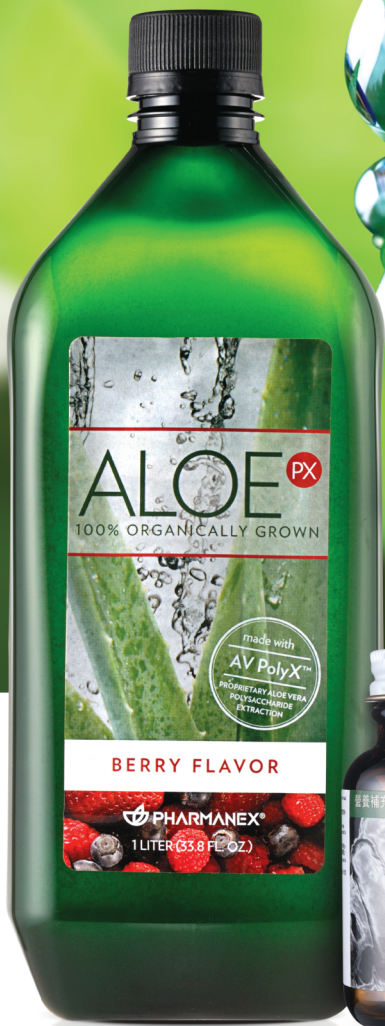




Intestinal Health Series 腸道健康系列



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香港人的腸胃健康問題 Gastrointestinal Problem in Hong Kong

腸胃病在香港相當普遍，這與現今都市人生活緊張、工作繁忙、經常外出用膳等不無關係。根據中文大學及香港大學的調查推斷，本港分別有多達 31 萬人患腸易激綜合症及 100 萬人患便秘；而由醫院管理局最新發表的癌症數據更顯示，隨著香港人嗜好多肉少菜的飲食習慣和日趨西化的飲食文化，腸癌已攀升至癌症榜第 2 位，死亡率更高達 50%，可見香港人的腸道健康問題越來越嚴重！

Nowadays, gastrointestinal problem is a pandemic disease in Hong Kong. It is strongly related to the stressful lifestyle, tight working schedule and eating out frequently. According to researches conducted by the Chinese University of Hong Kong and the University of Hong Kong, there are over 310,000 thousand people are suffering from Irritable Bowel Syndrome and 1 million people are suffering from constipation respectively. Furthermore, Hospital Authority also announced that colon cancer was ranked No. 2 in the cancer incidence rate and the mortality rate even up to 50%. This reflects that gastrointestinal health problem among Hong Kong people become more serious!

“ **腸易激綜合症困擾 31 萬人**
310,000 people are suffering from Irritable Bowel Syndrome.
東方日報 Oriental Daily 16/1/2009 ”

“ **腸易激綜合症求診個案急升三成**
Irritable Bowel Syndrome consultation cases have increased by 30%.
星島日報 Sing Tao Daily 3/3/2009 ”

“ **全港約有 100 萬人受便秘困擾**
1 million Hong Kong people are suffering from constipation.
明報 Ming Pao Daily 31/8/2008 ”

“ **腸癌是香港癌症的第 2 號殺手，每年均有逾 3,000 宗新症**
Colon cancer is ranked No.2 in the cancer incidence rate. There are 3,000 new cases every year.
星島日報 Sing Tao Daily 5/6/2008 ”

“ **腸癌肆虐 勢成頭號殺手**
Colon cancer will be ranked No.1 in the cancer incidence rate in the near future.
星島日報 Sing Tao Daily 11/3/2008 ”



常見的腸胃健康問題

Common Gastrointestinal Health Problems

1

腸易激綜合症

Irritable Bowel Syndrome (IBS)

腸易激綜合症病發的成因是精神壓力過大導致腸道產生敏感反應。經常有便秘問題、長期服用瀉藥及有洗腸習慣的人士，更是患腸易激綜合症的高危一族。患者在長期處於受壓的情況下會交替出現腹瀉或便秘、以及腹部絞痛等徵狀。

雖然暫時未有藥物可根治，但是患者可透過舒緩壓力、改善飲食習慣，如減少進食難消化的食物、多進食蘊含豐富纖維的食物及益生菌以舒緩腸易激綜合症。

IBS is usually caused by intestinal wall being hypersensitive to stress. People who have constipation, taking laxative and under colon hydrotherapy have higher risk to suffer from this problem. Patients frequently suffer from diarrhea or constipation with abdominal cramp when under stressful conditions.

Although there is no cure for IBS, patients can relieve this syndrome by relieving stress, improving dietary habit such as consuming less indigestible food, increasing consumption of fiber containing food and probiotics.

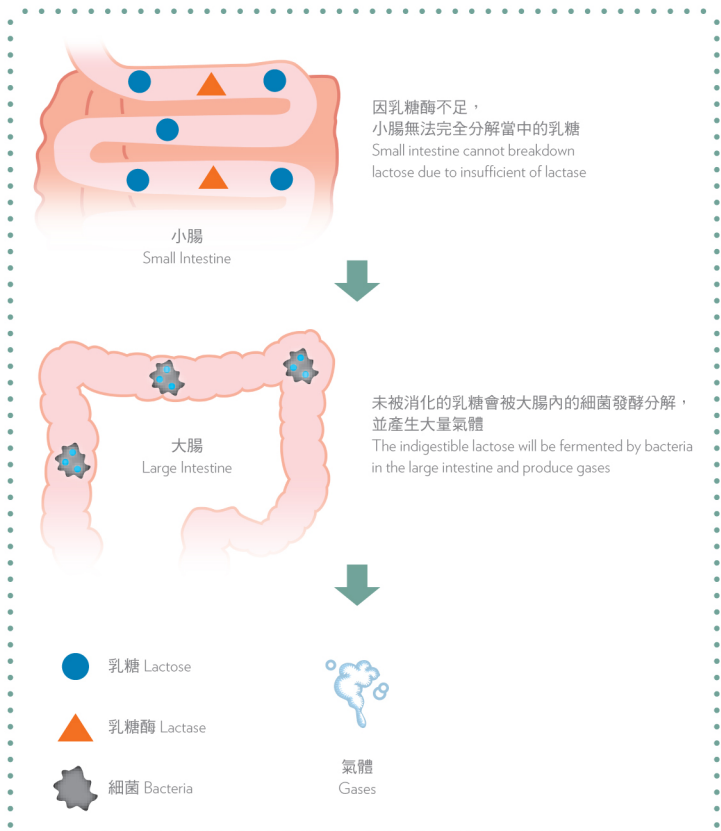
2

乳糖不耐症

Lactose-intolerance

乳糖不耐症是一種隱性的遺傳缺陷，由於小腸黏膜無法製造足夠的乳糖酶，所以在喝了牛奶或吃了奶類製品後，小腸無法完全分解當中的乳糖。這些未經消化的乳糖被輸送到大腸後，會被大腸內的細菌發酵分解，產生大量氣體，同時大腸會大量保留糞便中的水份，引致噁心、腹瀉、腹脹、腹絞痛及頻頻放屁等症狀。乳糖不耐症通常出現於早產嬰兒、小孩及受腸道感染的人士，且亞洲人的罹患率亦相對較高。

Lactose-intolerance is a genetic disorder. Due to the shortage of lactase which is an enzyme produces by the intestinal mucosal cells, the small intestine cannot breakdown the lactose in milk and dairy products. The indigestible lactose will be transported to colon, then fermented by bacteria and produce gases. Also the colon will retain a lot of water in feces causing nausea, diarrhea, abdominal cramps and gas. Lactose intolerance usually occurs in premature baby, children, people who have gastrointestinal infections and particularly Asians have higher incidence rate.



3

腸胃炎 Gastroenteritis

腸胃炎即是胃黏膜和腸黏膜發炎，多數透過食物中毒、受細菌如：葡萄球菌、大腸桿菌、沙門桿菌和手足口病毒等感染。病徵包括：嚴重嘔吐、腹瀉、腹部絞痛、發燒、出汗、休克及嘔吐物和糞便中帶少量血。

Gastroenteritis is the inflammation of stomach and intestinal mucosal membranes. It is caused by food poisoning, bacteria infections such as Staphylococcus aureus, E.coli, Salmonella and hand-foot-mouth virus. The symptoms include severe vomiting, diarrhea, abdominal cramps, fever, sweating, shock and blood in vomit and feces.

4

便秘 Constipation

便秘於醫學上的定義是持續一個月，每星期排便少於三次。現今都市人食無定時、多肉少菜、喝水不足和缺乏運動，所以特別容易患上便秘。日常飲食中缺乏纖維會令腸道蠕動減少和害菌滋生；缺乏水份則令糞便變硬；缺乏運動會減少腸道蠕動，引致排便困難。

Constipation is defined as less than three evacuations per week from medical perspective. Nowadays, city dwellers are easily suffered from constipation due to irregular meal hours, western eating habits, inadequate water intake and lack of exercises. Low fibers diet reduces peristalsis and promote the growth of "bad bacteria" pathogens. Inadequate water intake causes hard stools. Lack of exercises reduces the bowel movement which causes difficulties in stool excretion.

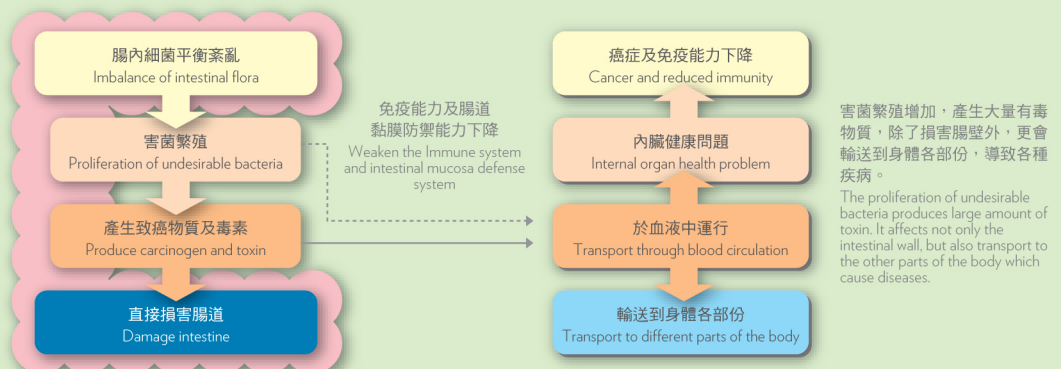
防禦腸道疾病的第一道防線

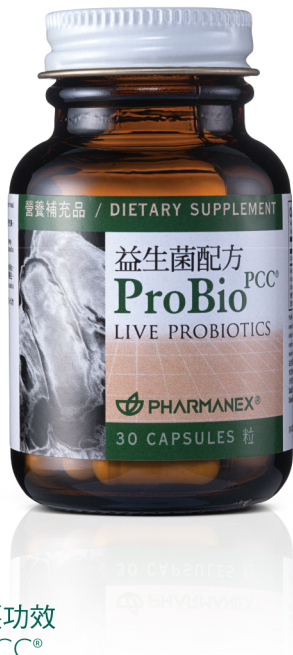
The first line of gastrointestinal defense system

人體的腸道中約有 100 兆個共超過 400 種細菌，當中含有益菌及可引致疾病的害菌。益生菌不但有助預防腹瀉和便秘，亦有效黏附於排泄物中害菌及其所製造的有毒物質。此外，進食適量蔬果和蘆薈等蘊含豐富纖維的食物，亦可促進腸道蠕動，有助排出害菌及有毒物質，有效維持腸道健康和提升身體免疫力。

There are about 100 trillion bacteria and more than 400 bacteria species reside in our gastrointestinal tract. Including "good" bacteria, probiotic and "bad" bacteria, pathogens. Probiotics not only prevent occasional diarrhea and constipation, but also adhere to the toxin released by pathogens in feces. In addition, eating high fiber food such as fruits, vegetables and aloe vera can promote peristalsis. This is helpful to egest the pathogens and toxins in order to maintain gastrointestinal health and enhance immune system.

腸內細菌平衡紊亂導致疾病 Imbalance of Intestinal Flora can Cause Diseases





益生菌配方

ProBio PCC®

每粒益生菌配方蘊含最少 20 億個獨特及高效之活性乳酸桿菌 *Lactobacillus fermentum*，經證實具有抵抗胃酸及膽汁酸的功效，確保益生菌能有效地在消化道及腸道內繁殖，幫助維持腸道健康。

Every capsule of ProBio PCC® contains at least 2 billion unique and potent PCC® strain *Lactobacillus fermentum* which proven to resist gastric acid and bile acid. It ensures beneficial flora can colonize the digestive tract and gut effectively in order to maintain healthy gastrointestinal environment.

益生菌配方的主要功效

Benefits of ProBio PCC®

- 舒緩各種腸胃不適的徵狀
- 經臨床研究證實能促進活性益生菌於腸道內繁殖
- 抑制有害細菌及酵母於消化系統內生長
- 提升消化系統防衛功能及幫助吸收重要營養素
- Relieve symptoms associated with gastrointestinal complaints
- Clinically proven to encourage the proliferation of healthy "live" probiotic bacteria in the lower digestive tract
- Discourage the over development of undesirable bacteria and yeast
- Fortifies the natural digestive defense and assist key nutrients absorption

成人用法

Directions for Adult Use

每天服用 1 粒。請隨飲食服用。

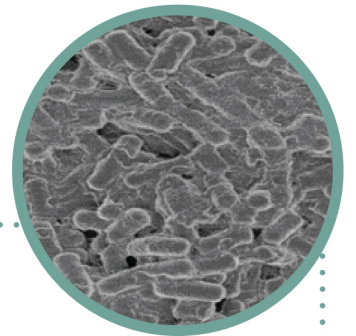
Take 1 capsule daily with meal.

貯存方法

Storage Method

乳酸桿菌 *Lactobacillus fermentum* 之最佳生存環境為攝氏 2 - 8°C。為確保產品質素，請將益生菌配方存放於雪櫃 (2 - 8°C)。

Lactobacillus fermentum is best stored under 2 - 8°C environment. To guarantee the product quality, it is required to store in refrigerator (2 - 8°C).



乳酸桿菌

Lactobacillus Fermentum PCC

益生菌配方的獨特 PCC 乳酸桿菌 *Lactobacillus fermentum*，是著名益生菌專家 Dr. Patricia Conway 自一位擁有罕見腸胃適應力的瑞典籍婦女腸道內分離出來的。研究人員採用最新的益生菌細胞培植技術，在特別的營養中進行益生菌 *L. fermentum* 培植。

The unique probiotic formulation of ProBio PCC® contains the robust PCC bacteria strain discovered by a famous probiotic scientist, Dr. Patricia Conway. This extraordinary bacteria strain originated from a Swedish woman who displayed exceptional gastrointestinal adaptability. Researchers then identified, isolated and applied the latest technology in probiotic cell culture with a special nutrient blend to grow the *L. fermentum* strain.

SCIENTIFIC SUPPORT

科學實證

益生菌配方經 12 項臨床、16 項臨床前及體外研究證實能有效舒緩腸胃不適問題、增加消化系統內益生菌的生長。

There are 12 clinical studies and 16 pre-clinical and in vitro researches show that ProBio PCC® can relieve gastrointestinal problems, increase the populations of beneficial flora in the digestive tract.

1

舒緩腸胃不適 Relieve gastrointestinal disturbance

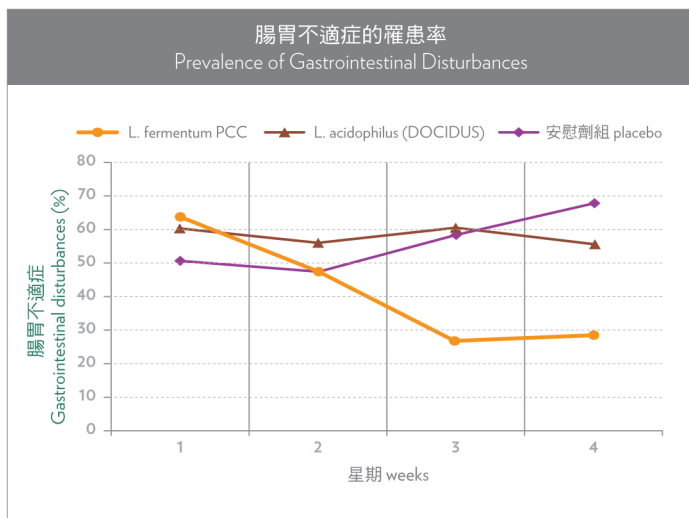
一項旨在測試益生菌對舒緩腸胃不適之研究，讓 300 名瑞典士兵於出國前 3 天及於出國之 4 星期，分別服用益生菌配方所蘊含之活性益生菌 *Lactobacillus fermentum*、噬酸桿菌屬 *Lactobacillus acidophilus* 及安慰劑。

A study on relieving the gastrointestinal disturbance provided the *Lactobacillus fermentum* contained in ProBio PCC®, *Lactobacillus acidophilus* and placebo to 300 Swedish soldiers 3 days prior to their journey and 4 weeks on their locations.

研究結果 Results:

研究結果顯示，服用 *L. fermentum* 的測試者比服用 *L. acidophilus* 及安慰劑之測試者，出現腸胃不適徵狀大幅減少 50%。

The study demonstrates that subjects who received *L. fermentum* showed a significant 50% reduction in the incidence of gastrointestinal disturbance than those who received *L. acidophilus* and placebo.



資料來源 Source:

Conway PL, Blomberg L. Reduction in incidence and severity of diarrhea in soldiers consuming *Lactobacillus fermentum* KLD. Publication in preparation (in file), 2002.

2

具有附於腸道黏膜的能力及 在腸道內繁殖

Strong ability to colonize and adhere to the intestinal walls

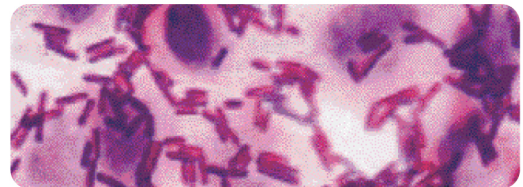
研究將益生菌配方的 *Lactobacillus fermentum* 及一般益生菌放於腸壁的黏膜細胞上，持續觀察結果。

The study is to adhere *Lactobacillus fermentum* in ProBio PCC® and other probiotic on the intestinal mucosal samples and observe the results.

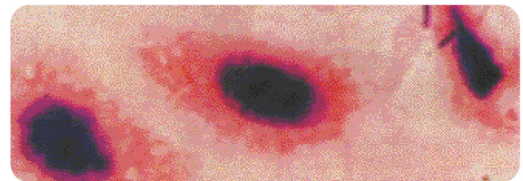
研究結果 Results:

益生菌配方的活性益生菌 *Lactobacillus fermentum* 比一般的益生菌具有較佳的附著力，可有效地附著於腸壁的黏膜細胞及淋巴組織上，比一般益生菌更有效於腸道內繁殖及提升腸道免疫系統功能。

The study demonstrated that *Lactobacillus fermentum* in ProBio PCC® has a better ability to colonize the intestine mucosal cell and lymph tissue as compared to other probiotic bacteria. It is more effective to enhance the intestine mucosal immune system.



益生菌配方的 *Lactobacillus fermentum*
Lactobacillus fermentum in ProBio PCC®



其他益生菌
Other probiotic bacteria

資料來源 Source:

Welin A, Farthing M, Conway PL. (Colonization of ileal mucosa) Publication in preparation, 2002

3

具有較強耐酸性 Higher tolerance for digestive acids

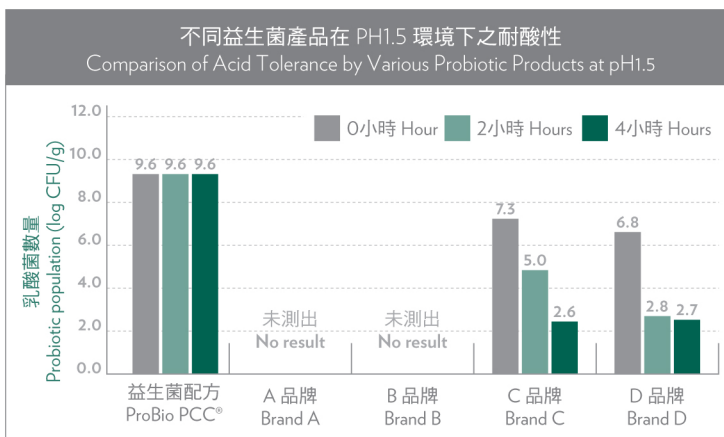
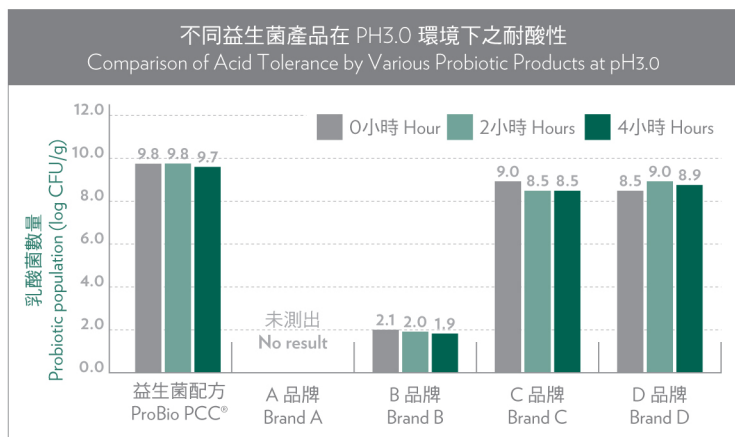
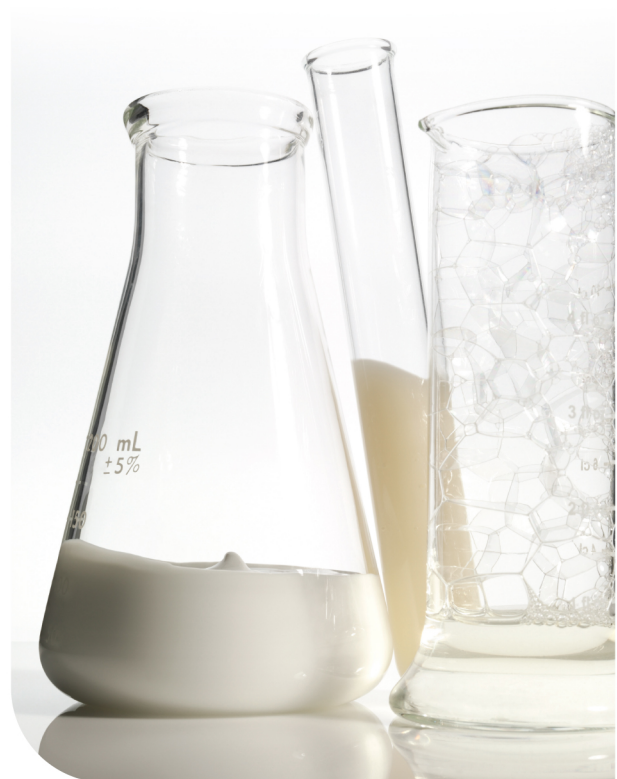
一項由台灣大學食品科技研究所微生物研究室進行之研究，研究人員把 5 種益生菌樣本分別於酸鹼值 PH 1.5、PH 3.0 及 37°C 環境下存放 0 - 4 小時，然後量度樣本中的益生菌總數 (CFU)。

A study conducted by Taiwan University Food Technology Research Center Microbiology Research Laboratory. Researchers placed 5 probiotic samples within the range of PH 1.5 and PH 3.0 at 37°C from 0 - 4 hours, measuring the Colony Forming Unit (CFU) of the samples.

研究結果 Results:

一般乳酸桿菌於酸性環境中 4 小時後，其活性乳酸桿菌總數均明顯下降，表示其耐酸性較弱。而益生菌配方中的 *Lactobacillus fermentum* 則沒有明顯減少，證實益生菌配方對 PH 1.5 及 PH 3.0 環境具有較強耐受性，有效抵抗胃酸及膽汁酸，確保益生菌能在消化道及腸道內繁殖，幫助維持腸道健康。

The study shows that the count of other probiotic products decreased significantly after living in acidic environment for 4 hours. However, *Lactobacillus fermentum* in ProBio PCC® did not have significant changes. It shows that ProBio PCC® has a higher tolerance within the range of PH 1.5 and 3.0 which can resist gastric acid and bile acid. It also ensures beneficial flora can colonize the digestive tract and gut effectively in order to help maintaining desirable gastrointestinal environment.



ACKNOWLEDGEMENT OF PROBIO PCC® HEALTH BENEFITS

益生菌配方功效之肯定



榮獲 2003 年台灣國家生技醫療品質獎
Won Taiwan National Biotechnology & Medical Care Quality Award in 2003



獲台灣健康食品許可證 (衛署健食字第 A00070 號)
Received the Health Food License (A00070) from Taiwan Department of Health

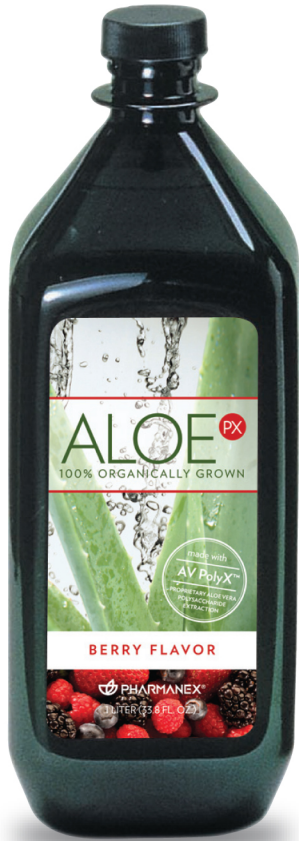
益生菌配方經人體試驗及體外試驗證實具有以下功效：
Based on human studies and in-vitro studies, ProBio PCC® has shown to have the following benefits:

1. 可通過胃酸和膽鹽之考驗
Resistant to gastric juices and bile salt
2. 增加腸內益生菌數量
Increase healthy probiotic bacteria in the intestine
3. 減少腸內有害菌 (Clostridium perfringens) 數量
Reduce harmful bacteria (Clostridium perfringens)
4. 改善腸內菌叢的平衡
Improve the delicate balance of our body's intestinal microflora



符合聯合國糧食農業組織 (FAO) 與世界衛生組織 (WHO) 就益生菌所訂下的規範
Met the joint Food and Agriculture Organization (FAO) and World Health Organization (WHO) requirements on probiotics

pH 存活性 pH survival	益生菌必須具備抵抗胃酸和膽汁的能力，確保益生菌於通過消化系統後仍生存 Probiotic should be resistant to gastric juice and bile, allowing them to survive passage through the digestive tract.
菌活繁殖性 Colonization	益生菌必須能在腸道內生長和繁殖 Capable to proliferate and colonize in the gut.
菌種鑑定 Identity	產品標籤上必須列明菌種名稱及各種益生菌於有效限期末的活性益生菌數量 The identity of the strain and the viable concentration of each probiotic at the end of shelf life should be stated on the label.
服用劑量 Dosage	製造商應根據科學實證在產品上列明建議服用方法及使用期限 The product must indicate the dosage regimens and duration of use as recommended by the manufacturer and should be based on scientific evidence.



蘆薈汁 - 莓果味 Aloe PX - Berry

蘆薈汁採用新鮮蘆薈製成，配方蘊含以獨家程序萃取的活性成分 AV PolyX[®]，是味道清新的健康飲品。AV PolyX[®] 蘊含的長鏈多醣體能有效促進免疫功能，而蘆薈成分則有效促進腸道健康。

Aloe PX is a blend of fresh aloe vera juice and AV PolyX[®], a powerful proprietary polysaccharide extraction. It's a healthy drink with refreshing taste. AV PolyX[®] contains long-chain polysaccharides that support immune function and is blended with the aloe juice which supports healthy gastrointestinal function.

成人用法

Directions for Adult Use

每天飲用 1-2 次，每次飲用 30 毫升。

Drink 30ml once or twice daily.

貯存方法

Storage Method

為確保產品質素，產品開封後，請存放於雪櫃 (2 - 8°C)。

To ensure the product quality, please refrigerate (2 - 8°C) after opening.

榮獲兩大國際認證

Received Dual International Certifications



國際蘆薈科學協會

International Aloe Science Council (IASC)

於 1981 年創立，以促進蘆薈發展為前題之非牟利國際機構。只有通過此協會驗證優質蘆薈產品，才會獲頒發合格證書，並允許在產品廣告及印刷物上使用該認證。

IASC is a non profit-making international organization which promotes the healthy development of aloe. Only aloe products inspected by IASC are issued with a quality certificate and approved quoting such quality assurance in any product advertisement or literature.



國際蘆薈驗證研究所

International Aloe Certification Laboratories (IACL)

國際蘆薈驗證研究所由密西西比大學分校營運，是美國最具規模、最受尊崇的天然產品檢驗研究所。唯有通過其所有檢驗的產品才可獲發認證，以確實產品的成分、純度和配方的質素。

IACL is the largest and most respected natural product research laboratory run by the University of Mississippi, USA. Only products satisfying IACL's inspection requirements are given quality certification to substantiate the products' ingredients, pureness and formula integrity.



百分百有機蘆薈 100% Organic Aloe vera

蘆薈汁採用種植於墨西哥 Jaumave Valley 的火山土壤，並長年被天然溫泉水所滋潤的百分百有機蘆薈。此成分更榮獲美國國際品質認證 (QAI) 認為有機產品。蘆薈在收割前均有專人考察，以肯定蘆薈健康及成熟才會被收割。所有蘆薈葉均使用人手收割及即時運抵製造工場，並於收割後的 24 小時內進行加工，使蘆薈葉內的酵素影響減至最低，以保留最多的有益元素。

The aloe vera used in Aloe PX is grown in the volcanic soils of the Jaumave valley in Mexico, nourished with natural spring water and Certified Organic by Quality Assurance International. All of the aloe vera are ensured as healthy and ready for harvest at their peak age and potency. Each leaf is hand harvested, immediately transported to the processing facility and processed within 24 hours of harvesting which maximizes the retention of beneficial compounds.

AV PolyX[®] - 獨家有效成分 AV PolyX[®] - Proprietary Active Ingredient

以獨家程序萃取而成的 AV PolyX[®] 是功效顯著及不含酵素的長鏈多醣體萃取物。當中蘊含的長鏈多醣體能有效促進免疫功能。蘆薈汁含有完整的多醣體能發揮互相協調作用以促進身體健康。

AV PolyX[®] is a powerful enzyme-free proprietary polysaccharide extraction containing long-chain polysaccharides that support immune function. Aloe PX contains a full spectrum of polysaccharide lengths which work synergistically to deliver a cascade of health benefits.

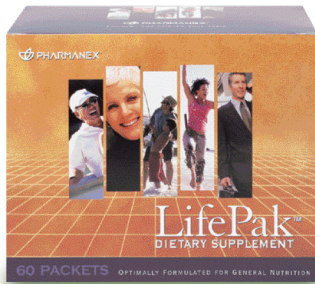


GASTROINTESTINAL HEALTH PACKAGE

腸道健康組合

除了服用益生菌配方及飲用蘆薈汁來改善腸胃健康外，您更可配合如沛補充營養素、g3 活能飲品及舒壓配方來強化腸胃功能！

Apart from taking ProBio PCC® and drinking Aloe PX to improve gastrointestinal health, you can also take LifePak®, g3™ and Cortitol® to enhance the gastrointestinal function!



如沛補充營養素 LifePak® (香港註冊編號 HK Reg.no.:HK-51510)

如沛補充營養素是一項全方位的營養補充品，能為身體提供最理想的營養成分及適當份量，如維他命、礦物質、微量元素、抗氧化劑及植物營養素。而配方中的維他命 B 雜、維他命 C、鈣、鎂和鉀等營養素，更有效強化腸胃和改善便秘問題。

LifePak® is a comprehensive nutritional supplementation system which delivering the optimum types and amounts of vitamins, minerals, trace elements, antioxidants and phytonutrients. Vitamin B complex, Vitamin C, calcium, magnesium and sodium in LifePak® are effective in strengthening gastrointestinal health and improving constipation.



g3 活能飲品 g3™

g3 活能飲品是一種營養豐富的健康飲品，由木鱉果、枸杞、刺梨及沙棘果四種超級水果製成，能為身體提供高效抗氧化保護、維持視力、細胞、心血管、免疫系統及身體整體健康。此外，配方中的維他命 C，有助強化腸胃及改善便秘；胡蘿蔔素、維他命 E 及黃酮類，則有助促進消化、修復消化道問題和促進傷口癒合 (1)(2)，特別適合患有腸胃炎之人士飲用。

g3™ is a nutrient rich drink which is developed with four superfruits, Gac, Chinese lycium, Cili fruit and Siberian pineapple. It provides powerful antioxidant protection, provides exponential benefits through vision support, cellular and vascular protection, immune support and rejuvenation in the body. Besides, Vitamin C in g3™ can strengthen the gastrointestinal health and improve constipation; carotenoids, Vitamin E and flavonoid can promote digestion, relieve in the digestive tract problems and promote wound recovery(1)(2). It is specially suitable for people who are suffering from gastroenteritis.



舒壓配方 Cortitol®

舒壓配方蘊含木蘭樹皮、淫羊藿、茶氨酸及磷脂酰絲氨酸等天然草本成分，有效平衡體內壓力，有助舒緩壓力，特別適合患有腸易激綜合症的人士服用。

Cortitol® contains proprietary ingredients like magnolia bark, epimedium, L-theanine and phosphatidylserine. It can balance the cortisol (a stress hormone) level in the body in order to relive stress. It is specially suitable for people who are suffering from Irritable Bowel Syndrome.

資料來源 Source:

(1) Thomas et al. HerbalGram 62, 74

(2) laney et al. Khirurgia (Sofia) 1995; 48(3):30-3



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