

What Is Collagen?

Do Collagen Supplements Really Work?

什么是胶原蛋白?

胶原蛋白补充剂真的有用吗?

Collagen is the most abundant protein in the body, making up one-third of the total protein count. It is most abundant in the skin tissues, bones, muscles, cartilage, tendons, blood vessels and gut. Our body naturally produces collagen in order to maintain the structure of tissues and organs.

As we age, our collagen stores reduce and the body produces poorer quality collagen over time. In addition to aging, our lifestyle and genetics also play a part. Habits such as smoking, eating an unhealthy diet, or living a stressful lifestyle can aggravate inflammation and free radicals in the body, which increases the speed of collagen breakdown. Sun damage and nutritional deficiency are also common causes of collagen damage.

The most obvious signs of collagen breakdown occur in the skin, in the form of dryness, wrinkles, fine lines and loss of elasticity. Most people focus on the skin because it is the part of the body that we can see. However, can you imagine this happening throughout your body and in your internal organs and tissues?

As part of a holistic approach, collagen supplementation is essential for slowing the aging process and preventing cell and tissue damage within the body. Here are 5 scientifically proven health benefits from supplementing your diet with collagen:

1. Skin Health

A study published in the Journal of Medical Nutrition and Nutraceuticals showed that women who took a hydrolysed collagen supplement reported significant improvements in their skin health – particularly in the areas of hydration and elasticity. When your skin is hydrated and more elastic, you will be less prone to signs of aging such as wrinkles and fine lines. Collagen plays a direct role in maintaining the structural integrity of skin cells and is an important supplement for anyone looking to retain a youthful appearance.

Note: Collagen and vitamin C work synergistically together. Without sufficient vitamin C, the body will not be able to form or store collagen. Thus, it is important to take both together. Vitamin C has also been scientifically proven to improve health throughout the body.

胶原蛋白是人体中最丰富的蛋白质，占总蛋白质的三分之一，尤其是在皮肤组织、骨骼、肌肉、软骨、肌腱、血管和肠道中分布最多。我们的身体自然产生胶原蛋白，以维持组织和器官结构。

随着年龄的增长，我们的胶原蛋白储备会减少，产生的胶原蛋白的质量也变得更差。除了老化之外，我们的生活方式和基因也起了一定作用。吸烟、不健康饮食或生活压力等因素会加剧体内的炎症和自由基，从而加速胶原蛋白的分解流失。阳光的伤害和营养缺乏也是造成胶原蛋白损伤的常见原因。

胶原蛋白分解流失最明显的迹象是出现在皮肤上，皮肤变得干燥、出现皱纹、细纹和失去弹性。大多数人都会关注皮肤，因为它是我们能看到的身体部位。然而，您能想象这种情况发生在您全身的内脏组织中吗？

作为整体疗法的一部分，胶原蛋白是减缓衰老过程和防止体内细胞和组织损伤的必要补充。以下是5个经科学证实从饮食中补充胶原蛋白的健康益处：

1. 皮肤健康

发表在《医学营养与营养期刊》上的一项研究表明，服用了水解胶原蛋白补充剂的女性的皮肤健康有显著的改善，尤其是在水合作用和弹性方面。当皮肤水分充足且更有弹性时，皮肤就不会那么容易出现皱纹和细纹等老化迹象。胶原蛋白在维持皮肤细胞的结构完整性方面扮演着直接的角色，是任何想要保持年轻外表的人的必要补充剂。

注：胶原蛋白需要维生素C协同工作，因为没有足够的维生素C，身体将不能形成或储存胶原蛋白。因此，两者结合起来是很重要的。科学证明，维生素C可以改善整体的健康。



2. Cardiovascular Health

New research is showing that one of the primary causes of atherosclerosis—the clogging or narrowing of blood vessels that cause heart attacks and strokes—is tissue damage along the walls of blood vessels. This is most commonly caused by lifestyle or dietary habits that heighten inflammation and free radical damage. When the body detects that there is damage, it sends substances such as cholesterol to repair the damage. This causes a temporary narrowing of that particular area. Over time and if the lifestyle factors are not changed, the blood vessels become narrower and narrower, leading to cardiovascular disease.

Collagen is an essential substance for maintaining the structural integrity of blood vessels. In combination with antioxidants, it is believed that collagen can play a key role in preventing or slowing the progress of cardiovascular disease.

3. Bone & Joint Health

Did you know that your bones are made of mostly collagen? Collagen gives bones structure and keeps them strong. Collagen is also found in the connective tissues that make up our joints, tendons and cartilages.

Studies have shown that collagen supplements are effective for preventing bone loss and reducing joint pain. In some studies, women who took a collagen supplement daily actually showed an increase in bone mineral density after 12 months! This shows that collagen supplementation is essential in the prevention of osteoporosis and other bone and joint related conditions.

4. Eyesight

One of collagen's health benefits is also its ability to help improve eyesight! Recent studies have revealed that a lack of collagen in the eyes is one of the leading causes of glaucoma and cataracts. These conditions are more common in those over the age of 50, and this has been linked with the lowered production of collagen due to aging. An increase in collagen intake has shown significant benefits for these age-related eye issues!

2. 心血管健康

新的研究表明，动脉粥样硬化的主要原因之一是血管壁的组织损伤。动脉粥样硬化是血管堵塞或狭窄，会导致心脏病和中风。最常见的原因是生活方式或饮食习惯加剧了炎症和自由基损伤。当身体察觉到有损伤时，就会发送胆固醇等物质来修复损伤，这会导致特定区域暂时缩小。随着时间的推移，如果生活方式的因素没有改变，血管会变得越来越窄，导致心血管疾病。

胶原蛋白是维持血管结构完整性的重要物质。与抗氧化剂结合，胶原蛋白被认为在预防或减缓心血管疾病的进展中可发挥关键作用。

3. 骨与关节健康

您知道骨头主要是由胶原蛋白组成的吗？胶原蛋白赋予骨骼结构并使其强壮。胶原蛋白也存在于组成我们的关节、肌腱和软骨的结缔组织中。

研究表明，胶原蛋白补充剂对预防骨质流失和减少关节疼痛是有效的。在一些研究中，每天服用胶原蛋白补充剂的妇女在12个月后骨密度确实增加了！这表明补充胶原蛋白对于预防骨质疏松症和其他骨骼和关节相关的疾病是必不可少的。

4. 视力

胶原蛋白的另一个健康益处是它能帮助改善视力！最近的研究表明，眼睛中胶原蛋白的缺乏是青光眼和白内障的主要导因之一。这些情况在50岁以上的人群中更为常见，这与随年龄增长所导致的胶原蛋白产量降低有关。增加胶原蛋白的摄入量对预防这些与年龄有关的视力问题有显著的好处！

NewLife™'s Collasta

is a proprietary hydrolysed collagen supplement enhanced with astaxanthin and an antioxidant complex for total anti-aging support!

The **hydrolysed marine collagen** combined with **multiple potent antioxidants**, works synergistically to combat what may be one of the main causes for most chronic diseases—free-radical damage.

新生命康丽达胶原红藻

是一种增强了虾青素的水解胶原蛋白专利配方；一种全面抗衰老的抗氧化剂复合物！

水解的海洋胶原结合多种有效的抗氧化剂，协同工作对抗可能是造成大多数慢性疾病的主因之一的自由基损害。

- **Hydrolysed marine collagen**, a highly digestible form of protein that gives skin its strength and elasticity while reducing inflammation, body pains and joint discomfort.
- **水解海洋胶原蛋白**，一种可高度消化的蛋白质形式，保持皮肤实力和弹性，减少炎症、身体疼痛和关节不适。



- **Astaxanthin**, extracted from red algae (*Haematococcus pluvialis*), possesses an antioxidant capacity 40 times stronger than beta-carotene and 550 times stronger than Vitamin E. It is a carotenoid that has been proven by research to be linked to healthier skin, heart, joint and may even have a future in cancer treatment. In addition, one of its most exciting health benefits is its ability to slow and even reverse age-related eye degeneration! It is one of the few antioxidants that can penetrate the blood-brain barrier to work in the eyes.
- **虾青素**，提取自红藻，具有的抗氧化能力强于β-胡萝卜素40倍和维生素E550倍。此类胡萝卜素已被研究证实可以影响皮肤健康、耐力、心脏健康、关节疼痛，甚至可能在未来治疗癌症。此外，它最令人兴奋的健康益处之一是它可以减缓甚至逆转与年龄相关的眼睛退化问题！它是少数能穿透血脑屏障在眼睛里工作的抗氧化剂之一。



- **Lycopene** may protect us from certain disorders such as cancer and coronary heart disease.
- **番茄红素**可以保护我们远离某些疾病，如癌症和冠心病。



- **Mangosteen** is rich in phytonutrients that support multiple systems of the body.
- **山竹**富含支持人体多个系统的植物营养素。



- **Green tea extract** contains bioactive antioxidant compounds that are easily absorbed and highly effective at inhibiting lipid peroxidation and free radical damage.
- **绿茶提取物**含有生物活性抗氧化化合物，易被吸收，对脂质过氧化和自由基损伤有高效抑制作用。



- **Pycnogenol**, a pine bark extract, is effective in lowering blood pressure and improving glycemic control.
- **松树树皮提取物**，能有效地降低血压和改善血糖。

- **Grape seed extract** can help prevent disease and protect against oxidative stress, tissue damage and inflammation.
- **葡萄籽提取物**可以帮助预防疾病，防止氧化应激、组织损伤和炎症。



Testimonials 见证

Total Rejuvenation

I travel a lot and as such my skin is exposed to the weather and this has caused it to look dull and tired. After a month of consuming **Collasta**, I noticed my skin texture improving and getting firmer especially in the areas around my eyes. My skin became clearer and not as dry as before. Obvious wrinkles have become less visible and not only that, my joint pains have totally disappeared. In addition to all these remarkable changes, my vision is clearer; I can now read and drive without having to wear my glasses!

I am healthy and feeling like I'm on top of the world. My daily consumption of these wonderful NewLife™ products has truly helped me.

Umi Kalsom Abd. Rahim, Kuala Lumpur

恢复活力

我经常出差，在风吹日晒下，因此皮肤看起来暗淡和疲劳。服食**康丽达胶原红藻**一个月后，我注意到我的皮肤纹理改善了，变得更紧致，尤其是眼睛周围的部位。甚至连我暗淡的皮肤也亮了许多，不像以前般干燥。现在，明显的皱纹也少了，不仅如此，我的关节疼痛已完全消失。除了所有这些显著的变化，我的视力更清晰了；我现在不用戴眼镜就能阅读和开车！

我很健康，感觉像在世界之巅。每天服食新生命产品真的帮助了我。

乌米卡尔森阿卜杜勒·拉希姆，吉隆坡

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Improved Vision

My eyesight started deteriorating after I turned 36. I started having difficulty reading the numbers on buses when I needed a ride and my eyes would strain when I tried to read road signs whenever I drove. I had to depend on my glasses.

Having known my problems, my wife Sarah recommended me to take **Collasta**. I began drinking it every night. I liked its taste as well as the cooling sensation it left and I looked forward to drinking it. A month later, I was out and I realized that I had forgotten to bring my glasses. I noticed then that the things I saw which were usually blurry, had now appeared clearer. I could read the road names from a distance as well as the bus number without straining my eyes.

Drinking **Collasta** has helped me improve my eyesight!

Bernard Lim, Singapore

改善视力

踏入36岁以后，我的视力开始退化。当我需要搭车的时候，我开始看不清巴士的车牌号码。开车的时候，我的眼睛会因为看路牌而紧张疲倦。我不得不依靠我的眼镜。

我的妻子丽琴知道了我的问题，便建议我服用**康丽达胶原红藻**。我开始每天晚上都喝。我很喜欢它的味道，以及它留在嘴里冰冰的感觉。一个月后，我出门忘了携带眼镜。这时才意识到，平时我所看到的模糊的东西现在变得清晰了。眼睛无需过份使力便能从远处读出路名和公共巴士的车牌号码。

饮用**康丽达胶原红藻**帮助我提高视力。

林振煊，新加坡

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All Pain Gone! My Mom Can Walk Freely Again!

My elderly mother had pain in her knee joint, thighs and buttocks. She also suffered discomfort all over her body. I took her for medical check-up with an orthopaedic doctor, who took an X-ray of her spine and left knee and gave her a prescription. My mom had a history of gastric problems, so I was reluctant to let her take medication. Instead, I gave her **Collasta**.

My mother started taking **Collasta** with 2 packets a day for 15 days followed by a packet a day. I was surprised that after 3 days the pain lessened and a week later, she could walk up the staircase without help. She felt improvement every day and at the end of 2 weeks the pain was gone!

She was able to go back to her usual activities such as morning walks to market and Tai Chi twice a week. Thank you, NewLife™, for having such a wonderful product!

Rina Chee, Kuala Lumpur

所有的疼痛都消失！我母亲又可以行走自如了！

我年迈的母亲膝盖关节、大腿和臀部经常疼痛。她也常感全身不适。我带她去骨科医生那里做了检查，医生给她的脊椎和左膝拍了x光片，也给她开了处方。但因我的母亲有着胃病的前例，所以我不愿意让她服食药物，而是让她试着服用**康丽达胶原红藻**。

刚开始的十五天，我母亲每天服用两包**康丽达胶原红藻**，后来每天服用一包。我感到非常惊讶，她在服用3天后，疼痛便减轻了。一个星期后，她可以在没人协助的情况下自己走上楼梯。她觉得身体状况每天都有所改善，两周后疼痛完全消失了。

现在，她恢复了日常活动，如晨运至市场及每周打太极两次。感谢新生命的美妙产品。

池丽蓉，吉隆坡

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