、必需脂肪酸和抗氧化剂。SGF++中包含的营养成分协同作用，提供以下好处：

- 改善消化系统
- 防止自由基损害
- 支持淋巴健康
- 促进免疫系统
- 促进有益细菌的生长
- 减少炎症。

SGF++对成年人、儿童、青少年、素食者和老年人都非常有益。没错！适合全家使用！



SPIRULINA

Spirulina provides a balanced array of nutrients. It has a soft cell wall, so its nutrients are easy-to-digest and easily absorbed by the body.

NewLife™'s Spirulina is richer in chlorophyll than alfalfa or wheatgrass and is loaded with many other organic minerals that are essential to health.

Spirulina is known to:

- Boost energy levels and help with energy release.
- Inhibit allergy-triggering histamines with its anti-inflammatory properties.
- Significantly reduce blood cholesterol, triglycerides and LDL cholesterol.
- Balance hormones in both men and women.

螺旋藻

螺旋藻提供平衡的营养。它的细胞壁柔软，所以它的营养物质很容易被身体消化和吸收。

新生命螺旋藻比紫花苜蓿或麦草的叶绿素含量更高，还富含许多其他对健康至关重要的有机矿物质。

众所周知，螺旋藻能：

- 提高能量水平，帮助释放能量。
- 通过抗炎特性抑制引发过敏的组胺。
- 显著降低血液胆固醇、甘油三酯和低密度脂蛋白胆固醇。
- 平衡男女荷尔蒙。



COLLASTA

Collasta is an anti-aging complex, engineered for health and beauty. It contains hydrolyzed marine collagen and is further enhanced with a blend of age-defying super antioxidants, including astaxanthin, grape seed, green tea, pine bark, lycopene and mangosteen extract, as well as a prebiotic (fructooligosaccharide).

The hydrolyzed marine collagen and antioxidants work together to provide the following benefits:

- Combats what may be one of the main causes of most chronic diseases—free-radical damage.
- Firms and clears skin with improved tone and moisture retention.
- Improves tissue regeneration, wound healing and injury recovery.
- Healthy hair and nails.
- Healthier immune system.
- Reduced risk of heart attack and stroke.
- Enhanced physical endurance, energy and vitality.
- Stronger joints and connective tissues.
- Improves eye and brain health.
- Prevention of macular degeneration and blindness due to aging.

康丽达胶原红藻

康丽达胶原红藻是一种抗衰老复合物，专为健康和美容而设计。它含有水解的海洋胶原蛋白。胶原蛋白和抗衰老超级抗氧化剂的结合，进一步增强了本产品的功效。抗衰老超级抗氧化剂包括虾青素、葡萄籽萃取物、绿茶萃取物、柏松素、番茄红素、山竹萃取物和益生元（低聚果糖）。

水解的海洋胶原蛋白和抗氧化剂协同作用，提供以下好处：

- 对抗自由基损害—可能是导致大多数慢性疾病的主因之一。
- 紧致和清洁肌肤，改善肤色和保湿。
- 促进组织再生、伤口愈合和损伤恢复。
- 健康的头发和指甲。
- 更强的免疫系统。
- 降低心脏病发作和中风的风险。
- 增强身体的耐力、能量和活力。
- 更强壮的关节和结缔组织。
- 改善眼睛和大脑健康。
- 预防老年性黄斑变性及失明。



Incorporating Phytonutrients into Your Diet 在饮食中加入植物营养素

Each product mentioned in this article can be taken on its own. For optimal results, we recommend taking more than one of these every day. Phytonutrients are particularly important if your diet is low in fresh fruits and vegetables and if you fit into one of the following categories:

- Fitness enthusiasts who exercise regularly
- Busy people who struggle to have healthy meals
- Students or those in stressful occupations
- Frequent travellers
- Those who are fasting or on a detoxification programme
- Those who have poor digestion
- Those who eat processed and refined foods
- Those who are unable to consume solid food due to an illness or injury
- Those who want to enjoy anti-aging effects

这篇文章中提到的每一种产品都可以单独服用。不过我们建议每天服用不止一种，以达到最佳效果。如果您的饮食中新鲜水果和蔬菜的含量较低，或者您属于以下其中一组，那么植物营养素补充剂就特别重要：

- 经常锻炼的健身爱好者
- 没时间准备健康饭菜的忙碌人士
- 学生和那些职业压力大的人士
- 频繁旅行者
- 那些正在禁食或进行排毒计划的人士
- 消化不良的人士
- 食用精制和加工食品的人士
- 因生病或受伤而不能进食固体食物的人士
- 那些想取得抗衰老效果的人士

