



心血管健康系列

Cardiovascular Health Series



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冠心病全球每年奪命逾千萬人

Coronary artery disease kills over 10 million people in global every year

(成報 Sing Pao Daily News 25 / 9 / 2006)

港人患冠心病風險亞太區最高

The risk of HK people suffers from coronary artery disease is the highest among the Asia Pacific Region

(明報 Ming Pao News 25 / 1 / 2007)

平均每年1000人中風死亡

1000 people died from stroke in average every year

(明報 Ming Pao News 16 / 8 / 2006)

20%男士 26%女士 好膽固醇偏低 壞膽固醇增

20% Male 26% Female Low in HDL level High in LDL level

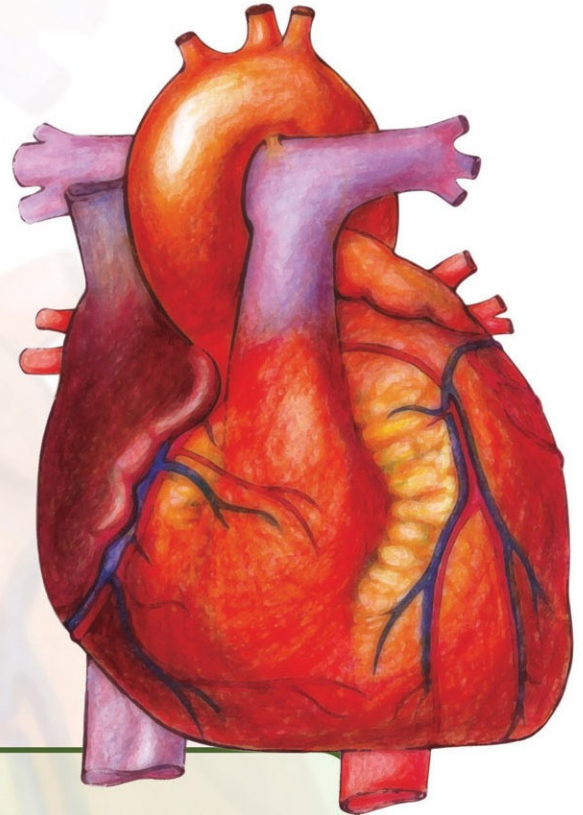
(明報 Ming Pao News 18 / 7 / 2006)

常見的心血管疾病

Common Cardiovascular Health Problems

心臟可說是身體最重要的器官，它主要負責將血液輸送至全身，為細胞提供氧氣和營養。然而，心血管疾病卻是香港都市病的第二號殺手，當中以冠心病及中風最為普遍。而最令人擔憂的是，過往患心血管疾病的多是老年人為主，但近年年輕患者漸漸增多！

Heart is the most important organ in our body. It is responsible for transporting blood to the whole body in order to deliver oxygen and nutrients to body cells. However, cardiovascular diseases are the second top killer in Hong Kong and coronary artery disease & stroke are the most common problems. In the past decades, only elders suffer from this health problem. Unfortunately, the incidence rate among young people is increasing in recent years!



冠心病 Coronary Artery Disease

冠心病是冠狀動脈粥樣硬化性心臟病的簡稱。冠狀動脈是環繞心臟的血管，負責供應血液內的氧氣和營養給心臟肌肉，使心臟可以正常運作。而冠心病的主要成因是由於氧化了的脂肪及膽固醇積聚於血管內壁，導致血管收窄，再加上血管壁纖維失去彈性，令血液運行不暢順，心肌因得不到足夠的氧氣及營養而壞死。冠心病可以由全無病徵至突然死亡，或出現胸痛、頭暈、作嘔及心絞痛等徵狀。

Coronary artery disease also named atherosclerosis. Coronary arteries are a network of blood vessels that encircle the heart. They nourish heart muscles with oxygen and nutrients to ensure the normal function of the heart. Coronary heart disease is mainly caused by the accumulation of fat and cholesterol on the inner arterial wall which narrows the lumen. Besides, loss of elasticity of the arterial muscle fibers also hinders blood flow. It results in necrosis of heart muscles due to the lack of oxygen and nutrients. Coronary artery disease can silently claim people's lives in a sudden, but sometimes appears symptoms like pain chest, dizziness, nausea and throbbing of the heart.

中風 Stroke

中風是指由於血管收窄及血管爆裂，阻礙血液輸送至腦部，而腦細胞因得不到足夠氧氣和營養而死亡，而受該部份腦細胞控制的身體機能，包括：說話、行動及記憶力均會受到影響。因此，中風會出現頭暈、手腳麻痺、視力模糊及說話有困難等徵狀。

Stroke occurs when blood vessels narrow or break, then interrupts the supply of oxygen and nutrient rich blood to the brain and causes brain cells die. When brain cells die, abilities controlled by that area of the brain are lost, such as speech, movement and memory. Therefore, the symptoms like dizzy, paralysis of arms & legs, unclear vision and have difficulties in speaking will appear when stroke about to occur.

心血管疾病的成因

Risk Factors of Cardiovascular Health Problems

1. 高膽固醇水平 High Cholesterol Level

膽固醇可分為好與壞，好膽固醇 - 「高密度脂蛋白」能把血液內過多的膽固醇帶回肝臟，並排出體外。而壞膽固醇 - 「低密度脂蛋白」則會積聚於動脈壁，令血管收窄，阻礙血液輸送氧氣及營養素到大腦、心臟、循環系統及身體各器官的順暢度。幸好，身體內的膽固醇產量是由HMG-CoA酶於肝臟調節，當肝臟感到身體的膽固醇水平足夠或過高時，便會產生較少的還原酶，以減低膽固醇的製造，反之則會增加製造，以補充身體需要。然而，如果肝臟調節失效，體內的膽固醇水平便會在進食大量高膽固醇食物後顯著升高。因此，為了避免以上的危機，便應該減少進食高膽固醇的食物。Cholesterol can be classified as "Good" or "Bad". Good cholesterol "High Density Lipoprotein (HDL)" can remove excess cholesterol from the blood and transport it to the liver where it eventually excretes out of the body. Conversely, bad cholesterol "Low Density Lipoprotein (LDL)" will build up on the arterial wall and narrow the blood vessel. It affects the unobstructed flow of blood to deliver oxygen and nutrients to the brain, heart, circulatory system and other organs. Fortunately, the amount of cholesterol in our body is controlled by the enzyme HMG-CoA reductase. When the liver senses that there is enough or too much cholesterol in our body, less of reductase will be produced to decrease cholesterol production; its production will rise to fulfill our body needs if we consume limited amount. However, for some individuals, this mechanism fails to work and their cholesterol level soar after consuming plenty of high cholesterol food. Therefore, we should manage our diet carefully to prevent associated health risks.



正常的血管
Normal blood vessel



當「壞膽固醇」積聚在血管內，便會阻礙血液輸送往心臟
If LDL accumulates in the blood vessel, the blood flow to the heart will be restricted

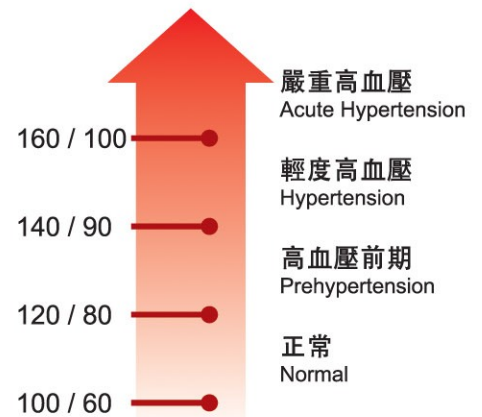
	總膽固醇 Total Cholesterol	好膽固醇 HDL	壞膽固醇 LDL
正常 Normal	< 200 mg/dL	—	<130 mg/dL
偏高 Borderline-high	200 - 230 mg/dL	—	130 - 150 mg/dL
高危 High Risk	>240	<35 mg/dL	>160 mg/dL

2. 高血壓 Hypertension

血壓是指血液通過動脈時，動脈血管所承受的壓力。「收縮壓」(上壓)指當心臟收縮輸出血液時的壓力；「舒張壓」(下壓)指心臟舒張，血液回流心臟時的壓力。如當你在休息狀態或放鬆身體時，收縮壓及舒張壓分別仍持續高於正常水平(>140/90mmHg)，便屬於高血壓。如長期出現高血壓徵狀，會容易令血管爆裂，導致中風。

Blood pressure is the pressure produced on arteries during contraction and relaxation of the heart. "Systolic Blood Pressure (SBP)" represents the maximum pressure exerted when the heart contracts and delivers the blood to other organs. "Diastolic Blood Pressure (DBP)" represents the pressure in the arteries when the heart is at rest and the blood flows back to the heart. Hypertension is persistent elevation of both SBP & DBP above the normal range (>140/90mmHg) when you are at rest or relaxation. If hypertension occurs in a long period of time, it will break the blood vessels and cause stroke.

血壓水平
Blood Pressure Level (mmHg)





老化的血管
Aged blood vessel

3. 血管老化，失去彈性

Blood vessel lose elasticity due to aging

隨著年紀增長，身體各個器官和組織均會老化，血管亦不例外。當血管老化，血管壁纖維便會失去彈性，令血液運行不暢順，因此心臟便需要製造更大的壓力以輸送氧氣及營養到身體各器官，增加患上高血壓的機會。

As we age, the function of the organs, tissue and blood vessels in our bodies also decline. When the blood vessel aged, the arterial muscle fibers will lose elasticity and hinder blood flow. Therefore, the heart needs to produce a greater pressure to transport oxygen and nutrients to other organs. **This increases the risk of hypertension.**



4. 吸煙 Smoking

一支香煙已經有10,000,000,000,000,000自由基，它不單止會增加血液中的自由基含量，更會加速血管老化，令血管壁失去彈性。而香煙中的尼古丁及焦油更會令血液凝固和血管收縮，導致血管硬化及高血壓。此外，吸煙時所產生的一氧化碳更會損害血液輸送氧氣的能力。

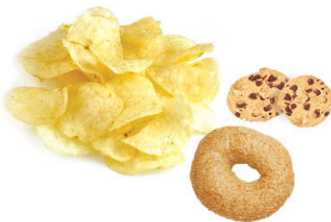
There are 10,000,000,000,000,000 free radicals in a cigarette. It not only increases the concentration of free radicals in blood, it also accelerates the aging process of the blood vessels which lead to loss of elasticity of the arterial muscle fibers. Nicotine and tars in cigarette also cause blood clotting and blood vessels contraction. It further results in **vascular sclerosis and hypertension**. In addition, carbon monoxide produced during smoking will also decrease the oxygen-carrying capacity of blood.



5. 西式飲食習慣 Western Diet

西式飲食大部份都是多肉少菜和經油炸的食物，它們均蘊含大量飽和脂肪及奧美加六脂肪酸，氧化了的飽和脂肪會積聚於血管壁內，阻礙血液流通及容易導致動脈硬化；而奧美加六脂肪酸更會令身體的奧美加三與奧美加六脂肪酸水平失衡，容易產生發炎反應，增加患上各種心血管疾病的機會。此外，較少進食蔬果更會令身體不能攝取足夠的抗氧化劑，加速血管老化和血液內脂肪氧化的速度。

Most of the western diet provides meats, deep fried food and limited amount of vegetables. They usually contain a high concentration of saturated fats and omega-6 fatty acids. The oxidized saturated fats will accumulate on the arterial wall which **hinder blood flow and cause arteries sclerosis**. Also, the imbalance of omega-3 & omega-6 fatty acid level will cause inflammation which increases the incidence rate of cardiovascular diseases. In addition, insufficient intake of fruits & vegetables will lower the antioxidant absorption. It further **accelerates the aging process of blood vessels and fat oxidation in the blood.**



6. 高鹽份飲食 Diet with High Salt Content

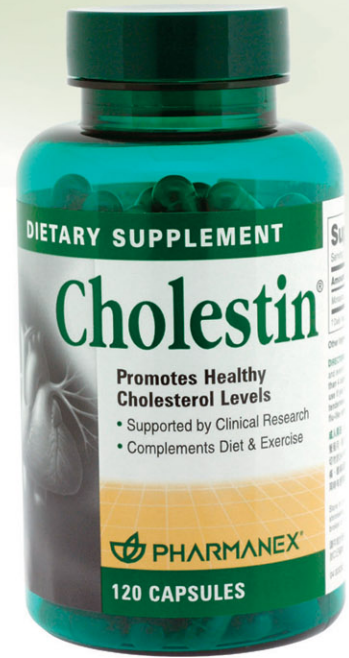
根據流行病學研究顯示⁽¹⁾，經常進食高鹽份食物的人士，其高血壓的罹患率較進食低鹽份食物的人士為高。因此，要維持心血管健康應多選擇食用新鮮肉類蔬果，盡量避免進食蘊含大量鹽份的加工食品及醃製食品，例如：即食麵、零食及罐頭等。

Epidemiology studies⁽¹⁾ showed that people who consume high salt content food have a higher incidence rate of hypertension than who have lower salt content diet. Therefore, one should avoid consuming processed food and preserved food with high salt content, such as instant noodle, snacks and canned food. To maintain cardiovascular health, you are recommended to eat more fresh meat, fruits & vegetables instead.

資料來源 Source:

(1) 醫院管理局營養資訊中心 Hospital Authority Dietetic Information Centre

紅麴清醇素 Cholestin®



紅麴清醇素是由優質稻米經酵母(*Monascus purpureus* Went)發酵製成的標準化獨有紅麴產品，蘊含天然HMG-CoA還原酶抑制劑(0.4%)和不飽和脂肪酸。如配合低脂肪、低膽固醇的均衡飲食及適量運動，有助維持健康的膽固醇水平。

Cholestin is a proprietary standardized all-natural form of *Monascus Purpureus* Went yeast fermented on rice. It naturally contains HMG-CoA reductase inhibitors (0.4%) and unsaturated fatty acids. It helps maintain healthy cholesterol level by taking with a low fat, low cholesterol diet and having regular exercise.

成人用法 Directions for Adult Use

每天服用2次，每次服用2粒，請隨飲食服用。切勿於24小時內服用4粒以上。

(注意：孕婦、有機會懷孕或授乳中的婦女切勿服用，因胎兒及發育中的嬰兒均需要適量的膽固醇以維持健康成長。)

Take 2 capsules each with your morning and evening meals. Do not take more than 4 capsules in any 24-hour period.

(Caution: Do not take Cholestin if you are pregnant, can become pregnant or lactating. It is because unborn and developing children need proper amounts of cholesterol for healthy growth and development.)

適合服用紅麴清醇素的人士 Who should take Cholestin®

- 希望維持良好膽固醇水平的成年人
- 更年期後的女性 - 因為當女性進入更年期後，能抑制壞膽固醇製造的雌激素水平便會驟降，加上更年期後新陳代謝減慢、運動量減少，容易引致脂肪積聚，都會令壞膽固醇水平提昇及血管收窄，所以她們特別需要維持理想膽固醇水平
- Adults who concern about maintaining desirable cholesterol levels
- Postmenopausal women - When women reach postmenopause, the estrogen level which can inhibit the LDL production will decrease. As well as metabolic rate decrease, fewer exercise which leads to fat accumulation. It further increases the LDL level and narrows the blood vessel. Therefore, they are specially required to maintain optimum cholesterol level



榮獲台灣行政院衛生署健康食品許可證(衛署健食字第A00004號)，肯定其可降低膽固醇和低密度脂蛋白水平的功效

Received Health Food License (A00004) from Taiwan Department of Health which ensures its benefits on lowering total cholesterol level and LDL level



榮獲2001年台灣國家生技醫療品質獎

Won Taiwan National Biotechnology & Medical Care Quality Award 2001

紅麴的歷史

History of Red Yeast Rice

紅麴是由稻米發酵製成，是一種傳統的中國健康食品。中國在兩千年前已得知其增強健康的功效並沿用至今。古代中國藥典「本草綱目」載有使用紅麴以促進循環系統健康的記錄。這一點也為新近的科學研究所肯定：紅麴中的一個專有品種所產生的代謝物，有助於保持健康膽固醇水平。Red yeast rice is a natural form of *Monascus purpureus* Went yeast fermented on rice, a traditional Chinese health food. The health enhancing benefits of red yeast rice have been known and used in China for over two thousands years. The ancient Chinese pharmacopoeia "Ben Cao Gan Mu" records the use of red yeast rice to promote the health of cardiovascular system. This application was confirmed by the discovery that a proprietary strain of red yeast rice products metabolic agents which assist in promoting healthy cholesterol level.

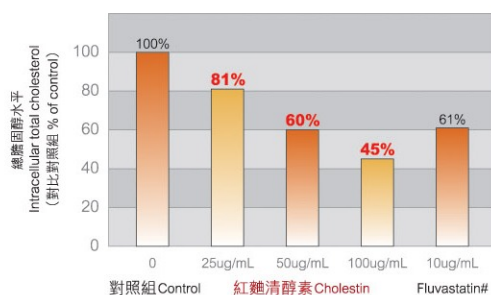
科學實證

Scientific Support

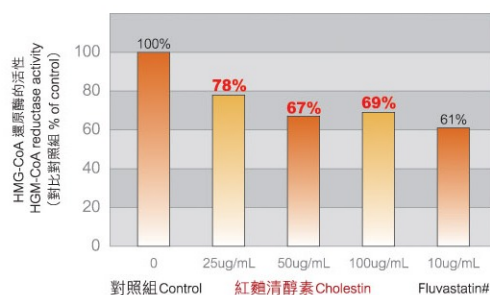
1. 有效抑制肝細胞製造及分泌膽固醇 Inhibits Cholesterol Synthesis and Secretions in Hepatic Cells

一項就紅麴對生物細胞的作用機理的研究證實，紅麴清醇素能有效降低肝細胞的總膽固醇水平、抑制膽固醇及未脂化膽固醇的合成及分泌、抑制HMG-CoA還原酶的活性，以減少膽固醇的製造。

A study about the biomolecular action of red yeast rice, showing that Cholestin can decrease the total cholesterol level of hepatic cells, inhibit the synthesis and secretion of unesterified cholesterol, inhibit HMG-CoA reductase activity in order to decrease cholesterol production.



與對照組相比，紅麴清醇素能令總膽固醇下降至81% - 45%
Cholestin can decrease the total cholesterol level to 81% - 45% of the control



與對照組相比，紅麴清醇素能直接抑制HMG-CoA還原酶的活性至78% - 69%
Cholestin had a direct inhibitory effect on HMG-CoA 78% - 69% of the control

#處方降膽固醇藥物 Prescribed drugs for lowering cholesterol level

資料來源 Source: Molecular and Cellular Biochemistry Journal 2002 Apr; 231(1-2):153-8

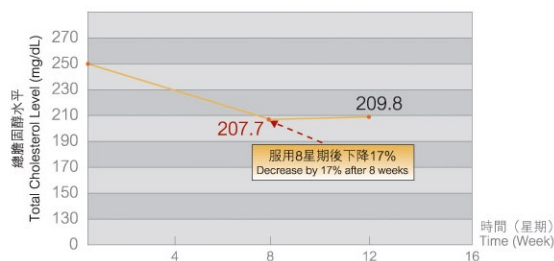
2. 維持健康膽固醇水平 Maintains Healthy Cholesterol Level

一項由美國加州大學洛杉磯分校人體營養中心主任希栢特博士主導的臨床研究顯示，83名膽固醇水平偏高人士（總膽固醇水平204 - 338 mg/dL；低密度脂蛋白水平128 - 277mg/dL）在服用紅麴清醇素12星期後，總膽固醇水平及低密度脂蛋白水平均顯著下降17%及22%。

A clinical research conducted by Dr. David Heber, Department Head of the Center of Human Nutrition, UCLA, shows that, the total cholesterol levels and the LDL levels of 83 adults (with total cholesterol level 204 - 338 mg/dL; LDL level 128 - 277 mg/dL) have significantly decreased by 17% and 22% respectively after taking Cholestin for 12 weeks.

Reference :

Heber D, Yip L, Ashley JM, Elashoff DA, Elashoff Rm, Go VLW. Cholesterol-lowering effects of a proprietary chinese red-yeast rice dietary supplement. Am J Clin Nutr 1999;69 : 231-6



深海賦活魚油 · 安美健魚油丸

MarineOmega™ · Optimum Omega™

深海賦活魚油及安美健魚油丸均蘊含天然深海魚油，能為人體提供最優良純正的DHA和EPA兩種奧美加三脂肪酸，有效維持心血管系統健康。而深海賦活魚油更蘊含最優質的磷蝦油，提供豐富磷脂狀DHA及EPA奧美加三脂肪酸，能額外促進腦部功能。

MarineOmega and Optimum Omega are derived from natural fish oil which provides the finest essential omega-3 fatty acids, DHA and EPA in order to maintain cardiovascular health. In addition, MarineOmega also contains the highest grade krill oil. It provides high concentration of phospholipids form of DHA and EPA which further promote brain function.

成人用法 Directions for adult use

於早餐及晚餐後服用1 - 2粒。配合如沛補充營養素一同服用，可給予身體最佳的營養基礎。

Take 1 - 2 softgels with your morning and evening meals. Taking with LifePak can provide an optimum nutrition foundation.



深海賦活魚油榮獲台灣保健食品類國家品質標章
MarineOmega won the Symbol of Taiwan National Quality
in Health Food Category

魚油 Fish Oil

深海賦活魚油和安美健魚油丸的魚油是萃取自深海中的魚類如：沙甸魚、三文魚、鯖魚及鰵魚等四種深海魚類的魚脂精製而成，每個提煉魚油的步驟均經嚴格控制以確保產品所蘊含的奧美加三脂肪酸達致標準化及不含任何雜質。

Fish Oil in MarineOmega and Optimum Omega is derived from the flesh of four different types of fishes: sardine, salmon, mackerel and anchovy which are obtained from deep water. Every refining process of the marine lipid concentrate requires a strict control system to standardize the amount of omega-3 fatty acids in the final products and remove all unwanted particles.

魚油的提煉過程 Refining Process of Fish Oil



磷蝦油 Krill Oil

深海賦活魚油的磷蝦油是由萃取自南極純淨海水中的磷蝦提煉精製而成，而所採用的專利冷凍萃取過程能有效避免磷脂及蝦紅素兩種重要成分於萃取過程中受破壞。

NKO™ Krill oil in MarineOmega is harvested from the pristine waters of Antarctica. It utilizes a patented cold extraction process that protects the most important ingredients, phospholipids and astaxanthin from destroying during normal processing.

- 磷脂是細胞的重要部份之一，有助製造及保護神經細胞膜及維持細胞膜健康，並能保護細胞免受毒素及自由基的侵害
- 蘊含黃酮類及胡蘿蔔素蝦紅素兩種高效抗氧化劑，其抗氧化能力比維他命E高550倍
- 此成分獲多項臨床研究證實其卓越功效，更於加拿大獲得專利（加拿大專利編號：CA2449898）
- Phospholipids are an essential part of every cell in the body. They form and keep healthy and intact the membrane of every nerve cell, protecting from toxic injury and free radical attack
- Contains flavonoid and carotenoids astaxanthin antioxidants that are up to 550 times more powerful than Vitamin E
- The benefits of NKO™ krill oil are scientifically supported by clinical studies, it also received a patent in Canada (Patent no.: CA2449898)

DHA與EPA奧美加三脂肪酸的益處

Benefits of Omega-3 Fatty Acids, DHA and EPA

維持血液中三酸甘油酯、低密度脂蛋白及高密度脂蛋白含量於理想水平
Maintains the content of triglyceride, LDL and HDL in bloodstream in an optimum level

維持血液於適當濃度，避免脂肪廢物及有害凝塊的堆積，讓血液可以暢順地流過身體各處，避免因血塊堆積而造成中風及心臟病
Maintains appropriate blood concentration, prevents accumulation of fatty wastes and harmful clots. Therefore, blood can flow freely throughout the body, reduces the risk of stroke and heart diseases

平衡體內奧美加三及奧美加六脂肪酸水平，有助舒緩身體發炎反應，減低患上慢性心血管疾病的機會
Balances the omega-3 & omega-6 level in the body. It further relieves the inflammation process in our bodies and reduces the risk of chronic heart diseases

維持腦細胞膜傳導訊息及接收訊息這方面機能的正常運作，有助提高記憶及學習能力
Maintains normal functioning of signal transmission and reception in brain cell membrane. It helps to improve memory and learning ability

保護視力
Protect eyesight

科學實證 *Scientific Support*

近年來多項研究亦已證實魚油及磷蝦油內的奧美加三脂肪酸對心血管健康及腦部發育有著重要的效益。

Research in the recent years confirmed that omega-3 fatty acids in fish oil and krill oil have indispensable benefits on cardiovascular health and brain development.



心血管健康 Cardiovascular Health

- 一項隨機及雙盲的研究讓38名患有脂肪酸代謝異常的人士，連續7星期分別服用EPA及DHA。結果顯示，測試者的血管彈性指數分別增加36%及27%，有助減低血壓水平⁽¹⁾。
A randomized and double-blinded study with 38 dyslipidemic subjects assigned to take EPA & DHA for 7 weeks. The result showed that their systemic arterial compliance increased 36% and 27% respectively and tended to lower the blood pressure ⁽¹⁾.
- 研究顯示奧美加三脂肪酸及磷蝦油能降低血壓、減慢血管內血塊形成的速度、降低壞膽固醇及三酸甘油酯水平，並有助提昇好膽固醇水平⁽²⁾。
Clinical studies showed that omega-3 fatty acids and krill oil were significantly effective for lowering blood pressure, growth rate of atherosclerotic plaque, reducing LDL, triglyceride level and increasing HDL level ⁽²⁾.

(1) Paul Nestel, Hideki Shige, Sylvia Pomeroy, Marja Cehum, Mavis Abbey and Daniel Raederstorff. Diabetes Care 2003; 26(5):1362-1368

(2) JSS Medical Research, Inc. Evaluation of the effects of Neptune Krill Oil on the management of hyperlipidemia. June 7, 2003.



腦部發展 Brain Development

- 磷蝦油內的磷脂是製造神經細胞及保護神經細胞膜免受毒素和自由基侵害的重要分子⁽³⁾。
Phospholipids, naturally found in krill oil, are important in forming nerve membranes and in protecting nerve membranes from toxic injury and free radical attack ⁽³⁾.
- 研究顯示DHA有助改善視力及認知行為發展⁽⁴⁾。
Research has shown that DHA is associated with improved visual and cognitive development ⁽⁴⁾.

(3) Amaducci, L, Crook, TH Lippi, A, etal. Ann NY Acad Sci 1991;640:245-49

(4) Willatts P. Long chain polyunsaturated fatty acids improve cognitive development. J Fam Health Care. 2002;12 (6 Suppl):5

常問問題

Frequently Asked Questions

1. 倘若按照建議用法正確地服用紅麴清醇素，膽固醇水平可以達致健康水平嗎？

膽固醇水平會受多種生活習慣因素所影響，如選擇低膽固醇飲食、多做運動及配合紅麴清醇素一同服用，膽固醇水平在4星期後會有明顯效果，大約8星期後可達致健康水平。

If I take Cholestin® exactly as recommended, will the cholesterol level reach a healthy level?

Cholesterol levels are influenced by a number of lifestyle factors. By choosing foods low in cholesterol, being physically active and taking Cholestin regularly, the healthy cholesterol level may be reached after weeks. For optimal result, it takes 8 weeks of dietary supplementation with Cholestin.

2. 什麼人士不適合服用紅麴清醇素？

孕婦、有機會懷孕或授乳中的婦女，切勿服用，因為胎兒及發育中的嬰兒均需要適量的膽固醇維持健康成長。此外，正服用任何藥物、曾患上或正患上肝病人士或最近曾進行大型手術的人士，於服用本產品前應先諮詢醫生意見。如於服用紅麴清醇素後無故出現肌肉疼痛、酸痛及感冒徵狀，請立即停止服用。

Who are not recommended to take Cholestin®?

Women who are pregnant, can become pregnant or lactating are not recommended to take Cholestin. It is because unborn and developing child needs proper amounts of cholesterol for healthy growth and development. In addition, people who are taking prescription medication; have undergone or with an existing liver condition or have undergone surgery should consult a physician before using this product. If you experience any unexplained muscle pain or tenderness, especially accompanied by flu-like symptoms after taking Cholestin, you are recommended to stop taking the product immediately.

3. 魚油和魚肝油有什麼不同？

魚油主要成分為奧美加三脂肪酸，有助維持心血管健康；魚肝油主要成分為維他命A及D，可保護視力，但大量攝取會囤積於體內，不易排出，所以是不同類型的產品。

What are the differences between fish oil and fish liver oil?

The major component of fish oil is omega-3 fatty acids which help maintain a healthy cardiovascular system, whereas the major components of fish liver oil are vitamin A & D that protect our vision. Prolonged and excessive consumption of these vitamins can lead to accumulation and toxicity. So clearly, they are different products.

4. 深海賦活魚油 / 安美健魚油丸和纖麗植物營養素是否適合同時服用？

不適合。因為纖麗植物營養素其中一個功效是吸引食物中的油脂，所以如果服用纖麗植物營養素的人士會配合深海賦活魚油 / 安美健魚油丸一同服用，最理想是於服用魚油產品及纖麗植物營養素之間應相隔兩小時，以免影響魚油的吸收。

Can I take MarineOmega™ / Optimum Omega™ together with DuoLean™?

No. It is because one of the primary benefits of DuoLean is bind and attract fat from food. If you want to take both DuoLean and MarineOmega / Optimum Omega, it is better for you to have 2 hours time lag between DuoLean and fish oil supplements. Therefore, it will not affect the absorption of fish oil by the body.



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