

六大要素 6 Essentials

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6 ESSENTIALS FOR VIBRANT HEALTH

Since its beginning in 1993, NewLife™ has been forging a clear path to better health and disease prevention using proven natural healing methods. The principles of freedom from disease don't just apply to those who are suffering from diseases, but to any person who wants to live a long, healthy life. After all, health is wealth, and what good are all the riches in the world if you do not have the vitality to enjoy them?

Maintaining good health isn't difficult or expensive - especially when compared to the expenses one will incur if one is suffering from a severe, chronic or degenerative disease. It does take effort though to form healthy daily habits. Choices lead to habits and habits form the basis of our everyday behaviour. What are some of the unhealthy habits that we practise every day? What habits can we adopt that will have a positive impact on our health?

Health maintenance is so important because it is much easier to prevent a health issue than to cure it! Prevention is always better than cure, especially in the case of chronic and degenerative diseases. Once a person suffers from chronic diseases such as hypertension, heart attacks, cancer or diabetes, the road to recovery is not only difficult and expensive, and many lives are lost in the process.

Simple things matter to your health. Exercise, diet, sleep, and supplementation - these are essential to good health. Unfortunately many people ignore these factors in favour of "quick fixes" such as pill-popping and yo-yo dieting. There is no shortcut to good health and quick fixes often come at a price!

So how do we maintain good health and prevent disease? First, let's have a look at the major causes of chronic and degenerative diseases:

TOXEMIA & NUTRITIONAL DEFICIENCY

Toxemia is when there is a high level of toxins accumulated in the body. These toxins come from a variety of sources, the most common being an unhealthy diet and your environment combined with a sluggish or ineffective detoxification system in the body. Our body is able to detoxify itself when exposed to toxins, however due to how unhealthy the typical modern lifestyle is, over time the body's detoxification organs such as the liver, colon, and kidneys become sluggish or damaged from years of abuse. As a result, the body's ability to remove toxins becomes reduced and "auto-intoxication" occurs.

For example, when a person is constipated and does not eliminate 2-3 times daily, toxic waste starts to build up within the colon. Because the walls of the colon are permeable by fluids, what happens is that the body starts to reabsorb the fluid from the toxic wastes stuck in the colon. This is a form of auto-intoxication, and is the root cause of many chronic and degenerative diseases!

Nutritional deficiency is the condition in which the body is not given the nutrients that it needs to maintain good health. The body is a complex living organism that requires a variety of nutrients, vitamins, minerals, electrolytes, and much more in order to fuel its functions. The body is also very resilient and is able to cope with sub-standard nutrition for many years while only showing minor symptoms. Which is why many people do not regard the importance of diet or supplementation regime until it is too late.

六大要素让您常保健康

自1993年起, 新生命便以领先地位提倡与实践已被验证有效的自然疗程, 帮助各阶层人士打造更健康的身体以及预防疾病。远离疾病的原则不只局限于那些正面对疾病带来痛苦的人, 对那些想要追求长寿, 提高健康素质的人也关系重大。毕竟, 健康就是财富。如果没有健康的体魄, 即使拥有世上所有的财富又有什么用?

维持良好的健康并不困难也不昂贵 — 尤其是与一个患有严重、慢性或退化性疾病的患者所面对的医药费用相比。不过老实说, 要培养健康的日常生活习惯的确需要付出很大的努力。选择造成习惯, 而习惯则塑造了我们的日常生活。那么, 我们每天都会重复哪些不健康的生活习惯? 反之, 什么样的习惯则为我们的健康带来正面的影响?

保持健康是非常重要的, 因为预防疾病总比治愈病痛来得容易! 预防胜于治疗, 尤其是慢性及退化性疾病的病例。一旦一个人患上慢性疾病, 如高血压、心脏病、癌症或糖尿病, 复苏之路不仅困难和昂贵, 而且在这个过程中, 许多人就此失去宝贵的生命。

简单的动作牵扯着您的健康。运动、饮食、睡眠和辅助品 — 这些都是维持身体健康不可或缺的元素。不幸的是很多人都忽略了这些, 偏爱“速成答案”, 依赖药物和玩溜溜球般的节食法。要打造一个健康身体并没有任何捷径, 速成应急之道往往需要付出很大的代价!

那么, 我们如何维持身体健康和预防疾病? 首先, 让我们了解造成慢性及退化性疾病的主要原因:

毒血症及营养不良

毒血症的定义就是当体内累积的毒素已达到高水平。这些毒素的来源十分广泛, 其中最常见的是不健康的饮食习惯、污染的环境再加上体内排毒系统迟缓怠惰、功能不良。当我们的身体接触到毒素, 它能够自行排毒。但由于年复一年不健康的现代典型生活方式, 人体的排毒器官, 如肝脏、结肠和肾脏都变得运行不畅或损坏。因此, 身体排毒的功能大大削弱, 同时“自体中毒”的情况也因此发生。

比如, 当一个人便秘(即每日没有如厕2至3次), 有毒废物便会开始在结肠内积聚。由于结肠壁属液体渗透性, 这时, 身体便开始重新吸收积聚在结肠壁上的有毒废物液体。这是一种自体中毒的形体, 也是造成众多慢性病和退化性疾病的罪魁祸首!

营养不良是指身体没有取得足够均衡的营养以维持良好的健康。人体是一个复杂的生物, 它需要各种营养素、维生素、矿物质、电解质及许多其他的来推动它的功能。但由于人体的回弹力很高, 即使长达多年营养提供不合格, 身体也能应付, 只是出现一些轻微症状。正因为如此, 许多人不关注饮食或辅助品的重要性, 直至发现时, 为时已晚!

试想一下, 如果您在白天没有喝足够的水或摄取足够的维他命C, 您的身体将在您沉睡时停止工作。若情形真是如此, 我们一定会大量地饮水和吃水果或摄取维他命C的辅助品, 对吧? 但因身体的操作并非如此, 所以我们才会掉以轻心, 不把它当回事。结果, 人体系统经过长年累月的无营养卡路里和营养不足而被拖垮, 出现代谢失衡, 器官开始出现故障, 身体也逐渐变得虚弱至患病。

Imagine if your body stopped working in your sleep if you didn't drink enough water or consume enough vitamin C during the day. We would take drinking water and eating fruits or supplementing with vitamin C much more seriously, wouldn't we? But the body doesn't work that way, so we don't pay these things much heed. Instead, the body's systems are worn down through years and years of empty calories and insufficient nutrients. Metabolic imbalances occur, organs begin to malfunction, and the body gradually progresses to a diseased state.

Having proper nutrition through a healthy diet or daily supplementation is one of the secrets to good health and longevity. We do not live in a perfect world, and unfortunately it is virtually impossible to eat a diet that would provide optimum nutrition for our bodies. Supplementation is thus a key factor in maintaining good health. It is also something that should be made into a daily habit as part of our lifestyle!

For the past 20 years, NewLife™ has successfully helped many people achieve better health by helping them address the issues of toxemia & nutritional deficiency. The NewLife™ Lifestyle targets 5 key nutritional deficiencies of fibre, friendly bacteria, phytonutrients, essential fatty acids, and potassium through the 5 Essentials pack, and we are very excited to introduce the "6th Essential"!

通过健康的饮食习惯或每天食用辅助品以获得适当的营养，是健康长寿的秘诀。我们并非生活在一个完美的世界里，更不幸的是，我们几乎不可能通过饮食为我们身体提供最理想的营养。因此，辅助品在维持身体健康中扮演着重要的角色。让它成为我们日常生活习惯的一部分吧！

在过去二十年，新生命已成功协助许多人克服毒血症和营养不良的问题，及重建一个健康的体格。新生命通过五大要素，帮助大家解决五个关键营养的缺乏——纤维素、益菌、植物营养素、必需脂肪酸及钾质。现在，我们非常荣幸地推介“第六要素”！

NEWLIFE™'S



6 ESSENTIALS 新生命的六大要素

DETOXIFY

Herbal Klenz Powder: fibre



A high-fibre diet is one of the key factors for reducing the risk of many health conditions including heart disease, diabetes, constipation, and colon cancer. Fibre is also important for lowering cholesterol and maintaining a healthy digestive system, but sadly the modern diet is alarmingly low in this essential nutrient. Most of the staple foods such as white rice and white flour have been stripped of all fibre and only contribute to conditions such as constipation.

The American Health Association Eating Plan suggests consuming 25-30 grams of fibre per day, but our average intake is only half of the recommended amount. Foods that are high in fibre such as whole grains, unprocessed rice, fruits, and vegetables are low in the typical modern diet, which is why supplementing with fibre is so important.

Herbal Klenz Powder is a convenient way to ensure that you get enough fibre every day. It contains both soluble and insoluble fibres, which help to control blood cholesterol levels and promote healthy bowel movement respectively.

Many of our customers take 1 teaspoon of Herbal Klenz Powder mixed in a glass of Apple Cider Vinegar & Pure Raw Honey twice a day, and report that it is remarkably effective in promoting healthy, regular bowel movement. It does NOT have a laxative effect.

Herbal Klenz Powder not only contains fibre from psyllium husks and cellulose, it also contains apple pectin, Butcher's broom, and Bentonite, which help to eliminate heavy metal toxicity, improve gastrointestinal health, as well as detoxify bacteria, viruses, and parasites from the body.

NOURISH

Super Green Food ++: phytonutrients



Phytonutrients are nutrients found in plants and have been shown to be essential for human life. As our modern day diets are severely lacking in raw fruits and vegetables, supplementing with phytonutrients has become essential to maintaining good health. Super Green Food ++ offers a high-quality, convenient nutritional solution to help in the prevention of nutritional deficiency, which we know is one of the root causes of all degenerative diseases.

Super Green Food ++ is 100% natural and organic, and does not contain any artificial preservatives, additives, or flavours. It has a pleasant taste and is naturally sweetened using stevia. Super Green Food ++ is a newly upgraded proprietary complex and is now fortified with a super-antioxidant blend for additional health benefits. Inflammation is a natural process that occurs when the body detects a harmful stimulus. Chronic inflammation can lead to a number of health problems if it is left unchecked. Antioxidants help to reduce and control inflammation in the body, which in the long run contributes to disease prevention, better health, and increased well-being.

排毒

天然净化粉：纤维素

高纤维饮食是其中能减少许多健康问题，包括心脏疾病、糖尿病、便秘和结肠癌的关键因素之一。纤维对降低胆固醇和维持健康的消化系统也很重要。遗憾的是现代人的饮食严重缺乏这个重要的营养成份。白米饭和精白面粉是一般人的主食，但它们原先的纤维早在加工过程中被磨光，长期食用只会造成便秘等状况。

美国健康协会饮食计划建议每天食用25至30克的纤维。但是，我们平均的摄入量仅为推荐量的一半。高纤维的食物，如全麦、未加工的大米、水果和蔬菜在典型的现代饮食中少之又少，这就是为什么食用纤维辅助品是非常重要的。

食用天然净化粉是最简单又方便的方法以确保您每天获取足够的纤维。它含有可溶性和非溶性纤维，有助于控制血液中的胆固醇水平，促进排便顺畅。

许多客户把一茶匙的天然净化粉与苹果醋及纯天然蜂蜜混合一起饮用，每日两次。他们分享说，此产品功效显著，如今没有便秘、定时如厕、也没有轻泻的副作用。

天然净化粉不仅含有洋车前子壳和纤维素的纤维，它还含有苹果果胶、百寿金雀花和膨润土，这有助于清除重金属的毒性、改善肠胃健康以及排出体内的细菌、病毒和寄生虫。

滋养

特超绿食品：植物营养素

植物营养素是取自于植物的营养素，是人类生命中不可或缺的要索。由于现代人的日常饮食中都严重缺乏新鲜水果和蔬菜，摄取植物营养素辅助品已成为保持身体健康举足轻重的一环。我们都知道营养不足是所有退化性疾病的祸源之一，而特超绿食品就提供了高品质、方便的营养解决方案。

特超绿食品是100%纯天然、有机、不含任何人工防腐剂、添加剂或调味料。使用天然甜味剂-甜菊，滋味可口。特超绿食品是升级版的独有专利品，是加度超级抗氧化物，提供更多的健康益处。当人体察觉到有害刺激物的存在，身体自然会出现炎症，这是正常的现象。但如果我们忽视它，并不加以处理，慢性炎症将会引发一系列的健康问题。抗氧化剂有助于减少和控制体内的炎症。长期食用特超绿食品，有助于预防疾病、增进健康和提高健康素质。

Flax Seed Oil: essential fatty acids



While the human body needs only about 2 to 4 times more Omega-6 than Omega-3 fatty acids, our daily diet tends to contain an excessive amount of Omega-6 fatty acids from all the vegetable oils that are commonly used for cooking or found in processed food – about 14 to 25 times more! In other words, our body is deficient in Omega-3. Health experts believe that this imbalance has impacted the rising rate of inflammatory disorders and other health conditions. To correct this imbalance, we need to consume more Omega-3 while reducing Omega-6. Flax seed oil offers the richest source of Omega-3.

A low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently lead to degeneration of cells and health problems. Omega-3 is essential for regulating our body's function, maintaining healthy heart function, immune function, brain function, and nervous system.

Most people suffer a deficiency of the Essential Fatty Acids (EFAs) contained in flax seed oil. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems. One or two teaspoons per day of NewLife™'s Omega Gold Flax Seed Oil provides building blocks for all cell structures, including neurons in the brain, smooth skin, and healthy hair. NewLife™'s Omega Gold Flax Seed Oil assures the highest quality oil, which is stable against rancidity. The oil is extracted from organically grown flax seeds using a special cold-pressing process, which eliminates the damaging effect of light, oxygen, and heat.

K-Salt: potassium



Health experts recommend an intake of at least 5 times more potassium than sodium. However, poor diet and eating habits can cause potassium deficiency. People who eat a diet of processed foods that is high in sodium and low in fruits and vegetables are often deficient in potassium. Also, cooking through boiling or frying can deplete potassium found naturally in foods. Potassium deficiency is more common in pill-poppers, athletes who sweat a lot, people with eating disorders, heavy smokers, and drinkers.

Your body needs potassium to regenerate and maintain youthful, healthy tissues. Without sufficient potassium in the body, premature ageing sets in, causing your skin and muscle tone to go downhill, while wrinkles and fine lines fill your face and neck. An adequate intake of potassium is essential for growth, building muscles, healthy nervous system, and heart. A deficiency may result in fatigue, leg cramp, muscles weakness, acne, dry skin, mood swing, and irregular heartbeat. Low potassium is also associated with risks of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

Supplementing with natural, specially formulated potassium such as K-Salt is the perfect antidote for bad health. Potassium is one of the most important minerals in the human body, being indispensable in tissue protein synthesis and enzymatic processes, helping to maintain intracellular pH and to regulate kidney functions.

2mg of K-Salt provides the amount of potassium equivalent to 30 bananas. K-Salt has been tried and proven through the years in natural healing and disease prevention. With consistent supplementation of K-Salt, you can anticipate improvement in overall health. K-Salt helps to:

- remove excess sodium from cells and tissues
- build and strengthen the cellular level
- counteract water retention
- replace and balance electrolytes
- regulate kidney function
- prevent coughs and colds
- reduce chest congestion
- strengthen immunity

PROTECT

Immuflo: protect your gut



Diet, stress, and medication encourage the growth of bad bacteria in the intestinal tract. When the number of bad bacteria outweighs the good, it predisposes you to various health concerns such as bloating, indigestion, irregular bowel movement, occasional diarrhoea, Candida infection, and poor immune system.

NewLife™'s Immuflo is produced using breakthrough

亚麻籽油：必需脂肪酸

人体需要的奥米加6仅多于奥米加3脂肪酸的2至4倍。但是，我们的日常饮食，单单用于烹饪或在加工食品中包含的植物油所提供的奥米加6脂肪酸已严重超量，过高14至25倍以上！换句话说，大部分人都缺乏奥米加3。健康专家认为，这种失衡的情况已经导致炎症性疾病和其他健康问题有上升的趋势。为了纠正这种失衡的情况，我们需要摄取更多的奥米加3，同时减少奥米加6。亚麻籽油是奥米加3最丰富的供应来源。

低水平的奥米加3会降低细胞膜的渗透率，从而导致细胞在输送氧气和营养物质方面的功能降低。更糟糕的是，它会慢慢地导致细胞退化和引发其它健康问题。奥米加3对于调节身体机能，维持健康心脏、免疫功能、脑部功能、神经系统非常重要。

大多数人面对缺乏必需脂肪酸（EFAs）的问题，尤其是亚麻籽油中所含有的必需脂肪酸。必需脂肪酸是人体不能制造的必需脂肪，必须通过饮食来获取。必需脂肪酸对心血管、生殖、免疫和神经系统都有莫大的好处。每天食用一至两茶匙的新生命奥米加金牌亚麻籽油，提供所有细胞结构必须的基础材料，包括大脑的神经元、细致的肌肤、健康的头发。新生命奥米加金牌亚麻籽油是最高品质保证，性质稳定，不易腐臭。此亚麻籽油萃取自有机种植的亚麻种子，经过特殊的冷压过程，免于光、氧气和热度的破坏。

钾质：钾

健康专家建议摄取至少比钠高出5倍以上的钾。然而，不良的饮食和饮食习惯导致人体缺乏钾。那些长期吃高钠的加工食品，少吃水果和蔬菜的人，往往会缺乏钾质。此外，煮沸或油炸过程也会销毁食物中所供应的钾质。依赖药物者、经常流汗的运动员、饮食紊乱患者、烟瘾大的人和酗酒者等都有缺乏钾质的问题。

您的身体需要钾质以更新再生及保持年轻健康的人体组织。如果体内没有足够的钾质，过早衰老的问题将开始，导致您皮肤和肌肉的张力走下坡，而皱纹和细纹也会布满您的面部和颈部。摄取足够的钾质对人体成长、建设肌肉、健康的神经系统和心脏是必不可少的。缺乏钾质可能导致容易疲劳、脚抽筋、肌肉无力、暗疮、皮肤干燥、情绪波动和不规则的心跳。低水平钾质也会提高高血压、心脏疾病、中风、关节炎、癌症、消化系统疾病和不孕等风险。

食用全天然、特制的新生命钾质，它是个打击不良健康的完美解药。钾质是人体中最重要的矿物质之一，作为组织蛋白质合成和酶素制造过程中不可或缺的一环，帮助维持细胞内的酸碱度和调节肾脏功能。

2毫克的新生命钾质提供相等于30根香蕉的钾质量。通过多年的自然疗程和预防疾病的实例，新生命钾质已被验证有效。定期食用新生命钾质，您将看见整体健康的改善。新生命钾质有助于：

- 从细胞和组织去除多余的钠
- 建立和强化细胞层次
- 消除水肿
- 更换和平衡电解质
- 调节肾脏功能
- 预防咳嗽和感冒
- 减少胸闷
- 增强免疫力



维护

免疫激菌植：保护您的肠道

饮食、压力和药物促使有害菌在肠道中的生长。当有害菌的数量远远超过有益菌，您将面对各种健康问题，如腹胀、消化不良、不规则如厕、偶有腹泻、念珠菌感染及免疫力差弱。

新生命免疫激菌植使用突破性的先进科技生产，它能经受胃酸，并能待在肠内完好无损。免疫激菌植提供活性益生菌以帮助重新建立健康的肠道菌群，并时刻对付有害菌。这种益生菌和益生元的独特混合有助于扶助健康的胃肠道

technology where the strains are able to withstand stomach acid and emerge intact in the intestines. ImmuFlora supplies live friendly bacteria that could help re-establish healthy intestinal microflora and keep harmful bacteria in check. This unique proprietary probiotic and prebiotic blend helps to support healthy gastrointestinal tract and optimum immune function. When taken regularly, ImmuFlora could:

- re-establish intestinal microflora to ensure that the friendly bacteria outweigh the bad bacteria
- maintain a healthy intestinal environment to prevent over-growth of pathogenic bacteria and parasites
- give the immune system a boost
- stimulate self-repair and self-rejuvenation of the body cells
- improve nutrients assimilation and absorption
- cleanse and detoxify the intestinal tract

Liverin - The 6th Essential: tonic for your liver



In addition to all the goodness from the 5 products above, the 6th Essential has one very important benefit - the protection of our liver.

Our liver is one of the most important organs in the body. The liver performs more than 500 functions. Just to name a few: it filters all the harmful substances from what we consume (including medicine), inhale, and even what we apply on our skin; fights infections and filters out bad bacteria in the blood; manages our hormones and blood sugar; stores energy from the nutrients we take in; and makes blood proteins, bile, and several enzymes that the body requires. In short, an unhealthy liver means an unhealthy body.

Symptoms of A Sluggish Liver

Common symptoms of poor liver health may include: headaches, fatigue, hormonal imbalance, constipation, indigestion, protuberant abdomen (pot belly), dark circles under eyes, liver spots, coated tongue, bad breath, offensive body odour, aches and pains, skin conditions, multiple food and chemical sensitivities, as well as allergies. These symptoms could be a sign of having a "sluggish liver", which could go by undetected in liver enzyme tests.

Liver Diseases

Liver functions can be impaired by severe liver diseases, most commonly caused by infections (such as viral hepatitis), alcohol, drugs (recreational and medical), prolonged stress, improper diet, or accumulated poisons due to chemicals in foods and environment. Common liver diseases include fatty liver, hepatitis, and the failure of the liver to secrete bile because of gallbladder stones.

Liver Protection & Support

Liver health is of utmost importance to the health of the entire body, and must not be ignored.

NewLife™'s Liverin contains 5 powerful herbs which have been used for ages as remedies for the liver: Milk thistle (seed) extract (with 80% silimarin), Dandelion (root), Artichoke (leave) extract, Burdock root, and Celery seed extract.

Liverin is a unique formula, specifically to help cleanse, rebuild, and protect the liver:

- rebuilds liver cells and removes toxins.
- provides powerful anti-oxidant and anti-inflammatory effects.
- reverses liver damage caused by medicines, excessive alcohol consumption as well as the effects of pollutants found in the environment.
- stimulates the liver to increase bile flow, which carries away waste and breaks down fats during digestion.

It is produced using vegecaps and is suitable for vegans. It also contains no synthetic ingredients, no animal ingredients, and is all-natural and chemical-free.

The 6 Essentials, when taken together as daily supplements, work synergistically to reduce the effects of toxemia and nutritional deficiency in the body. Together, they **DETOXIFY**, **NOURISH**, and **PROTECT** the body from poor health.



和保持最佳的免疫功能。如果经常服用，免疫激菌植可以：

- 重新建立肠道菌群以确保有益菌多于有害菌
- 保持健康的肠道环境以防止过度生长的致病细菌和寄生虫
- 强化免疫系统
- 激发身体细胞的自我修复和自我更新
- 提高消化和吸收营养功能
- 肠道净化和排毒

肝脏宝 — 第六要素：滋补您的肝脏

除了以上所提及的五种产品的利益，第六要素有一个非常重要的好处 - 保护我们的肝脏。

我们的肝脏是人体最重要的器官之一。肝脏进行超过500种功能。举几个例子：它过滤所有的有害物质，不管是通过吃喝（包括药物）、吸气、甚至外敷在皮肤上；抵抗感染和过滤掉在血液中的有害细菌；管理我们的荷尔蒙和血糖；从我们的饮食所得的营养素中储存能量；和制造人体需要的血液蛋白质、胆汁和几种酶素。总之，不健康的肝脏相等于不健康的身体。

肝脏气行不畅的症状

肝脏健康状况不佳的常见症状包括：头痛、容易疲劳、荷尔蒙失调、便秘、消化不良、腹部隆起（啤酒肚）、黑眼圈、肝斑、舌苔、口臭、狐臭、发酸疼痛、皮肤问题、对多种食品和化学物质敏感以及过敏症。这些症状可能是肝脏受阻的征兆，这迹象或许未能在肝酶试验中被检测到。

肝脏疾病

严重的肝脏疾病会导致肝功能削弱，最常见的导因是感染（如肝炎病毒）、酒精、药物（消遣性或医疗作用）、长时间的压力、饮食不当或由于食物和环境中的化学药品而导致毒物累积。常见的肝脏疾病包括脂肪肝、肝炎和因为胆囊结石导致胆汁分泌衰竭。

保护与促进肝脏健康

健康肝脏对于整体的健康是非常重要的，且不容忽视。

新生命肝脏宝含有五种历来传统上用于治疗肝脏的天然草药：奶蓟籽萃取物（含80%水飞蓟素）、蒲公英（根）、朝鲜蓟（叶子）萃取物、牛蒡根、芹菜籽萃取物。

肝脏宝是一个独特的配方，专为协助清理、重建和保护肝脏：

- 重建肝细胞并去除毒素。
- 提供强大的抗氧化和抗炎作用。
- 改善因为药物、过量酒精以及环境污染物所引发的肝脏功能受损。
- 刺激肝脏增加胆汁流量，从而带走废物和消化过程中分解的脂肪。

它以胶囊形式制成并适合素食者。它不含任何人工合成品、无动物成分、是全天然和不含化学品。

Take a step, make a change, and start on the 6 Essentials for a healthier life today!

Turn to page 2 to check out the 6 Essentials promotion for the months of September & October!

六大要素，若每日服用可减低毒血症和营养不良的风险。六大要素并可促进排毒、滋养和维护作用。

踏出一步，做出改变，今天就服用六大要素，开始健康的生活吧！

翻读第二页以了解更多有关九月份和十月份的六大要素促销！