



**The Best Life,
Naturally**

最佳的生活方式 - 自然

Let your healthy radiance shine through with NewLife™ Collasta 新生命康丽达胶原红藻让您的健康散发光芒

To look your best and feeling like a million bucks isn't really that complicated. All you need is the right supplementation. Here are two major reasons how NewLife™ Collasta can greatly improve your health from inside out, making you the envy of everyone around you.

DEFEAT FREE RADICALS

For over twenty years, studies have shown that antioxidants can protect against heart disease, arthritis, cataracts, allergies and slow down the ageing process. When we don't have sufficient antioxidants in our body, free radicals will roam free. Free radicals can damage fibroblast cells that generate collagen and elastin in our skin. These two proteins are responsible for keeping your skin firm, clear and supple. The loss of which causes aging.

Antioxidants block the nasty free radical reactions in our body and protects our cells and tissues. They also provide a network that can rejuvenate the heart, strengthen our immune system, maximise our brainpower and even possibly reverse the ageing process. But not all antioxidants are created equal.

To effectively stem the flood of free radicals in your body, you need NewLife™ Collasta. It contains essential antioxidants that interact with free radical generators and working synergistically, it can halt free radical production. The secret is in the main ingredient, Astaxanthin, a powerful antioxidant that kills and neutralises harmful free radicals. Astaxanthin is rare and it is known as the 'King of Carotenes' for a reason. This natural wonder has 550 times the antioxidant capacity of Vitamin E and 40 times that of beta-carotene.

Astaxanthin also acts as a natural sunscreen from within, protecting you from the the dangerous effects of UVA light damage that includes skin cancer. This means your skin stays looking healthy and youthful while you enjoy a day at the beach.

What else can this King of Carotenes do that other beta carotene and carotenoids can't? Plenty.

Here's a short list of its benefits:

- Crosses the blood-brain barrier bringing antioxidant and anti-inflammatory protection to your eyes, brain and central nervous system
- Travels throughout the body effectively bringing antioxidant and anti-inflammatory protection at a high activity level to the skin and all organs
- Spans cell membranes
- Bonds with muscle tissue
- Works as a super-powerful antioxidant that eliminates free radicals and neutralises singlet oxygen fast and effectively.

“Antioxidants are free radical police of the body, on call whenever necessary to 'quench' free radicals wherever they may be, so that they cannot spread their destruction to other cells.”

“抗氧化剂犹如身体内负责“捕获”自由基的警察，无论自由基去到那里，抗氧化剂都会随时“待命”阻止自由基的散播破坏其他的细胞。”

- Dr Lester Packer, Ph.D., The Antioxidant Miracle. 莱斯特派克医生，博士，抗氧化的奇迹

想让自己感觉像个大亨其实没想象中复杂，您所需要的是正确的“补充”。新生命康丽达胶原红藻有两个能提升健康的效用，让您从内到外都健康焕发，连身边的人都会忍不住嫉妒您！

打败自由基

这二十年来，不断有研究显示抗氧化剂可以预防心脏病、关节炎、白内障、过敏以及减缓衰老过程。当身体内的抗氧化剂不足，自由基就会肆意生长！自由基会破坏皮肤中可生产胶原蛋白弹性蛋白的成纤维细胞，这两种蛋白质有让皮肤紧致及有弹性的功能。当皮肤流失这两种蛋白质，皮肤就会老化失去弹性。

抗氧化剂能有效阻止在我们身体起作用的可恶自由基，也能保护我们的细胞组织。此外，抗氧化剂还提供一个网络，能帮助心脏恢复活力、增强免疫系统、将脑部潜能发挥极致、甚至扭转老化的过程。但，并不是所有抗氧化剂都会产生相同的效果。

为了有效阻止自由基在您的体内爆发，您需要的是新生命康丽达胶原红藻。它拥有可和自由基生成因素相互作用所需的抗氧化剂，可阻止自由基的产生。它的主要成分就是秘密所在，那就是虾青素，这是一种强大的抗氧化剂可杀死及中和有害的自由基。由于虾青素很稀有，所以它被称为“类胡萝卜素之王”。这种自然奇观含有比维生素E高出550倍的抗氧化成分，以及40倍的β-胡萝卜素。

虾青素还有天然的防晒功效，能保护您不受紫外线的伤害，减低罹患皮肤癌的风险。这意味着即使在沙滩晒日光浴，您的皮肤都会保持健康及青春。

还有什么类胡萝卜素之王做得到，而其他β-胡萝卜素和类胡萝卜素做不到的呢？很多。

好处如下：

- 穿越血脑障壁，引导抗氧化及抗炎成分保护您的眼睛、大脑和中枢神经系统
- 在体内漫游时让抗氧化及抗炎成分能更有效地保护皮肤和器官。
- 穿越细胞膜
- 结合肌肉组织
- 超强大的抗氧化剂，可更快速及有效地消除自由基及中和单线态氧气

BUILD THE BEST PROTECTION

Collagen is the main protein of our connective tissues. Think of it as the building blocks that support the skin structure and its firmness. Collagen makes up 30% of protein in our bodies and it gives our skin its strength and elasticity.

The ageing process begins at about 25, this is when our body loses an average of 2% of collagen every year. It is scary to think that by the time we hit 50, more than half of the collagen in us is gone. Collagen loss is accelerated by external and internal factors such as stress, bad diets, inadequate rest, environmental pollution and UV damage.

A sure sign that the body has depleted its collagen is when we see external signs of ageing such as wrinkles, sagging skin, dry skin, eye circles, eye bags, pigmentation and discolouration, and loss of muscle and skin tone. Collagen deficiency also accelerates bone loss, fatigue, weakens connective tissues and other disorders.

The bio-availability of hydrolysed collagen found in NewLife™ Collasta has been proven in many studies. In 1999, a scientific study showed that orally administered hydrolysed collagen is easily digested and absorbed into the body and it promotes joint and bone health, skin health, helps in weight management and sports performance.

Supplementing with hydrolysed collagen can also give you:

- Better collagen synthesis
- Enhanced moisture-holding capacity of skin cells
- Reduced fine lines and wrinkles
- Improved skin elasticity with firmer, better toned skin
- Better tissue regeneration that heals injured skin and scars
- Improved hair structure and nail quality
- Better joint health.

打造最强的保护系统

胶原蛋白是结缔组织里主要的蛋白质，它犹如可支撑皮肤结构及保持皮肤紧致的建筑支柱。胶原蛋白在我们身体内生产30%的蛋白质，能让我们的皮肤坚实和有弹性。

老化过程会在25岁开始，接下来我们身体每年平均会失去2%的胶原蛋白。到我们接近50岁时，情况更加无法想象，我们身体内已经消失了将近一半的蛋白质。内在和外在的因素都会导致蛋白质流失，如压力、不良的饮食习惯、休息不足、环境污染和紫外线伤害。

当身体已经“耗尽”胶原蛋白时，就会很明显看到老化的迹象，如皱纹、皮肤松弛、皮肤干燥、黑眼圈、眼袋、色素沉着和变色、肤色不均匀以及肌肉松弛。缺少胶原蛋白也会导致骨质酥松、疲劳、削弱结缔组织和其他疾病。

许多研究已经显示，新生命康丽达胶原红藻里中的水解胶原蛋白含有生物药效。1999年，科学研究证明口服水解胶原蛋白容易被人体消化吸收，并促进关节和骨骼、皮肤的健康，以及帮助体重管理和运动。

额外摄取水解胶原蛋白可让您：

- 促进胶原蛋白合成
- 增强保湿皮肤的细胞
- 减少细纹和皱纹
- 改善、使皮肤更紧致及更有弹性
- 促进皮肤再生修复疤痕和愈合
- 改善发质及指甲的质量
- 促进关节健康

Antioxidants : A Daily Regimen

How we deal with free radicals can determine the longevity as well as the quality of our lives. Making small changes like adding daily supplementation is the sure way to getting enough antioxidants to combat free radical damage.

Antioxidants are best taken with a variety of other antioxidants, found in an assortment of fruits and vegetables, for better synergistic benefits.

To get the best protection and defence for your body, do this:

1. Eat a lot of fresh fruits and vegetables, ideally as a raw salad or as juices
2. Take food supplements like Super Green Food or Spirulina
3. Take sufficient Omega 3 essential fatty acids
4. Include the antioxidant Astaxanthin, mangosteen, pine bark extract, grape seed extract, lycopene, green tea extract, Vitamin C, Vitamin E, and CoQ10 into your everyday life.
5. Do coffee enemas regularly
6. Go through Dr. Lynn's Detoxification and Rejuvenation Programme (DRP) once or twice a year to flush out free radicals and other toxins to restore a nutritional balance and strengthen your immunity.

抗氧化剂：日常养生

我们如何处理自由基跟我们寿命的长短及生活质量有莫大的关系。如果做些小改变，例如日常生活中多补充，就能获取足够的抗氧化剂来对抗自由基的伤害。

抗氧化剂最好是跟如水果或蔬菜等含抗氧化成分的食品同时摄取，可有更佳效果。

想让身体得到最佳的保护及抵抗能力，就多尝试这样做吧：

1. 多吃新鲜水果和蔬菜，例如沙拉和果汁。
2. 食用如超绿食品或螺旋藻的健康食品。
3. 摄取足够的奥美加-3必需脂肪酸。
4. 在日常生活饮食中多摄取含有抗氧化虾青素、山竹、松树树皮提取物、葡萄籽提取物、番茄红素、绿茶提取物、维生素C、维生素E和辅酶Q10的食物。
5. 经常做咖啡灌肠。
6. 每年至少一次或两次进行林博士推介的排毒程序 (DRP)，把自由基和其他毒素等统统排除体外，让身体恢复营养均衡及增强免疫力。