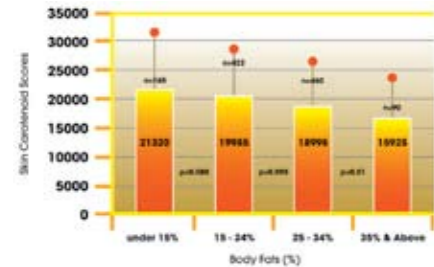


## Clinical Studies prove that LifePak® improves TRA™ effectiveness and your antioxidant health

### 实验证明如沛补充营养素促进TRA的效益与您的抗氧化健康

#### Clinical Study 1: Higher Body Fats, Lower Skin Carotenoid Scores 实验一：体脂肪越高、皮肤胡萝卜素指数越低



Overweight or obese subjects' fats interfere with the body anti-oxidation function, resulting in an increase of free radicals in the body. Clinical study results show that the more obese you are, the lower your Skin Carotenoid Scores.

超重与肥胖者体脂肪会影响身体的抗氧化功能，造成体内的自由基增加。实验显示，身体越肥胖，皮肤胡萝卜素指数越低。

Source来源: American Journal of Sports Medicine ACSM) -6/6, 2004

#### Clinical Study 2: Multivitamin Supplement Enhances The Weight Management Effect

##### 实验二：多元维生素能够加强体重管理的效益

It is important for increased nutrition intake during weight management program in order to enhance your body's antioxidant defense system. Studies show that subjects consuming a multivitamin supplement had the greatest loss of body fat without loss of fat-free mass, thus, increasing the efficacy of the weight management program.

在进行体重管理计划的同时，服用多元维生素，能够让您促进您的身体抗氧化功能。实验证实，服用多元维生素的实验者成功的减去更多脂肪，从而加强体重管理的效益。

Sample 实验 : 230 adults participate in Weight Management Program, 90 days Experiment. 230 成人进行 90 天的体重管理实验。

Research Design 实验设计 : Participants divided into 4 different groups 实验者被分成四组:

- Multivitamins supplements 服用多元维生素 (Group A)
- Single supplement 服用单方维生素 (Group B)
- Placebo 安慰剂组 (Group C)
- Without supplement 无服用任何维生素者 (Group D)

Measurement 测量 : Body fat measurement using DEXA. 利用 DEXA 测量所有实验者的体脂肪。

Results 结果 : Group A which supplement with Multivitamins decreases their body fat by 2 times more than group B; 3 times more than group C and group D. 服用多元维生素的A组的体脂肪比B组降低了两倍、比C组与D组降低了3倍。

Conclusion 总结 : Multivitamins enhance the effectiveness of weight-loss. 多元维生素促进减重的效益。

Source来源: Kaats G R, et al. Journal of the American Nutraceutical Association 1 (2): 19-26, 1998

#### Clinical Study 3: Fat Burning Process Increases Free Radical Production 实验三：脂肪燃烧增加自由基的产生

The more fats you lose, the more your skin carotenoid scores will drop. Weight loss increases oxidative stress in the human body; and fat burning process increases free radical production.

体脂肪减的越多，您的皮肤胡萝卜素指数也降的越多。减重会增加人体中的抗氧化压力；脂肪的燃烧也会增加自由基的产生。

Sample 实验 : 126 obese adults (Average age = 42, Average BMI = 31) on 24-week experiment. 126 肥胖成人 (平均年龄 = 42, 平均BMI = 31) 经24-星期实验。

Research Design 实验设计 : Participants divided into 3 different groups 实验者分成3组:

- Exercise Group 运动组 (E)
- Exercise + Diet Management Group 运动 + 饮食控制组 (D)
- Exercise + Diet Management + High Fiber Group 运动 + 饮食控制组 + 高纤维组 (HF)

Measurement 测量 : Body weight is measured. Skin carotenoid scores is being measured by Pharmanex® BioPhotonic Scanner. 体重测量。生物光子扫描仪利用于测量皮肤胡萝卜素指数。

Results 结果 : 3 groups have shown significant weight loss result 三组分别拥有显著的减重效果:

- Group E decrease 2% 运动组减去 2% 的体重
- Group D decrease 7.7% 运动 + 饮食控制组减去 7.7% 的体重
- Group HF decrease 7% 运动 + 饮食控制组 + 高纤维组减去 7% 的体重

However, result also shows that the body defense index decreases 7%-8% for ALL 3 groups. 但是，结果也显示三组的身体防卫指数（皮肤胡萝卜素指数）都降低7-8%。

Source来源: Rippe, et al. North Am Ass for the Study of Obesity, Nov. 14-18 2004

## Pharmanex® BioPhotonic Scanner 华茂生物光子扫描仪

Pharmanex® BioPhotonic Scanner measures carotenoid levels, which correlates with your body's overall antioxidant status. The skin carotenoid score (SCS) is an important indicator of the body's overall antioxidant defense system. The higher the score, the higher the level of antioxidant (or a better body defense system).

- Obesity affects antioxidant status and it will decrease after weight loss.
- LifePak® enhances weight loss result
- The Pharmanex® BioPhotonic Scanner is the best measuring tool that gives you an immediate evidence of antioxidant defense activity in your body.
- TRA needs to be paired with LifePak® and Pharmanex® BioPhotonic Scanner to measure the differences between before and after weight loss.

华茂生物光子扫描仪测量皮肤胡萝卜指数，而这些指数直接反映您身体的抗氧化功能。皮肤胡萝卜素(SCS)是身体是身体中整体抗氧化的指标 - 皮肤胡萝卜素指数越高，抗氧化能力就越高(身体防御能力就越好)。

- 肥胖会影响抗氧化能力，减肥后指数会增加
- 如沛能加强减重效果
- 生物光子扫描仪是测定抗氧化能力的最佳方式
- TRA一定要搭配如沛，透过生物光子扫描仪来测定减肥前后指数的变化



Pharmanex® BioPhotonic Scanner received the "Most Innovative Award" at the American Business Awards 2005.

Automatic Re-ordering Program 自动购货计划

Great Value for Money **超值的优惠!** Enjoy Nu Skin products at up to 20% discount. 享有折扣高达20%的优惠价格。

Greater Flexibility **额外的订购空间!** Purchase a variety of products at ARO prices. 您可随意以ARO价格订购任何产品。

Free Delivery **免费运送服务!** Free delivery upon 100 PSV. 购满100 PSV可获免费运送服务一趟。

Installation plans for TRA Transformation Pack are now available.

**您现在可以选用分期付款计划来购买TRA决心套装。**

For any queries regarding ARO program or installation plan, please feel free to contact us at our ARO hotline +603-2170 7666 (Malaysia) or email us at myaro\_inq@nuskin.com. We will be happy to assist you.

若您对此自动购货计划或分期付款计划有任何疑问，请致电联络我们的自动购货计划热线：马来西亚 +603-2170 7666 或电邮致myaro\_inq@nuskin.com查询。我们非常乐意为您服务!

To know more about Pharmanex products, please get in touch with the following distributor who passed you this brochure. 掌握华茂生技，请与您的专属直销商联络。



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 Lot 01-05, Level 1, PNB Darby Park Retail  
 No 10 Jalan Binjai, 50450 Kuala Lumpur  
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 www.nuskin.com.my



## Weight Management is a National Issue 减肥是全民运动

Obesity is posing a growing threat to the health of the world population. In Malaysia, 5 in 10 adult Malaysians are now rated overweight or obese under the guidelines issued by the WHO. The global overweight (BMI>25) and obese (BMI>30) are estimated to be more than 1.1 billion, with more than 300 million (1/3) who are clinically obese (with chronic disease and disability due to obesity).

Close to half of the Malaysian adults are now overweight or obese under the BMI guideline and they are at risk of developing heart disease, diabetes, high blood pressure and stroke.

肥胖正在威胁着所有马来西亚人的健康。每10位马来西亚人当中就有五位被世界卫生组织列为超重或肥胖。全球超重 (BMI>25) 与肥胖 (BMI>30) 人士大约有十亿。其中3亿的肥胖问题都造成慢性疾病的产生。

将近一半的马来西亚人在新的BMI条例下，都属超重或肥胖。超重或肥胖人士将面对心脏病、糖尿病、高血压与中风的危机。

Source 来源: World Health Organisation 世界卫生组织 2006

## What are the key causing problems of obesity? 造成肥胖的主要原因

Worldwide, 4 million people admit they are overweight.

Reason to weight problems.

- 64% admit this happens via their "mouth" (diet)
- The real culprits
  - 32% over consume carbohydrates
  - 27% over consume sugar
  - 23% are "meat eaters"
  - 25% over consume oily food
  - 11% over consume cakes & pastry

全球逾四百万人承认自己超重。

肥胖的原因:

- 六成四 (64%) 坦承「胖从口入」
- 肥胖的原凶
  - 32% 认为摄取过多的碳水化合物
  - 27% 归罪甜食
  - 23% 自认为自己是「肉食动物」
  - 25% 认为过量摄取脂肪
  - 11% 蛋糕类过量使用



## Are you overweight or obese? 你有超重或肥胖问题吗?

Below are 3 standards you can use to know if you are in the healthy weight range. 以下三种测量标准，让您计算您是否处在健康体重范围内:

### 1. Know your Ideal Body Weight 标准体重算法

Men 男士 : [Height (cm) - 80] \* 0.7  
 [身高 (公分) - 80] \* 0.7

Women 女士 : [Height (cm) - 70] \* 0.6  
 [身高 (公分) - 70] \* 0.6

- Normal: 10% higher than ideal body weight 标准: 体重超出标准体重 10%
- Overweight: 10% - 20% higher than ideal body weight 过重: 体重超出标准体重 10% - 20%
- Obese: more than 20% higher than ideal body weight 肥胖: 体重超出标准体重 20%

### 2. Body Mass Index (BMI) 身体质量指数测量法:

$$BMI = \frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (m)}}$$

- Underweight 体重过轻: BMI < 18.5
- Normal 正常范围: 18.5 ≤ BMI < 23
- Unhealthy 异常范围:
  - Overweight 过重: 23 ≤ BMI < 27
  - Obese 轻度肥胖: 27 ≤ BMI < 30
  - Obese Class I 中等肥胖: 30 ≤ BMI < 35
  - Obese Class II 严重肥胖: BMI ≥ 35

Source 来源: World Health Organisation 世界卫生组织

### 3. Body Fat Measurement (Measured Using Body Fat Analyzer) 体脂肪测量法 (可用简易型体脂计测试)

Percentage body fat (% body fat) 体脂率			
Classification 分类	Women 女性	Men 男性	
Essential Fat 必要脂肪	10 - 12 percent	2 - 4 percent	
- (Low) 低	5.0 - 19.9	5.0 - 9.9	
0 (Normal) 正常	20.0 - 29.9	10.0 - 19.9	
+ (High) 高	30.0 - 34.9	20.0 - 24.9	
++ (Very High) 过高	35.0 - 50.0	25.0 - 50.0	



# The Right Nutrition to Weight Management 体重管理的正确饮食

- One of the rules in successful weight management is DO NOT GO HUNGRY! Remember to eat more food that is high in fiber and low in fat. A proper diet can promote fat burning and control fat storage in your body.
- Consume a balance of macronutrients (protein; carbohydrates; soluble fiber and fat) and micronutrients (antioxidants, vitamins and minerals) to achieve your weight management goal.
- Fresh and color rich foods are high-quality foods, processed and refined foods are low-quality foods. High quality foods are natural and healthier, and they help in weight management.

Always follow the 3-3-3-3 Diet Principle: In a day, you can take 3 servings of Carbohydrates, 3 servings of Protein, 3 servings of Vegetables and 3 servings of Fruits.

- **正确减重观念第一条: 绝对不可饿肚子, 适时补充高纤低脂的食物。适当饮食可加速脂肪燃烧同时抑制脂肪囤积。**
- **为了有效达成减重目标, 必须摄取适量营养素(蛋白质、碳水化合物、膳食纤维及脂肪)及微量营养素(抗氧化剂、维生素及矿物质)。**
- **新鲜及色彩丰富的食物属于高质量食物, 加工或漂白过的食物属于低质量食物。高质量食物为天然、健康未经加工制造的食物、有助于减重效益。**

**一定要跟从3-3-3-3饮食原则: 每一天, 您可以吃上3份碳水化合物、3份蛋白质、3份蔬菜与3份水果。**

## Fighting **FAT** is the key to a healthy, long-term weight management program success formula! 减去脂肪是确保健康、持久有效的体重管理方程式

TRA provides a well-balanced, multifaceted approach to weight management with the following mechanisms:

TRA通过以下机制提供均衡、面面俱到的体重管理方法:

- TRA Controls Carbohydrate Cravings 控制对碳水化合物的渴望
- TRA Controls Stress 控制压力及稳定情绪
- TRA Controls Fats Storage 抑制脂肪囤积
- TRA Increases Metabolism 提升身体新陈代谢

**Controls carbohydrate cravings 控制碳水化合物食欲**

**Increases Fat Metabolism, inhibits Fat Storage 改善脂肪代谢, 减少脂肪囤积**

**Boosts Thermogenesis 加速热能代谢**

**Increases sugar metabolism 改善糖代谢**

**Controls Stress 调适并稳定情绪**

## DO YOU KNOW? 您知道吗?

Many weight management programs work either through strict dietary regime or meal replacement drinks. All these make the person feel hungry very easily and most of the time, these people lose weight but not fats. They lose weight quickly but regain weight quickly too. These programs are stressful and make the person very depressed because they cannot enjoy food and depend solely on meal replacements. These unhealthy slimming methods may cause kidney failure.

Weight management products available in the market often contain one or more of the following stimulants and will cause possible side effects:

- Senna contains powerful laxatives and can cause severe abdominal cramps and pains, electrolyte imbalance, severe hemorrhoids, diarrhea, weakness, fatigue, dark pigmentation in colon.
- Yerba mate contains stimulants similar to caffeine and may cause anxiety, diarrhea and jitter.
- Guarana is a central nervous stimulant with diuretic effect and also similar to caffeine.
- Bladderwrack, as a thyroid hormone stimulant, increasing the metabolic rate, breaks down lean muscle mass and is harmful to health and weight regain rapidly.
- Chicory (chicorium intybus) is a laxative and has diuretic effects.

许多体重管理计划都是通过严谨的饮食控制或代餐饮料。这些方法都会使到减重人感到容易饥饿, 而且很多时候, 这些人只减去体重, 并非脂肪。他们能够快速减重, 但也很快复胖。这些体重管理计划压力性高, 也会导致减重人感到沮丧, 因为他无法享受食物, 并且还一直要依靠代餐。往往这些不健康的体重管理计划都会导致肾衰竭。

市面上的体重管理产品都含以下其中的一种兴奋剂:

- 波布草含超强泻剂, 而且能够造成腹部抽筋、疼痛, 电解质不平衡, 严重出血, 腹泻, 虚弱, 疲惫, 大肠色素形成。
- 玛黛茶含有兴奋剂类似咖啡因, 可能造成焦虑, 不安, 腹泻等。
- 瓜那果是一种中枢神经兴奋剂, 有利尿作用, 也类似于咖啡因。
- 泡叶藻作为甲状腺激素的刺激, 提高新陈代谢率, 使瘦肉组织分解消耗掉打破了精益肌肉质量, 而且有害于健康和体重迅速恢复。
- 菊苣(菊苣草)是一种泻药, 并有利尿作用。

# The Right Supplements to Weight Management 体重管理的正确营养补充品

## TRA Complex™ TRA 消脂纤体素 - 控制对碳水化合物的食欲

### Controls Carbohydrate Cravings 控制甜食摄取

- **Controls Craving = Reduces appetite, eat less**  
Chromium helps promote healthy glucose / insulin response while reducing carbohydrate cravings, helping the body to resist the urge to snack between meals.
- **Controls Storage = Reduces fats, tummy, waist for a perfect body shape**  
Green Tea polyphenols thermogenic effect increase fat burning and balance the metabolic rate of fat deposit to produce a leaner body shape.
- **Controls Stress = Lose weight happily, stress-free**
  - Phosphatidylserine - Helps control cortisol elevation during stress, encouraging positive mood during weight loss period.
  - L-Theanine - A unique amino acid found in the leaves of green tea (Camellia sinensis) and acts as a non-sedating relaxant to help reduce anxiety and relax the mind.

### • Calcium = Increases metabolism and increases fat burning

### • 控制食欲 = 减少胃口, 吃得少。

铬 - 帮助维持健康葡萄糖 / 胰岛素反应, 控制碳水化合物摄取, 避免在餐与餐之间产生对吃零食的欲望。

### • 减少囤积 = 消除脂肪, 减肚腩, 瘦腰, 雕塑完美曲线。

绿茶多酚 - 生热的效果能促进脂肪燃烧及平衡脂肪储存, 从而达到纤体的效果。

### • 调适并稳定情绪 = 在减重时, 保持心情开朗, 无压力。

- 磷脂酰丝氨酸 - 有效地平衡氢化皮质酮(应激激素)水平, 并于减重期间, 提升正面情绪。
- 茶氨酸 - 萃取自绿茶的一种独有氨基酸, 能减少焦虑, 放松心情。

### • 钙: 促进新陈代谢, 可加速脂肪燃烧。

Recommended Adult Use 建议食用方法:  
Take 6 Capsules daily. 3 capsules each with your 2 main meals.  
每日六粒。于进食两顿主餐一起服用, 每次服3粒。



## DuoLean™ 纤度丽

### Fats & Carbohydrate Blocker 油脂与碳水化合物克星

NeOpuntia® from Cactus - Binds fats from food and increases metabolism of the body.

Alpha Trim® from Wheat Extract - Delays carbohydrate breakdown into simple sugars, prolongs satiety and reduces post meal blood glucose peaks.

仙人掌精华 - 可有效减少食物中油脂吸附及促进新陈代谢。

小麦萃取物 - 延缓碳水化合物被消化成糖份并降低吸收、延长饱足感、稳定血糖值。

Recommended Adult Use 建议食用方法:  
Take 6 capsules daily. 3 capsules with 12-16 oz of liquid with your 2 main meals.  
每日6粒。于进食两顿主餐时以12至16安士清水送服3粒。



## FibreNet™ 纤贝丽营养素

### Fats Blocker 油脂克星 (Optional 非强制性)

Polmerplex™, refined from Chitosan - Acts as a "fat sponge" absorbing fat in the digestive tract.

专利配方的几丁聚糖 (Polmerplex™), 萃取自螯甲的蟹壳素 - 能吸取脂肪、脂质, 并将其排出体外。

Recommended Adult Use 建议食用方法:  
Take 8 capsules daily. 4 capsules with 12-16 oz of liquid with your 2 main meals.  
每日8粒。于进食两顿主餐时以12至16安士清水服4粒。



## Diene-O-Leen™ 纤黛丽

### Burns Body Fats, Increases Muscle Mass & Shapes Your Body 加速脂肪燃烧、促进肌肉增生与雕塑曲线

- Conjugated linoleic acid (CLA) – positively affects the reduction of body fat and improves body contours.
- Capsaicin – improves circulation, increases metabolism and increases energy.
- To be taken 2 hours apart from FibreNet/DuoLean.
- 共轭亚麻油酸 (CLA) – 研究证实共轭亚麻油酸能有效减少脂肪囤积, 改善曲线比例。
- 辣椒素 - 促使血管扩张、促进新陈代谢, 加速热能消耗。
- 需与纤贝丽、纤度丽隔两小时以上使用。

Recommended Adult Use 建议食用方法:  
Take 6 capsules daily, 3 capsules each with your 2 main meal.  
每日六粒。于进食两顿主餐一起服用, 每次服3粒。



## TrimShake™ (Available in both Vanilla and Chocolate Flavor) 纤沛营养奶昔 (香草与巧克力口味)

### Delicious & Nutritious Meal Replacement 美味可口营养代餐

- Balanced meal replacement that provides protein and increases metabolism.
- Contains soluble fibers that increase satiety and improve bowel movement.
- 提供蛋白质和促进新陈代谢的均衡营养配方。
- 足够的可溶性纤维, 增加饱足感, 促进排便顺畅。

Recommended Use 建议饮用方法:  
Add 2 scoops of drink mix to 8oz. (240 ml) cold water or milk.  
Blend or shake vigorously with Pharmanex shaker cup.  
将2勺的奶昔与8安士 (240毫升) 冷水或牛奶摇匀, 即可饮用。



## Dermatic Effects® Body Contouring Lotion 美体精华液

Safety-allergy-dermatologist tested.

Hibiscus extract and Malvaceae Extract - help inhibit the appearance of cellulite and create an infusion to soften, and soothe skin's surface.

Echinacea Extract - helps improve firmness of the skin.

Honey Extract - a natural alpha hydroxy acid to help smooth and soften skin.

**独特洛神花及锦葵属植物萃取精华** - 能淡化肌肤表面因脂肪细胞挤压所形成的纹路, 使肌肤自然光滑。

**金光菊萃取液** - 能保护肌肤受损的弹性支撑组织, 使肌肤回复自然的弹性与光泽。

**天然果酸成份** - 蜂蜜中所含的乳酸, 能帮助肌肤活化, 使肌肤柔软光滑。

Recommended Adult Use 建议食用方法:  
Apply morning and night to problem areas for eight weeks. After eight weeks, apply once daily to maintain optimal appearance. For best results, use after bath.

每日早晚各取用适量的美体精华液, 均匀涂抹在所需的部位上, 不需要按摩即可被肌肤迅速吸收, 持续使用八周, 八周后可视肌肤回复状况改为每日使用一次。淋浴后使用效果更佳。



## LifePak® 如沛补充营养素

### Increases Metabolism 加速新陈代谢

Studies results show that increased use of dietary supplements can increase the efficacy of a weight loss program. LifePak® is a comprehensive nutritional supplementation system, delivering the optimum types and amounts of vitamins, minerals, trace elements, antioxidants and phytonutrients for general health.

研究显示在减重期间如有补充营养补充品, 减重效果会更理想。如沛补充营养素是全方位的营养补充品, 为您提供一般健康所需要的最理想营养成分及适当分量, 如维生素、矿物质、微量元素、抗氧化剂及植物营养素。

LifePak® passed Banned Substances Control Group (BSCG™), ConsumerLab.com® and NSF® Dietary Supplements Certification Program independent testing programs. 如沛补充营养素通过了 BSCG™、ConsumerLab.com® 及美国 NSF® 委员会的认证。

Recommended Adult Use 建议食用方法:  
Take 2 sachets daily, preferably after each meal.  
每天服用2次, 每次服食1包。请随饮食后服用。

