

Heart disease 代谢症候群 心脏病  
Metabolic Syndrome  
新陈代谢  
metabolism  
胰岛素 并发症  
insulin  
complications  
type 2 diabetes 2型糖尿病  
obesity 超胖  
diabetes 糖尿病  
glucose 葡萄糖  
high blood sugar 高风险 高血糖  
risk 克服  
preventing 预防  
conquering



Diabetes is a chronic metabolic condition in which the sugar level in the blood is too high, over a prolonged period, caused by faulty insulin action, insulin production, or a combination of both.

Diabetes has been a major public health concern and it is the top 7<sup>th</sup> killer in Malaysia and the 10<sup>th</sup> leading cause of death in Singapore. In 2015, the prevalence of diabetes in Malaysia was 16.6% with half of them undiagnosed (Same year the prevalence of diabetes in adults 20-79 was 12.8% in Singapore). According to the National Health and Morbidity Surveys for Diabetes, it is projected to rise to 21.6% in which 1 out of 5 adult Malaysians will have diabetes by the year 2020. By 2030, the number of Singapore residents above 40 with diabetes is projected to increase to 600,000 from about 400,000 today.

## Understanding Metabolism & Diabetes

Metabolism is the chemical process that converts the food we eat into energy and other essential substances that our body needs. When metabolism is disrupted, our body will have nutritional deficiencies and imbalanced amounts of essential substances needed to stay healthy.

Insulin, a hormone made by beta cells of the pancreas, plays an important role in the metabolism of glucose. When food is digested, carbohydrates are broken down into glucose to be absorbed into the bloodstream. Insulin then facilitates the uptake of glucose by cells in order to be utilized as a source of energy. Excess glucose is stored in the liver as glycogen or is converted to fat to be stored in body's tissues.

In the case of diabetes, glucose cannot be metabolized properly which leads to hyperglycemia (too much glucose in the blood). Diabetes occurs when the body is incapable of producing sufficient insulin, or when the cells are not responding to the insulin properly, causing glucose to remain in the bloodstream instead of being used as energy or being stored in fat, muscle, and liver cells.

There are two major types of diabetes, namely:

- **Type 1 diabetes**, also known as juvenile-onset diabetes. It is an autoimmune disease where the body is destroying its own insulin-secreting cells in the pancreas. The damaged pancreas is incapable of producing insulin, leading to the build-up of glucose in the bloodstream.
- **Type 2 diabetes**, also called adult-onset diabetes. It used to be diagnosed in only adulthood but more and more children are now developing type 2 diabetes due to unhealthy diets and sedentary lifestyles. Type 2 diabetes begins with insulin resistance in which the pancreas produces sufficient insulin but the cells have lost their ability to respond to the insulin. As a result, fat, muscle, and liver cells do not use the insulin to carry glucose into the cells, causing the accumulation of glucose in the blood. Type 2 diabetes accounts for 90 to 95% of all diagnosed diabetes cases.

糖尿病是一种慢性代谢障碍性疾病，即是由于因胰岛素功能减退、分泌不足或两者兼有而导致体内长期血糖过高。

糖尿病一直以来都是大家关注的健康课题。它在马来西亚被列为第七大的疾病杀手，也是新加坡首十大的死亡疾病之一。在2015年，马来西亚糖尿病患病率为16.6%，其中一半仍未得到诊断。同年，新加坡年龄介于20至79岁的成人之糖尿病患病率为12.8%。根据国家健康和糖尿病发病率的调查显示，马来西亚的糖尿病患病率预计将提升至21.6%，意指在2020年，马国5名成年人当中就将有1人患有糖尿病。另一方面在新加坡，年龄超过40岁的糖尿病患者人数预计将在2030年从目前的40万人增加到60万人之多。

### 了解新陈代谢与糖尿病

新陈代谢是一个将食物转化为能量和身体所需物质的化学过程。当新陈代谢机制受干扰，我们的身体将会出现营养缺乏或维持健康所需的基本物质含量不平衡等现象。

胰岛素是由胰腺β细胞分泌出来的一种激素，在葡萄糖代谢过程中扮演重要的角色。在食物消化过程中碳水化合物会被分解成葡萄糖，并被吸收进入血液里。身体此时就会分泌胰岛素来促进细胞对葡萄糖的摄取，以作为能量的来源。体内过剩的葡萄糖将被储存在肝脏中作为肝糖，或转化为脂肪以储存在人体组织里。

在患有糖尿病的情况下，体内葡萄糖不能正常代谢，因而导致身体出现高血糖现象（血液中含有过多的葡萄糖）。糖尿病会发生，是因为身体不能分泌足够的胰岛素，或是细胞对胰岛素无法正常作用而导致过多的葡萄糖滞留在血液中，无法有效转换为能量或储存在脂肪、肌肉和肝脏细胞中。

以下是两种主要的糖尿病类型：

- **1型糖尿病**，或称青少年糖尿病。它是一种自体免疫性疾病，即身体会自行破坏胰腺中的胰岛素分泌细胞。受损的胰腺不能正常产生胰岛素，进而导致血液中积累过多的葡萄糖。
- **2型糖尿病**，或称成人发病型糖尿病。在过去，只有成年人才会被确诊患有2型糖尿病，但今天越来越多的儿童，基于不健康的饮食和久坐不动的生活方式而过早患有2型糖尿病。2型糖尿病先是由胰岛素阻抗性开始，即使胰腺产生足够的胰岛素，但体内细胞却不能与胰岛素正常作用而造成胰岛素阻抗。结果，脂肪、肌肉和肝脏细胞无法利用胰岛素将葡萄糖带入细胞内，导致血液中积聚过多的葡萄糖。2型糖尿病占有所有糖尿病病例的90至95%。

## Who is at risk for type 2 diabetes?

There are many risk factors for type 2 diabetes including:

- **Age, family history and ethnicity:** The risk of diabetes increases as we age, particularly above the age of 45. The chance of having diabetes is higher if your parent or sibling has diabetes. Races like South Asian, Black African, Asian-American, African-Caribbean are more likely to develop type 2 diabetes.
- **Overweight or obesity:** Excess body fat, particularly abdominal fat, can cause your body cells to become resistant to insulin. Fat tissues can also cause inflammation that leads to diabetes and heart disease.
- **Poor eating habits:** High consumption of calorie-dense and highly-processed foods such as sugary drinks, white bread, white rice or fast food can cause not only weight gain, but also nutritional deficiency. Nutritional deficiency is one of the basic contributors to poor health and diseases including diabetes. Insufficient intake of chromium is associated with glucose intolerance as well as impairment in glucose and lipid metabolism.
- **Physically inactive:** Regular exercise is important in order to maintain blood glucose levels. A sedentary lifestyle can lead to impaired glucose control and raises the risk of type 2 diabetes.
- **Individuals with metabolic syndrome.**

### 2型糖尿病的风险因素:

导致2型糖尿病发病的危险因素很多, 其中包括:

- **年龄、家族病史和种族:** 随着年龄的增长, 糖尿病的风险也会随着增加, 特别是在45岁以上的成年人。如果父母或兄弟姐妹患有糖尿病, 您患上糖尿病的风险就会越高。另外南亚人、非洲黑人、美洲华裔、非洲加勒比后裔等种族患有2型糖尿病的可能性更普遍。
- **超重或肥胖:** 身体多余的脂肪, 特别是腹部脂肪, 会造成身体细胞对胰岛素产生阻抗。脂肪组织也会引起炎症, 导致糖尿病和心脏疾病的发生。
- **不良饮食习惯:** 摄取过多的高热量和加工食品, 如含糖饮料、白面包、白米饭或速食餐等, 不但会造成体重增加, 还会导致营养缺乏。营养缺乏是导致健康欠佳和疾病发生(包括糖尿病)的主因之一。比如铬摄入量不足, 与葡萄糖耐受性不良以及葡萄糖和脂肪代谢异常都有相关性。
- **缺乏运动:** 定期运动对维持正常血糖来说非常重要。久坐不动的生活方式会导致血糖控制功能受损, 从而增加患上2型糖尿病的风险。
- **代谢症候群患者**



## Metabolic Syndrome & Diabetes

Metabolic syndrome, also known as “insulin resistance syndrome”, is strongly associated with type 2 diabetes. Metabolic syndrome is a cluster of risk factors that commonly occur together, increasing the risk of diabetes, heart disease and stroke, which are the leading causes of death in the world. An individual is diagnosed with metabolic syndrome if he or she has at least 3 of the following 5 risk factors:

- High blood pressure
- Insulin resistance or high blood sugar levels
- High triglyceride levels
- Abdominal obesity
- Reduced level of “good” HDL cholesterol

Insulin resistance is one of the risk factors for metabolic syndrome and type 2 diabetes often begins with insulin resistance. The combination of insulin resistance together with the other risk factors greatly increases the risk of type 2 diabetes.

Metabolic syndrome causes the body to be in an acid state and in a condition of low-grade, long-term inflammation. This inflammation damages cells in the tissues and organs of the body, impairing their metabolic processes including their ability to metabolize sugar. Metabolic syndrome, as a predictor of type 2 diabetes, increases the risk for diabetes by up to 5 times.

One of the common contributors to metabolic syndrome and type 2 diabetes is an overstimulated pancreas. This may be caused by an overconsumption of sugar and refined carbohydrates, combined with allergic reactions to foods and exposure to chemicals or pharmaceutical drugs. Overstimulated pancreas impairs the body’s metabolism and causes nutritional deficiency, which worsens the disease process.

### 代谢症候群与糖尿病

代谢症候群, 亦称为 [胰岛素阻抗综合征], 与2型糖尿病有密切关联。代谢症候群是一组常见的危险因子聚集出现的现象, 会增加糖尿病、心脏疾病和中风的风险, 也是导致死亡的主要因素。民众若在下列五个危险因子中符合任三项, 就是患有代谢症候群:

- 高血压
- 胰岛素阻抗或高血糖
- 三酸甘油酯偏高
- 中围肥胖
- 高密度脂蛋白胆固醇 (好的胆固醇) 水平偏低

胰岛素阻抗是导致代谢症候群的危险因素之一, 而2型糖尿病症状的前兆往往都有胰岛素阻抗的问题。胰岛素阻抗与其他危险因素的结合会大大增加2型糖尿病的风险。

代谢症候群会导致身体呈酸性以及长期处在低度炎症的状态。炎症发生会破坏身体组织和器官细胞, 并影响整体的代谢过程, 包括糖代谢作用。代谢症候群, 即2型糖尿病的前兆, 会增加糖尿病风险高达5倍之多。

另外造成代谢症候群和2型糖尿病的常见因素就是胰腺过度受刺激。这可能是由于身体摄取过多的糖分和精制碳水化合物, 或是综合对食品或对化学物质、药物引起的过敏反应而造成的。胰腺过度受刺激会损害身体的新陈代谢, 导致营养缺乏, 进而加重疾病的过程。

## Why diabetes matters?

The diabetes disease process, caused by an unhealthy lifestyle and nutritional deficiency, can have long term impact on the major organs in the body and lead to many serious complications which can be disabling or life-threatening. These diabetic complications include:

**Heart disease:** Poor blood glucose control increases the chance of atherosclerosis, a condition where plaque builds up in the arteries. The plaque can rupture and cause blood clots. These blood clots can partially or completely block arteries and restrict blood supply to the heart. This eventually leads to heart discomfort or in a worse-case scenario, a heart attack.

**心脏病:** 血糖控制不良会增加患上动脉粥样硬化的机率, 即一种在动脉内斑块形成的状况。斑块破裂会造成血凝块的产生。这些血凝块会导致部分或全部的动脉阻塞, 从而限制血液输往心脏。最终导致心脏不适或心脏病发作。

### Retinopathy or eye damage:

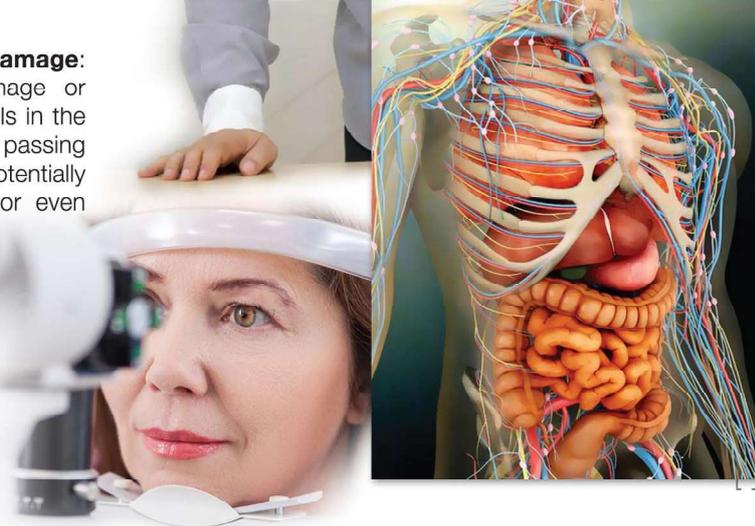
Diabetes can cause damage or leakage of the blood vessels in the retina, preventing light from passing through to the retina. This potentially results in reduced vision or even blindness.

### 视网膜病变或眼部

**损害:** 糖尿病可引起视网膜血管损伤或渗漏, 妨碍光线直达到视网膜。这有可能导致视力下降, 甚至失明。

**Skin problems:** Individuals with diabetes are more prone to infections and skin problems. Damage to the blood vessels reduces blood flow to the skin, causing decreased blood circulation and reduces the body's ability to heal.

**皮肤问题:** 糖尿病患者更容易出现皮肤感染和皮肤病的问题。皮肤血管受损后会减少皮肤的血流量, 进而导致血液循环不良, 降低皮肤的愈合能力。



## 糖尿病——不可掉以轻心

不健康的生活方式和营养缺乏所引发的糖尿病, 对人体主要器官具有长期不良的影响, 并也会导致许多严重的并发症, 甚至致残或危害生命。这些糖尿病并发症包括:

**Stroke:** Plaque and blood clots can also occur in blood vessels in the brain. When blood vessels in the brain are narrowed or blocked, brain cells do not get sufficient oxygen and nutrients. The cells begin to degenerate, leading to neurological diseases or in the case of complete blockages, a stroke.

**中风:** 斑块和血凝块也会在脑部血管中发生。当脑血管变得狭窄或阻塞时, 脑细胞会开始缺氧和摄取不足营养物质。这将引发脑细胞开始退化, 导致神经疾病或在脑血管完全阻塞的情况下, 引发中风。

### Nephropathy or kidney

**disease:** Diabetes damages the blood vessels in the kidney and impairs the kidney's filtering system, causing it to work less efficiently. Severe damage can cause kidney failure or irreversible kidney disease, leading to the need for dialysis or kidney transplant.

**肾病或肾脏疾病:** 糖尿病不但会破坏肾脏的微血管, 也会损害肾脏的过滤系统, 导致肾脏无法有效地正常运作。严重损害会导致肾衰竭或不可逆的肾脏疾病, 最终导致病患者需要进行透析或肾脏移植手术。

**Gastroparesis:** Gastroparesis is a type of nerve damage that affects the digestive tract. When the nerve that controls how fast your stomach empties is damaged, it slows stomach emptying and the food stays in the stomach longer than it should. There is a possible spike in blood glucose level when the undigested food in the stomach finally enters the small intestine. This can make blood glucose difficult to control and worsens diabetes. In addition, it can cause the overgrowth of bacteria which leads to malabsorption.

**胃轻瘫:** 胃轻瘫是一种消化道神经损伤的疾病。当控制胃部消化的神经受损时, 胃排空的速率将变得缓慢, 造成食物在胃中停留的时间变得过长。若久留胃中未经消化的食物最终进入小肠, 可能引起血糖突飙升高的现象。这将造成血糖难以控制, 甚至加重糖尿病的病情。此外, 它也可引起细菌过度生长, 导致身体营养吸收不良。

**Neuropathy or nerve damage:** As cells cannot take in glucose, the excess glucose accumulates in the bloodstream and damages tiny blood vessels in the nerves. This results in numbness and tingling beginning from the fingers or toes to the limbs and can eventually lead to loss of feeling. The loss of feeling together with slow blood flow to the feet increases the risk of foot damage and possible amputations. Damage to the nerves can also affect the digestive and reproductive systems.

**神经病变或神经损伤:** 由于细胞无法获得葡萄糖, 而过多的葡萄糖则聚积在血液中, 结果损害神经微血管。这会导致手指或脚趾开始发麻, 接着四肢开始感到麻木和刺痛, 最终失去知觉。下肢没有知觉再加上流往双脚的血液缓慢的情况下, 会增加双脚损伤, 甚至必须面临截肢的风险。神经损伤也会影响消化和生殖系统。



## How to prevent or manage diabetes?

Although type 2 diabetes is associated with genetic predisposition, changing your lifestyle could be a huge step towards preventing or delaying the development of type 2 diabetes and its complications. Here are some things you can do:

- **Lose some weight.** Being overweight or obese is a major risk factor for diabetes and greatly increases the risk of diabetic complications. Losing excess pounds promotes better blood glucose control and reduces hypertension, lowering the risk of diabetes and delaying the onset of its complications.

**Tip:** If you are overweight or obese, aim to lose 5 to 10% of your starting weight.

- **Exercise.** Engaging in regular physical activity helps you to lose weight and increases insulin sensitivity. It can also lower your blood pressure and cholesterol levels, decreasing the risk of diabetic complications, especially heart disease.

**Tip:** Exercise at least 30 minutes a day. Type of exercise may include aerobic exercises like jogging, walking, swimming, or rebounding, and strength training like lifting weights.

- **Eat well.** Changing your eating habits is another key to prevent or take control of diabetes. A balanced and nutritious diet is essential for managing body weight and keeping your blood glucose level steady.

**Tip 1:** Avoid refined carbohydrates, choose slow-release carbs and high-fibre foods. High-fibre complex carbohydrates such as oats, brown rice, and whole wheat bread take longer time for digestion, which slows the absorption of sugar into the blood, keeping your blood glucose under control.

**Tip 2:** Be smart about fats. Trans-fats and animal fats are known to raise cholesterol levels, putting you at a higher risk for heart disease. Consumption of healthy unsaturated fats improves cholesterol levels, lowers blood pressure and keeps your blood glucose level steady.

**Tip 3:** Be aware of sugar or hidden sugar. Overconsumption of sugar creates a burden on the pancreas and causes the pancreas to become overworked, resulting in improper blood glucose regulation. Cut down on sugary drinks and refined foods that consist of hidden sugars such as white bread, ketchup or instant soup.



### 如何预防或控制糖尿病?

尽管2型糖尿病与遗传倾向相关，但改变您的生活方式会是一个对预防或延缓2型糖尿病发展和并发症的一大进展。以下是一些您可实践的预防措施：

- **减重：**体重过重或肥胖是糖尿病发病的主要危险因素，并也会大大增加糖尿病并发症的风险。减掉多余的体重不但能促进较理想的血糖控制和降低高血压，也能减低糖尿病的风险以及延缓其并发症的发生。

**建议：**如果您体重过重或肥胖，可计划减去目前体重的5至10%开始。

- **运动：**定期运动有助您达到减重和增加胰岛素敏感性的效果。它也能降低血压和胆固醇水平，以及减低糖尿病并发症的风险，特别是心脏疾病。

**建议：**每天运动至少30分钟。可进行的运动类型，包括有氧运动，如慢跑、健走、游泳或弹跳运动，以及重力训练，如举重等。

- **培养良好的饮食习惯：**改变您的饮食习惯是预防或控制糖尿病的其中一个关键。均衡、富营养的饮食在管理体重和稳定血糖上扮演着非常重要的角色。

**建议1：**避免摄取精制的碳水化合物，多摄取在体内缓慢释放的碳水化合物和高纤维的食品。高纤复合碳水化合物，如燕麦、糙米和全麦面包需要较长的时间来消化，这样就会减缓血液对糖的吸收，使血糖得以控制。

**建议2：**聪明选择脂肪。众所周知反式脂肪和动物性脂肪会提高体内胆固醇的水平，甚至增加您患上心脏病的风险。因此，要多摄取健康的饱和脂肪，进而改善胆固醇水平、降低血压以及保持血糖稳定。

**建议3：**多注意糖类的摄取或隐藏在食品中的糖量。摄取过量的糖会增加胰腺的负担，致使胰腺过度“工作”，最终导致血糖调节失衡。减少摄取含糖饮料和精制食品，包括一些隐藏很多糖分的食品，如白面包、番茄酱或即煮浓汤等。



# KEY NUTRITION FOR CONQUERING DIABETES

## 克服糖尿病的主要营养素

Other than eating a healthy diet and exercising regularly, nutritional support is vital for preventing and managing diabetes. The following supplements provide you with a good nutritional base that offers a strong defence against diabetes and diabetic complications.

除了摄取健康的饮食和定期运动外，营养素的补充也是预防和管理糖尿病的重要因素。以下所列出的营养补充剂可提供您良好的营养基础，并提高身体防御能力，以对抗糖尿病和其并发症的发生。

### First layer of defence: for better blood sugar management

#### 第一道防御线：更好的血糖管理



#### NewLife™ Chromium Picolinate

Chromium deficiency has been linked to the development of glucose intolerance and diabetes. Sufficient dietary chromium is essential for maintaining normal metabolism of carbohydrates, proteins and fats, as well as to enhance the action of insulin. However, soil depletion due to commercialized agriculture and the loss of chromium from refined foods has contributed towards chromium deficiency on a global scale, making supplementation absolutely necessary. NewLife™ Chromium Picolinate helps you to maintain insulin sensitivity, allowing your cells to respond to insulin properly so that glucose is utilized effectively for energy production. It also stabilizes blood sugar levels, curbs hunger and decreases sugar cravings. Besides that, it plays a vital role in preventing high cholesterol and cardiovascular disease.

#### 新生命有机铬

铬缺乏与葡萄糖不耐受和糖尿病的发展息息相关。饮食中摄取足够的铬对维持碳水化合物、蛋白质和脂肪的正常代谢，以及提升胰岛素功能起着非常重要的作用。然而，农业日益商业化导致土壤贫瘠耗损，再加上大多数精制食品也流失铬的情况下，造成全球饮食中严重缺乏铬，因而有必要额外摄取补充。新生命有机铬有助您维持胰岛素的敏感性，让身体细胞对胰岛素能正常作用，以便葡萄糖能有效被身体用来产生能量。它还可稳定血糖、抑制饥饿感和减少摄取糖的欲望。此外，它在预防高胆固醇和心血管疾病中也扮演非常重要的角色。



#### NewLife™ Spirulina

NewLife™ Spirulina is a great source of protein, vitamin B12, iron, chlorophyll, antioxidants and other essential nutrients, providing you a wide range of health benefits. Many studies have shown that spirulina can control blood glucose levels and improve long-term glucose regulation, making it an excellent supplement for preventing or managing diabetes. Besides reducing blood sugar levels, spirulina also improves lipid profile by lowering "bad" LDL cholesterol and triglyceride levels, reducing the risk of diabetes and its complications.

#### 新生命螺旋藻粉

新生命螺旋藻粉是蛋白质、维生素B12、铁、叶绿素、抗氧化剂和其他重要营养物质的最佳食物来源，可提供您大量的健康效益。许多研究显示，螺旋藻可控制血糖水平和长期改善血糖的调节系统，作为预防或控制糖尿病的最佳补充剂。螺旋藻除了降低血糖外，还能通过降低“不良”的低密度脂蛋白胆固醇和三酸甘油酯来改善血脂水平，以及减低糖尿病和其并发症的风险。



#### NewLife™ N.Zimes PA Plus

Besides producing insulin, the pancreas also creates digestive enzymes that are needed by our body to break down foods into nutrients that can be absorbed and utilized. Individuals with diabetes not only have impaired metabolism of carbohydrates, fats and proteins, they are also prone to low enzymes levels resulting from pancreatic degeneration. Without proper digestion, blood glucose regulation becomes extra hard. NewLife™ N.Zimes PA Plus contains a broad spectrum of enzymes including amylase, lipase and protease which are important for managing diabetes as they contribute towards proper metabolism of carbohydrates, fats and proteins. Most importantly, it improves digestion, providing better blood sugar control. It may also be useful for gastroparesis, which is one of the complications of diabetes.

#### 新生命胰酶（植物）添加素

除了产生胰岛素，胰腺还能产生身体所需的消化酶，以将食物分解成可被吸收和利用的营养物质。糖尿病患者不仅面对碳水化合物、脂肪和蛋白质的代谢障碍问题，而且还因胰腺功能退化而导致体内酶含量大大减少。一旦没有正常的消化功能，血糖调节系统就会变得格外困难。新生命胰酶（植物）添加素提供广泛的酶含量，包括淀粉酶、脂肪酶和蛋白酶等，皆是控制糖尿病的重要营养素，它们有助于提供碳水化合物、脂肪和蛋白质的正常代谢功能。最重要的是，它可改善消化功能，让血糖得以有效控制。另外，它还具有控制胃轻瘫的功效，即是糖尿病的并发症之一。

## Second layer of defence: delaying the onset of diabetic complications 第二道防御线：减缓糖尿病并发症的发病



### NewLife™ Vitamin B Complex

Individuals with diabetes tend to lack water-soluble B vitamins due to increased urination from the effect of high blood sugar and the medication metformin tends to decrease B vitamin absorption. NewLife™ Vitamin B Complex offers a perfect balance of all the B vitamins to meet the body's demands. Biotin, also known as vitamin B7, is essential for the metabolism of carbohydrates, proteins and fats. It improves insulin sensitivity and reduces the risk of diabetic complications. Both vitamin B6 and B12 support nerve health. Prolonged deficiency of these vitamins can damage nerve cells. Thus, getting sufficient vitamin B6 and B12 is important to prevent diabetic neuropathy (nerve damage).

#### 新生命维他命B综合丸

糖尿病患者往往都会缺乏水溶性维生素B，这是因为体内血糖高会增加排尿量，还有服用降血糖药会降低身体对维生素B的吸收。新生命维他命B综合丸可完全提供身体对维生素B群的所需含量。生物素，也被称为维生素B7，是碳水化合物、蛋白质和脂肪进行代谢过程的必需物质。它可提高胰岛素敏感性和降低糖尿病并发症的风险。另外维生素B6和B12皆具有维持神经健康的功效。要是长期缺乏这些维生素，将会可损害神经细胞。因此，摄取充足的维生素B6和B12对预防糖尿病神经病变（神经损害）是非常重要的。

### NewLife™ 1000mg Vitamin C Complex

Vitamin C is a powerful antioxidant that plays a role in improving glucose tolerance and slowing down the progression of diabetes. The build-up of glucose in the bloodstream resulting from poor glucose regulation can cause severe damage to the blood vessels, increasing the risk of cardiovascular disease, kidney disease, nerve damage and eye disease. Vitamin C helps to prevent blood vessel damage, providing defence against the painful and fatal diabetic complications. It also reduces inflammation and enhances blood vessel elasticity, lowering oxidative stress and blood pressure in individuals with diabetes.

#### 新生命维他命C综合丸（1000毫克）

维生素C是一种强效的抗氧化剂，在改善葡萄糖耐受和缓慢糖尿病恶化的过程扮演着重要的角色。葡萄糖调节失衡造成血液中积累过多的糖分，会导致血管严重受损，从而增加心血管疾病、肾脏病、神经损伤和眼部疾病的风险。维生素C有助防止血管损伤，并对有危害生命的糖尿病并发症起着防御功效。它也可减少炎症和增强血管的弹性，有效降低糖尿病患者的氧化应激和血压问题。

### NewLife™ CoQ10 Plus

CoQ10 is a vitamin-like substance that is found naturally in our body's cells for energy production. It also acts like an antioxidant to protect the body against inflammation and free radical damage. Individuals with diabetes are often associated with decreased levels of CoQ10. Many studies showed that CoQ10 supplement improves blood glucose control and protects against oxidative damage, suggesting a role for CoQ10 in delaying and managing diabetic complications. Besides that, CoQ10 lowers blood pressure and improves heart muscle function, contributing to cardiovascular health and preventing heart disease or stroke. CoQ10 also oxygenates the blood, which is helpful in delaying diabetic retinopathy and neuropathy.

#### 新生命生物吸收性CoQ10

辅酶Q10是一种维生素类的物质，天然存在于身体细胞，以产生能量。它也具备抗氧化功能，可保护身体细胞免受炎症和自由基的侵害。糖尿病患者通常与辅酶Q10水平偏低相关。许多研究显示，辅酶Q10补充剂可改善血糖控制和保护身体免受氧化破坏，并也可延缓和控制糖尿病并发症的发病。此外，辅酶Q10也能降低血压、改善心肌功能、促进心血管健康以及预防心脏病或中风。辅酶Q10也可提供血液氧气，有利延缓糖尿病视网膜病变和神经病变的问题。