

PHARMANEX®

TRGO®

PROTEIN+

蛋白质营养饮品



# PROTEIN *On-The Go.* MY ACTIVE COMPANION.

随身携带的蛋白质。我的活力良伴。



Plant-based  
Soy Protein  
植物性大豆蛋白质



Formulated  
With Protease  
蕴含蛋白酶配方



Pearl Milk Tea  
Flavour  
珍珠奶茶风味

Our lives have become so busy that getting proper nutrition is more difficult than ever.

For some, they may fail to consume enough protein daily.

随着我们的生活越来越忙碌，获得充足营养变得更具挑战性。大多数人无法每天摄取足够的蛋白质。

## HOW MUCH **PROTEIN** IS NEEDED? 我们需要多少**蛋白质**?

The Recommended Daily Allowance (RDA) of protein for adults is between 0.8 - 1.2g/kg/day.  
成人的蛋白质营养每日建议摄取量 (RDA): 每公斤体重 0.8-1.2克/天

$$\text{Total Protein Needed Per Day (g)} = 1.2 \times \text{weight (kg)}$$

每天蛋白质总摄取量 (克) = 1.2 x 体重 (公斤)

### EXAMPLE 举例

If you body weight is 65kg 如果您的体重是65公斤(kg)

$$\text{Total protein needed per day} = 1.2 \times 65 \text{ kg} = 78 \text{ g/day}$$

每天所需的蛋白质总量

**TOTAL PROTEIN NEEDED**  
所需的蛋白质



Quinoa  
藜麦 **x 10**



Egg  
蛋 **x 12**



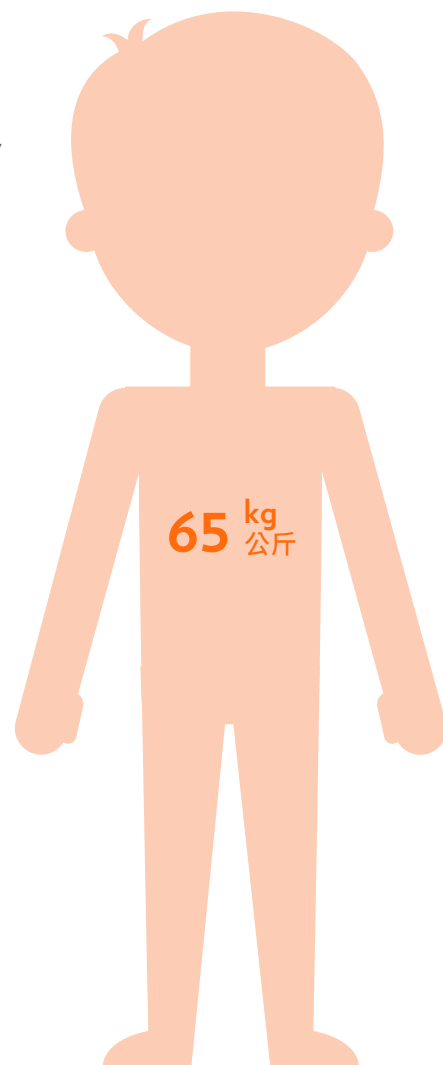
Broccoli  
西兰花 **x 21**



Milk  
牛奶 **x 10**



Banana  
香蕉 **x 78**



# WHY DO WE NEED **PROTEIN**?

## 我们为何需要**蛋白质**？



**BUILD BODY TISSUES  
SUCH AS BONE<sup>1, 2</sup>**  
构建身体组织，如骨骼<sup>1, 2</sup>



**AS BUILDING BLOCK  
FOR MUSCLES**  
作为构建肌肉的模块



**ALSO WORKS AS ENZYME<sup>1, 2</sup>**  
也可用作酶<sup>1, 2</sup>



**REPAIR BODY TISSUES<sup>1, 2</sup>**  
修复身体组织<sup>1, 2</sup>



**HELP BUILD ANTIBODIES TO  
SUPPORT HEALTH AND WELLNESS<sup>1, 2</sup>**  
帮助建立抗体支持健康<sup>1, 2</sup>



**ALSO WORK AS HORMONES  
AND CELLULAR MESSENGERS<sup>2</sup>**  
也可作为激素和细胞信使<sup>2</sup>

Reference 参考资料:

1. Functions of Protein, LibreTexts libraries, 2021. Abstract on 29th November 2021, from:

[https://med.libretexts.org/Courses/Metropolitan\\_State\\_University\\_of\\_Denver/Introduction\\_to\\_Nutrition\\_\(Diker\)/06%3A\\_Proteins/6.05%3A\\_Proteins\\_Functions\\_in\\_the\\_Body](https://med.libretexts.org/Courses/Metropolitan_State_University_of_Denver/Introduction_to_Nutrition_(Diker)/06%3A_Proteins/6.05%3A_Proteins_Functions_in_the_Body)

2. TRGO Protein+ PIP

## CHALLENGES IN GETTING ADEQUATE **PROTEIN**

### 难以获得充足的**蛋白质**

1

**NO TIME  
TO COOK**  
没时间做饭

2

**STRUGGLE  
TO FIND GOOD  
SOURCE OF  
QUALITY PROTEIN**  
难以寻找优质  
蛋白质的来源

3

**INSUFFICIENT  
PROTEIN  
INTAKE**  
蛋白质摄入不足

4

**UNHEALTHY  
COOKING  
METHODS**  
不健康的  
烹饪方法

5

**UNPLEASANT  
TASTE OF  
PROTEIN SHAKE**  
蛋白质奶昔的  
口感欠佳

**TRGO**  
PROTEIN+  
蛋白质营养饮品

# YOUR Perfect SOLUTION

您的完美解决方案



MS 1500  
1137-07/2012



**TRGO® Protein+** is a plant-based soy protein powder. This far-better-than-basic protein contains protease plus all-natural soy protein in a delicious pearl milk tea flavour, which you can easily incorporate into your daily meal and routine, to be enjoyed at anytime, anywhere. It provides essential protein to your body tissues, including your lean muscles.

**TRGO® 蛋白质营养饮品**是一种植物性大豆蛋白粉。其营养价值高于一般的蛋白质产品。蕴含蛋白酶和全天然大豆蛋白，搭配美味珍珠奶茶风味，让您可以轻松添加至日常膳食和生活中，随时随地享用健康美味！它能为您的身体组织提供必需蛋白质，包括您的瘦肌肉。

## WHAT POWERS IT! 它的健康力量！

### PLANT-BASED PROTEIN

Provides your body with a complete source of essential amino acids for growth and development. Helps to build and repair body tissues.

#### 植物性大豆蛋白

为您的身体提供所需的完整氨基酸，以助您成长发育，并构建和修复身体组织。

### PROTEASE

A protease enzyme blend that supports protein digestion and enhances amino acid absorption.

#### 蛋白酶

蛋白酶混合配方能促进蛋白质的消化及氨基酸的吸收。

### PEARL MILK TEA FLAVOUR

The combination of natural black tea extract, black tea flavour and vanilla flavour, brings you the good mouthfeel with nice tea aroma and taste without the burden of calories.

#### 珍珠奶茶风味

天然红茶萃取精华、红茶和香草风味的混合配方，让味蕾充分感受芬芳茶香和美味，而且不会增加热量负担。



**TRGO**  
PROTEIN+  
蛋白质营养饮品

# WHY YOU WILL Love It!

您爱上它的理由！

**PLANT-BASED  
SOY PROTEIN**  
植物性大豆蛋白

**90KCAL/PACK 90大卡/包**  
(low calories as compared to  
conventional milk tea)  
(卡路里含量低于传统一般奶茶)

**PROTEASE TO  
ENHANCE  
PROTEIN  
DIGESTION AND  
ABSORPTION**  
蛋白酶促进蛋白质  
消化及吸收

**CONVENIENT  
PACKET**  
方便携带小包装

**1 PACKET= 10G PROTEIN**  
1包= 10克蛋白质

**PEARL MILK TEA  
FLAVOUR**  
珍珠奶茶风味



# OUR SCIENCE, YOUR GUARANTEE

## TRGO® PROTEIN+ & 6S PROCESS

我们的科研力量，您的信心保证

## TRGO®蛋白质营养饮品 & 6S品质保证措施



## WHO SHOULD CONSUME TRGO® PROTEIN+ 谁适合服用TRGO®蛋白营养粉



Active and are looking for a boost of protein

积极活跃及想要提高蛋白质摄取量的人群



Seeks for protein alternatives to meet the RNI of protein  
寻找蛋白质来源以满足蛋白质的建议摄取量



Complements with ageLOC® TR90® System

ageLOC® TR90® 系统的辅助性产品



Milk tea lovers but are concerned about the high calories  
热爱奶茶却担心摄取过多热量的人群



Suitable for lacto-ovo vegetarians

适合蛋奶素食者

## HOW TO CONSUME TRGO® PROTEIN+ 如何服用TRGO®蛋白质营养饮品

Create a delicious protein drink within 10 seconds to boost your dietary protein anytime when you need it!  
冲泡美味蛋白质健康饮料仅需 10 秒钟！随时随地满足您的需求，增加膳食蛋白质摄取量！

Just Add Water, Shake or Stir & Enjoy! 您只需加水摇匀或搅拌均匀，即可轻松享用！

1 packet 包  
TRGO® Protein+  
蛋白质营养饮品



150ml 毫升  
Water 白开水

\*Serve with cold or warm water according to personal preference 根据个人喜好搭配冷水或温水

## TAKE TRGO® PROTEIN+ DURING THESE TIMES 在此时段享用 TRGO® 蛋白质营养饮品



MORNING/AFTERNOON 上午/下午  
TEA BREAK AS LEISURE DRINK  
上午/下午茶 - 休闲饮品

PRE/ POST WORKOUT 运动前/后  
FOR PROTEIN BOOST  
以增加蛋白质



ARE YOU ON **AGELOC® TR90® 3-3-3-3 MEAL PLAN?** TRY THESE!  
 您在使用 **AGELOC® TR90® 3-3-3-3 饮食计划吗？** 试试这些！

	Storing Food 储存性食物	Burning Food (Non-meat Protein) 燃烧性食物 (非肉类蛋白质)	Burning Food (Meat Protein) 燃烧性食物 (肉类蛋白质)	Protecting Food 保护性食物
BREAKFAST 早餐		 OR 或 		
LUNCH 午餐		 OR 或 		
DINNER 晚餐		 OR 或 		

## CREATIVE MIXED DRINKS 创意调配饮料

### GINGER LEMON

- 3 tablespoons of ginger water  
/ 1 tablespoon of ginger juice
- 1 tablespoon of lemon juice
- 1 packet of TRGO® Protein+
- 150ml of cold water

### 姜柠檬

- 3 汤匙姜水 / 1 汤匙姜汁
- 1 汤匙柠檬汁
- 1 包 TRGO® 蛋白质营养饮品
- 150 毫升冷水



### PEPPERMINT

- 5-6 leaves
- 1 packet of TRGO® Protein+
- 150ml of cold water

### 薄荷

- 5-6 片叶子
- 1 包 TRGO® 蛋白质营养饮品
- 150 毫升冷水



### YOGURT

- 2 tablespoons of fat free yogurt
- 1 packet of TRGO® Protein+
- 150ml of cold water

### 酸奶

- 2 汤匙脱脂酸奶
- 1 包 TRGO® 蛋白质营养饮品
- 150 毫升冷水

