

# MarineOmega™

獨有磷蝦油成分

## 深海賦活魚油

奧美加  
Omega -

# 3

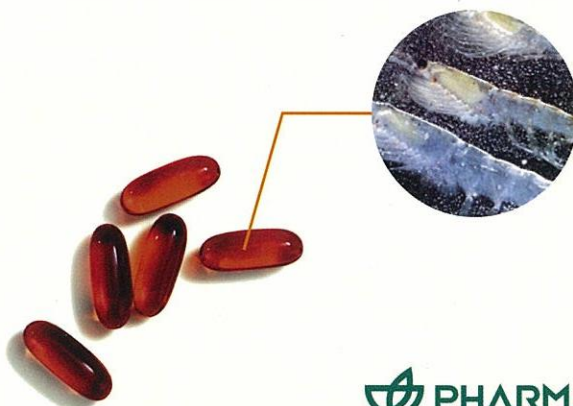
脂肪酸配方

Longevity Formula with Krill Oil



唯一一種集合**奧美加三脂肪酸**及**磷蝦油**獨有功效的魚油營養補充品，能於身體發揮更大的功效。

The only fish oil supplement that combines the benefits of **omega-3** with the unique benefits found in **krill oil**. The combination helps to keep fish oil working longer and more effectively in the body.



 PHARMANEX®

# 發炎反應

## Inflammation

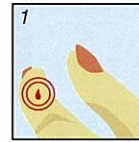
發炎反應是身體對抗病菌及幫助受損身體恢復正常的過程，乃身體的免疫機制。然而若發炎反應不能自動停止時，便會使身體產生慢性發炎反應。

雖然科學家仍未能找出慢性發炎的成因，但多項臨床研究已指出身體內奧美加三脂肪酸與奧美加六脂肪酸比例不平衡，與慢性發炎有著密切的關係。特別是現代都市人的飲食漸趨西化，每天都會攝取大量含有豐富奧美加六脂肪酸的植物油，便會增加產生慢性發炎反應，從而導致罹患各種慢性疾病的機會。

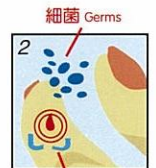
Inflammation is one of the immune mechanisms by which the body fights disease - causing organisms that invade the body and helps to restore any damage to normal. However, it will be switched to chronic inflammation if it cannot stop automatically.

Although scientists still have not found out the reasons that cause chronic inflammation yet, clinical studies show that it has been associated with the imbalance of omega-3 fatty acids and omega-6 fatty acids. With the westernized dietary habit, most of the city dwellers consume a large amount of vegetable oils which have high concentration of omega-6 fatty acids. It increases the risk of suffering from chronic inflammation and even chronic diseases.

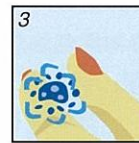
### 細胞發炎的過程 Cell Inflammation Procedure



當身體出現傷口，細菌便會從傷口進入人體內。  
Germ enters our body when there are wounds.



體內的免疫細胞便會開始運作，防止細菌入侵。  
The immune cells inhibit the germs invade our body.



免疫細胞殺死入侵細菌及受感染的細胞組織。  
The immune cells kill the invaded germs and infected tissue.

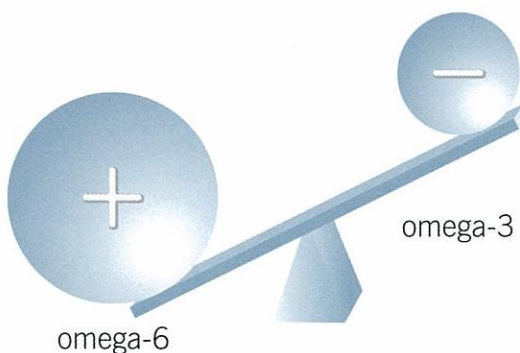


當細菌及受感染的組織被清除後，血小板便會幫助傷口復原。  
When the germs and infected tissues are removed, thrombocytes will help recovering the wound.

When the germs and infected tissues are removed, thrombocytes will help recovering the wound.

但若身體產生發炎反應，而第4個步驟沒有出現，身體的免疫細胞便會不斷破壞組織，漸漸演變成慢性發炎反應。

However, if inflammation occurs and step 4 does not work, the immune cells will damage our tissue indefinitely and switch to chronic inflammation.



### 發炎反應 Inflammation

- 癌症 Cancer
- 心臟病 Heart disease
- 濕疹 Eczema
- 皮膚炎 Dermatitis
- 關節炎 Arthritis
- 敏感 Allergies



2004年3月號的〈時代雜誌〉引述多項研究指出慢性發炎反應會導致多種慢性疾病，例如：心臟病、中風、老人癡呆症，甚至癌症……

March 2004 issue of Time Magazine stated that numerous scientific studies showed that chronic inflammation has been associated with a number of chronic diseases. For examples, heart diseases, stroke, Alzheimer's disease and even cancer.....

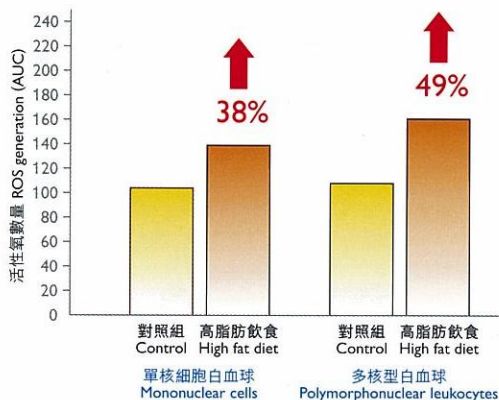
# 最新研究

## Scientific Research

**The American Journal of CLINICAL NUTRITION** 美國臨床營養期刊之研究指出，每次當我們進食高脂肪及低蔬果量的飲食約兩小時後，身體會產生發炎反應並生產大量自由基。原因是經煎炸過或高脂肪的食物均含有大量奧美加六脂肪酸，雖然奧美加六脂肪酸是必需脂肪酸之一，但是當奧美加六脂肪酸及奧美加三脂肪酸比例不平衡時，便會導致身體產生發炎反應。此外，其低蔬果含量無法為身體提供足夠抗氧化劑以中和自由基，從而加速身體老化過程。

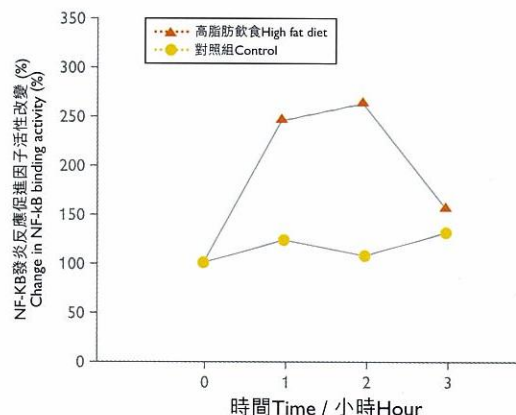
A study published in American Journal Clinical Nutrition shows that every time we eat a meal - one high in fat and low in fruits and vegetables, our body experience a surge in inflammation and produce free radicals. The reason is those deep-fried food and high fat content food are rich in omega-6 fatty acids. Although omega-6 fatty acid is an essential fatty acids, imbalance of omega-6 to omega-3 fatty acids ratio can contribute to a inflammatory condition in the body. Besides, as the low fruit and vegetables content cannot provide sufficient antioxidants to neutralize free radicals, which accelerates the aging process.

資料來源 Source: Am. J. Clin. Nutr. 2004 Apr;79(4):682-90



研究結果顯示，進食高脂肪及低蔬果量的飲食會令身體內的單核細胞白血球及多核型白血球分別產生多近40%及50%活性氧(自由基)。

Result shows that consuming meal with high fat and low fruits & vegetables content increase Reactive Oxygen Species (free radicals) generation by mononuclear cells and polymorphonuclear leukocytes up to 40% and 50% respectively.



研究結果顯示，進食高脂肪及低蔬果量的飲食約兩小時後，身體內發炎反應促進因子活性會增加超過100%，促進前發炎反應，並被證實與慢性高血壓、肥胖及血管硬化有密切關係。

Result shows that after consuming meal with high fat and low fruits & vegetables content for 2 hours, the activity of inflammation promoters increases by more than 100%. It promotes chronic inflammation which is relevant to chronic hypertension, obesity and atherosclerosis.

American Heart Association  
Learn and Live™

美國心臟協會建議要有效避免因攝取過多奧美加六脂肪酸所導致的健康問題，我們首要必須減少攝取蘊含豐富奧美加六脂肪酸的植物油，並透過日常飲食及營養補充品攝取魚油內有抗炎作用的奧美加三脂肪酸以作平衡，從而減低患上慢性疾病的機會。

The American Heart Association recommended that if we would like to avoid the health problems caused by overtaking omega-6 fatty acids, we have to decrease the use of omega-6 dominant vegetable oils. In addition, we should increase the intake of omega-3 fatty acids which have anti-inflammatory properties to keep balance in order to reduce the risk of chronic diseases.

# 深海賦活魚油

## MarineOmega™

深海賦活魚油蘊含純正奧美加三脂肪酸，有效補充人體日常飲食所攝取的不足，是促進身體健康及延年益壽的基礎營養補充品。配方蘊含最優質的深海魚油及磷蝦油，提供豐富磷脂狀的EPA、DHA兩種奧美加三脂肪酸，有效維持心血管健康、促進腦部功能。

MarineOmega™ is a dietary supplement of ultra-pure omega-3 fatty acids developed to promote wellness and longevity. It is an excellent source of essential omega-3 fatty acids typically lacking in people's diets. MarineOmega™ combines the highest grade of fish oils and oil from krill harvested from the pristine waters of Antarctica. It provides high concentration of phospholipid form EPA and DHA which support cardiovascular health and promote brain functions.

### 產品功效

- 維持心血管系統健康
- 促進腦部功能
- 調節發炎反應
- 改善關節功能及活動性
- 促進皮膚健康

### Product Benefits

- Supports cardiovascular health
- Promotes brain function
- Modulates inflammation
- Improves joint function and mobility
- Promotes healthy skin conditions

### 成人用法

於早餐及晚餐後以8安士清水送服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。

### Directions For Adult Use

Take 1 - 2 softgels with 8 ounces of liquid with your morning and evening meals. Taking with LifePak™ can provide an optimal nutrition foundation.



榮獲台灣保健食品類國家品質標章

Won the Symbol of Taiwan National Quality in Health Food Category



## 深海賦活魚油的獨特之處 Uniqueness of MarineOmega™

- 高效奧美加三脂肪酸 - EPA及DHA的主要來源。
- 蘊含獨特磷蝦油，提供豐富磷脂狀的EPA及DHA，適合腦部及細胞膜使用。
- 蘊含天然檸檬油，有效減低魚油的魚腥味。
- 秉承著「6S品質保證措施」，確保本產品的魚油及磷蝦油絕不含毒素、污染物及重金屬。
- Potent source of EPA and DHA omega-3 fatty acids.
- Contains unique Krill Oil which is rich in EPA and DHA in a unique phospholipids form targeted for use in the brain and cell membranes throughout the body.
- Includes natural lemon oil for minimal fishy flavor.
- Ultra-pure source of fresh fish oil and Krill Oil are tested free of toxins, pollutants and heavy metals by 6S Quality Process.

# 有效成份

## Active Ingredients



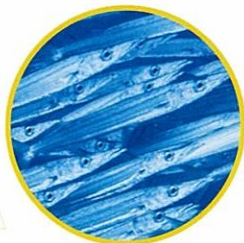
### 磷蝦油 Krill Oil

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。磷蝦油蘊含豐富磷脂狀的EPA及DHA兩種奧美加三脂肪酸、黃酮類及高效抗氧化劑如：維他命A、維他命E及蝦紅素。

- **磷脂**是細胞的重要部份之一，有助製造、保護神經細胞膜及維持細胞膜健康，並能有效保護細胞免受毒素及自由基的侵害。
- **黃酮類及胡蘿蔔素蝦紅素**是兩種高效抗氧化劑，其抗氧化能力比維他命E高550倍。
- 磷蝦油已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)。

Krill Oil in MarineOmega™ is harvested from the pristine waters of Antarctica. Krill Oil utilizes a patented cold extraction process that protects the most important ingredients, phospholipids and astaxanthin from destroying during normal processing. Krill Oil offers a unique and natural combination of EPA and DHA in phospholipid form, flavonoids and potent antioxidants such as Vitamin A, Vitamin E and astaxanthin.

- **Phospholipids** are an essential part of every cell in the body. They form and keep healthy and intact the membrane of every nerve cell, protect cells from toxic injury and free radical attack.
- **Flavonoids** and **carotenoids astaxanthin** are the potent antioxidants that are up to 550 times more powerful than Vitamin E.
- The benefits of Krill Oil are scientifically supported by clinical studies, it also received a patent in Canada (Patent no.: CA2449898).

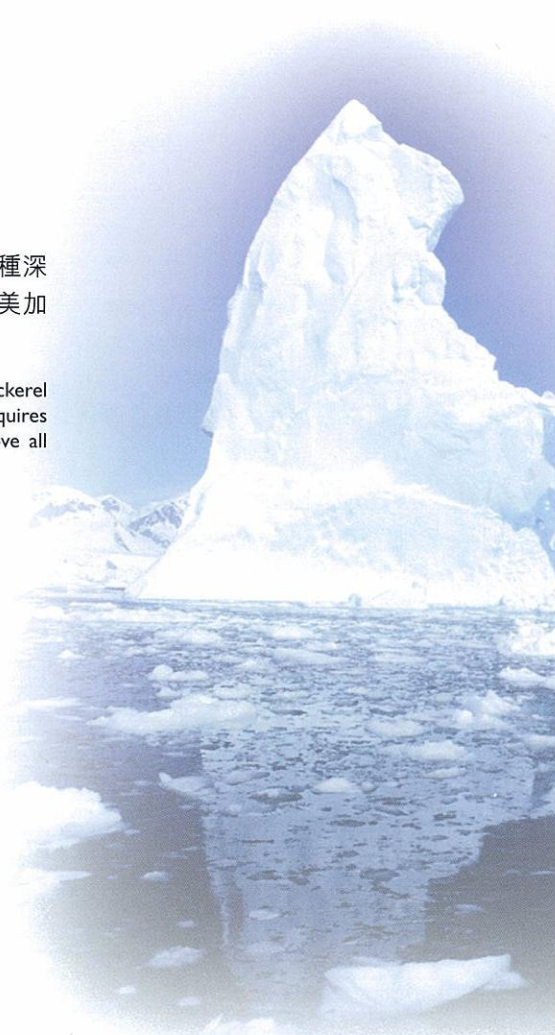


### 魚油 Fish Oil

深海賦活魚油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™ 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 product and remove all unwanted particles.

#### 魚油的提煉過程 Refining Process of Fish Oil



# 科學實證

## Scientific Support

近年來多項研究已證實魚油及磷蝦油內的奧美加三脂肪酸對心血管系統健康、腦部發育、關節健康及皮膚健康等有著重要的效益。

Researches in the recent years confirmed that omega-3 fatty acids have indispensable beneficial effects on cardiovascular health, brain development, joint health and skin health.



### 心血管健康 Cardiovascular Health

- 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(低密度脂蛋白)及三酸甘油脂水平，並有效提升好膽固醇(高密度脂蛋白)水平<sup>(1)</sup>。
- 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<sup>(2)</sup>。
- Clinical studies showed that, omega-3 fatty acids and krill oil was significantly effective for lower blood pressure, growth rate of atherosclerotic plaque, reducing low density lipoprotein (LDL), triglyceride level, and increase in high density lipoprotein (HDL)<sup>(1)</sup>.
- 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 blood pressure<sup>(2)</sup>.

(1) JSS Medical Research, In. Evaluation of the effects of Netpune Krill Oil™ on the management of hyperlipidemia. June 7, 2003.  
(2) Paul Nestel, Hideki Shige, Sylvia Pomeroy, Marja Cehum, Mavis Abbey and Daniel Raederstorff. Diabetes Care 2003; 26(5):1362-1368



### 腦部健康 Brain Health

- 研究指出奧美加三脂肪酸及奧美加六脂肪酸比例會影響神經信息傳遞及前列腺素的形成，兩者皆是維持腦部正常功能的重要程序<sup>(3)</sup>。
- 磷蝦油內的磷脂是製造神經細胞膜及保護神經細胞膜免受毒素和自由基侵害的重要分子<sup>(4)</sup>。
- 研究顯示DHA有助改善視力及認知行為發展<sup>(5)</sup>。
- The ratio of omega-3 and omega-6 fatty acids influences neurotransmission and prostaglandin formation, processes that are vital in the maintenance of normal brain function<sup>(3)</sup>.
- Phospholipids, naturally found in krill oil, are important in forming nerve membranes and in protecting nerve membranes from toxic injury and free radical attack<sup>(4)</sup>.
- Research has shown that DHA is associated with improved visual and cognitive development.<sup>(5)</sup>

(3) Haag M. Can J Psychiatry 2003;48:195-203  
(4) Amaducci, L, Crook, TH, Lippi, A, et al. Ann NY Acad Sci 1991;640:245-49.  
(5) Willatts P. Long chain polyunsaturated fatty acids improve cognitive development. J Fam Health Care. 2002;12 (6 Suppl):5



### 關節健康 Joint Health

- 13項雙盲研究均證實奧美加三脂肪酸能幫助減少患有類風濕關節炎徵狀。
- 其中一項研究更顯示每星期進食多於2份經烤或焗煮之魚類，有效減低患上類風濕關節炎的機會高達43%<sup>(6)</sup>。
- Omega-3 fatty acids in fish oil can help reduce the symptoms of rheumatoid arthritis, according to 13 double-blind placebo-controlled studies.
- A study showed that consumption of broiled or baked fish with two or more servings per week, was associated with up to 43 percent decreased risk of rheumatoid arthritis.<sup>(6)</sup>

(6) Shapiro, J.A., et al. Diet and rheumatoid arthritis in women: a possible protective effect of fish consumption. Epidemiology, 1996 May;7(3):256-63.



### 皮膚健康 Skin Health

- 一些證據顯示奧美加三脂肪酸及磷蝦油有效保護皮膚因紫外光所導致的皮膚老化、皮膚損傷及皮膚癌<sup>(7)</sup>。
- Some evidences suggested that omega-3 fatty acids and krill oil may be effective in protection against UV- induced photoaging, skin damage and cancers<sup>(7)</sup>.

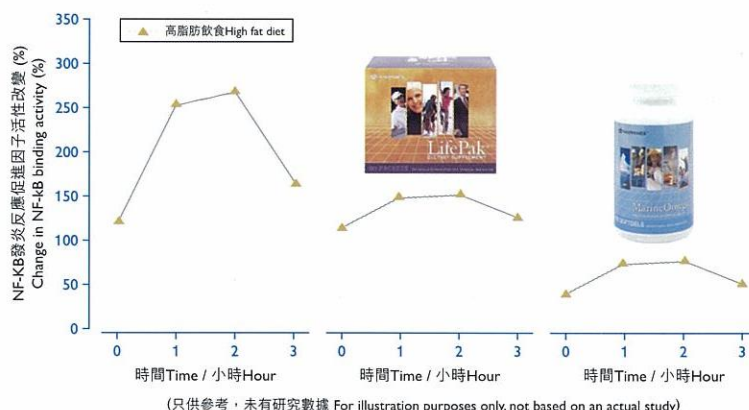
(7) Rhodes LE, Shahbakhti H, Azurdia RM, et al. 2003;24:919-925

# 舒緩發炎反應的方法

## Anti - Inflammation

要解決因飲食所導致的發炎反應及老化問題，除了可進食豐富水果及蔬菜外，更可於早餐及晚餐後服用如沛補充營養素，配方能為身體提供豐富抗氧化劑，有效中和體內自由基，減慢老化過程。再配合蘊含奧美加三脂肪酸的深海賦活魚油一同服用，除了可平衡日常飲食中攝取過量的奧美加六脂肪酸，舒緩發炎反應外，更可促進如沛補充營養素內脂溶性營養素的吸收及各種營養素於身體的生物利用率。

To solve the inflammation and aging problems caused by diet, we can take LifePak™ after the morning and evening meal on top of eating plenty of fruits & vegetables. LifePak™ provides antioxidants to neutralize free radicals produced in our diet and slower the aging process. Used together with MarineOmega™ which is rich in omega-3 fatty acids, it can balance the over-consumed omega-6 fatty acids in our diet and minimize inflammation in our body. Besides, it can enhance the absorption of the fat-soluble nutrients and nutrients bioavailability to maximize health benefits.



## 您的基礎營養組合

### Your Perfect Nutritional Foundation

深海賦活魚油蘊含豐富奧美加三脂肪酸，除了能維持心血管健康及促進腦部功能外，更可促進如沛補充營養素中的脂溶性營養素及g3活能飲品內脂胡蘿蔔素的吸收，有效提昇各種營養素的生物利用率。配合一同服用，能為身體提供每天所需要的基礎營養及抗氧化保護，絕對是維持身體整體健康的完美組合！

MarineOmega™ provides high concentration of omega-3 fatty acids. Apart from promoting cardiovascular and brain health, it also promotes the absorption of the fat-soluble nutrients in LifePak™ and lipocarotene in g3™ in order to enhance the nutrients bioavailability. By taking the products together, it is a perfect daily health regimen to provide a comprehensive nutritional supplementation system and antioxidant protection.



常

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問

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## 1. 什麼是脂肪酸不平衡？

根據研究顯示，人類於發展初期的飲食習慣蘊含理想的奧美加六及奧美加三脂肪酸比例(1:1)。然而，現今都市人每天都會攝取大量蘊含豐富奧美加六脂肪酸的飽和脂肪及植物油，而主要萃取自魚類的奧美加三脂肪酸攝取量卻於過去80年下降了80%，令身體脂肪酸不平衡，大大偏離理想的比例。現時，許多西方國家的奧美加六及奧美加三脂肪酸比例高達20:1至30:1，而日本的比例則是4:1，致因都是偏食蘊含豐富奧美加六脂肪酸的食物。

### What is fatty acid imbalance?

Based on estimates from studies, human evolved on a diet that consisted of an optimal ratio of omega-6 to omega-3 fatty acids (1:1). Today, a significantly higher level of saturated fats and vegetable oils containing omega-6 fatty acids are consumed, whereas the intake of omega-3 fatty acids primarily from fish has decreased by 80% during the last 80 years. It causes our body fatty acids imbalance and drifted a long way from that optimal ratio. Currently the ratio of omega-6 to omega-3 ranges from 20:1 to 30:1 in many western countries, to 4:1 in Japan - with ratios grossly in favor of food rich in omega-6 fatty acids.

## 2. 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.

## 3. 深海賦活魚油適合兒童服用嗎？

深海賦活魚油蘊含豐富EPA及DHA兩種必需脂肪酸，對兒童的發育及腦部發展十分重要，所以很適合兒童服用。6 - 11歲兒童可每天服用1粒，12歲或以上兒童則可每天服用2粒。不能吞服膠囊的兒童，家長應把膠囊弄破，然後把魚油放進食物或飲品內服用。

### Can children take MarineOmega™?

MarineOmega™ provides high contents of essential fatty acids, EPA and DHA which are important in physical and brain development of children. Children who aged 6 - 11 can take 1 softgel daily and who aged 12 or above can take 2 softgels daily. If children cannot swallow the softgels, parents can break the softgels and put the fish oil into food or drinks.

## Pharmanex「6S品質保證措施」

Pharmanex致力為消費者提供以科學方法標準化的營養補充品，為確保每一粒營養補充品皆為安全及有效，Pharmanex制訂了嚴謹的「6S品質保證措施」，以嚴謹的製藥標準研發營養補充品。

### The Pharmanex "6S Quality Process"

Pharmanex devotes to provide scientifically standardized nutritional products of proven efficacy and unsurpassed quality by applying the "6S Quality Process". It is the basis of the company's pharmaceutical approach to product development in order to maintain tight quality controls through all stages of product development.

精選 來源 結構 標準化 安全性 實證

Selection Sourcing Structure Standardization Safety Substantiation



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To learn more about the Pharmanex line of natural healthcare products, contact your Pharmanex Distributors, or call Business Support Hotline at 2837 7500.

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