



# The Perfect Pairings:

## Unlocking Your Health Potential with Supplement Synergy

# 完美搭配:

## 通过补充剂的协同作用释放您的健康潜力

In our quest for optimal health, we often find ourselves faced with a myriad of supplement options. While each supplement may offer individual benefits, combining the right ones can result in a powerful synergy that maximizes their potential. In this article, we will explore six carefully curated supplement pairings that target various aspects of our health and well-being.

在追求最佳健康的过程中，我们经常发现自己面临着无数的补充剂选择。虽然每种补充剂都有各自的好处，但结合正确的补充剂可以产生强大的协同作用，最大限度地发挥它们的功效。在这篇文章中，我们将探索六组针对我们各个健康方面的需求，精心策划的补充剂配对。

### SKIN HEALTH

#### C Complex and Niacin

When it comes to radiant skin, a combination of vitamin C with bioflavonoids and niacin can work wonders. Vitamin C is renowned for its collagen-boosting properties, while bioflavonoids enhance its absorption. Niacin, also known as Vitamin B3, aids in skin repair and regeneration. Together, these supplements promote skin elasticity, reduce wrinkles and protect against environmental damage.

### 皮肤健康

#### 维生素C综合丸(含生物类黄酮)和血液循环补充丸(烟碱酸)

说到容光焕发的皮肤，维生素C、生物类黄酮和烟碱酸的组合可以产生神奇的效果。维生素C以其促进胶原蛋白的特性而闻名，而生物类黄酮则能促进其吸收。烟碱酸，也被称为维生素B3，有助于皮肤修复和再生。总之，这些补充剂可以促进皮肤弹性，减少皱纹，保护皮肤免受环境损害。



**Best Time to Take:** It is ideal to take this combination in the morning with breakfast. Vitamin C provides a refreshing boost to your skin when consumed in the morning, helping protect against daily environmental stressors.

**最佳服用时间:** 最好在早餐时服用。早晨摄入维生素C能让您的皮肤焕然一新，有助于抵御日常环境压力。



## NERVOUS SYSTEM

### B Complex and Kelp

The nervous system requires a steady supply of B vitamins to function optimally. B Complex provides essential nutrients for nerve health, while Kelp adds a dose of iodine, crucial for thyroid function. This pairing supports cognitive function, helps maintain mood stability and keeps stress at bay.



**Best Time to Take:** This pairing is best taken in the morning as well. The B vitamins and the iodine in Kelp can help kickstart your day by supporting mental clarity and energy levels.

**最佳服用时间：**这种搭配最好也选在早上服用。B族维生素和海藻宝中的碘可以帮助您开始新的一天，保持头脑清醒和精力充沛。

## 神经系统

### 维他命B综合丸和海藻宝

神经系统需要稳定的B族维生素供应才能发挥最佳功能。B复合物为神经健康提供必需的营养，而海藻宝则增加了对甲状腺功能至关重要的碘。这种配对支持认知功能，有助于保持情绪稳定，并保持压力。



## WEIGHT MANAGEMENT

### Kelp and Chromium Picolinate

Maintaining a healthy weight is a goal for many, and this pairing can be your ally. Kelp supplements provide organic iodine for thyroid support, which plays a role in regulating metabolism. Chromium picolinate helps stabilize blood sugar levels and control cravings, making it easier to manage your weight effectively.



**Best Time to Take:** Take Kelp in the morning with breakfast to support metabolism, and Chromium Picolinate before or during meals to help regulate blood sugar levels and control cravings.

**最佳服用时间：**早餐时服用海藻宝有助促进新陈代谢，餐前或餐中服用有机铬，可以调节血糖水平和控制食欲。

## 体重管理

### 海藻宝和有机铬

保持健康的体重是许多人的目标，这对搭档可以成为您的盟友。海藻宝提供支持甲状腺的有机碘，增进调节新陈代谢。有机铬有助稳定血糖水平和控制食欲，使您更容易有效地控制体重。



## BONE & JOINT HEALTH

### Calcium Complex with Boron and Collasta

For strong bones and flexible joints, consider combining Calcium Complex with Boron and Collasta, a marine collagen supplement. Calcium is vital for bone density, while boron enhances its absorption and bone strength. Collasta, rich in collagen, promotes joint health by providing essential amino acids. It also contains an antioxidant complex that reduces inflammation in the body. Together, they offer comprehensive support for your skeletal system.



**Best Time to Take:** Split this combination into two doses – one with breakfast and the other with dinner. Calcium is better absorbed when taken with food, and distributing the intake ensures a steady supply of nutrients throughout the day.

**最佳服用时间：**将这种组合分成两剂——一剂早餐，另一剂晚餐。钙与食物一起服用时吸收得更好，此外，划分、分配摄入量可确保全天稳定供应营养。

## 骨骼和关节健康

### 钙合成剂加硼和康丽达胶原红藻

考虑将钙合成剂加硼和康丽达胶原红藻（一种海洋胶原蛋白补充剂）结合使用，有助促进骨骼强壮和关节灵活。钙对骨密度至关重要，而硼可增强其吸收和骨骼强度。康丽达胶原红藻富含胶原蛋白，通过提供必需氨基酸来促进关节健康。它还含有抗氧化剂复合物，可减少体内炎症。它们共同为您的骨骼系统提供全面的支持。



## IMMUNITY

### Vitamin C Complex with Garlic & Parsley Oil

Immune health should never be underestimated. A combination of vitamin C with garlic and parsley oil delivers a potent immunity boost. Vitamin C supports immune function, while garlic and parsley oil provide natural antibacterial and antiviral properties. This pairing helps ward off common illnesses and strengthens your body's defence mechanisms.



**Best Time to Take:** To bolster your immune system, take this combination in the evening with dinner. This allows your body to absorb and utilize these nutrients while it naturally repairs and rejuvenates during sleep. This pairing should be taken more frequently throughout the day if unwell.

**最佳服用时间:** 在晚餐时服用, 可以增强免疫系统。这可以让身体吸收和利用这些营养, 同时在睡眠中自然修复和恢复活力。如果身体不适, 应该在一天中更频繁地服用这对补充剂。

## 免疫力

### 维生素C缓释综合丸(富含生物类黄酮)搭配大蒜和欧芹油

我们永远不应该低估免疫健康的重要性。维生素C与大蒜和欧芹油的结合可以有效提高免疫力。维生素C支持免疫功能, 而大蒜和欧芹油提供天然抗菌和抗病毒特性。这种搭配有助于抵御常见疾病, 增强身体的防御机制。



## DIGESTIVE HEALTH

### Herbal Klenz/Herbal Matrix, Immuflora® and N.Zimes PA Plus™

A healthy gut is the cornerstone of overall well-being. The synergy of Herbal Klenz/Herbal Matrix (a fibre supplement), Immuflora® (a pre- and probiotic), and N.Zimes PA Plus™ (an enzyme supplement) creates a harmonious environment for digestive health. Fibre aids in bowel movement regularity, probiotics boost gut flora, and enzymes improve nutrient absorption. This trio ensures a happy and efficient digestive system.



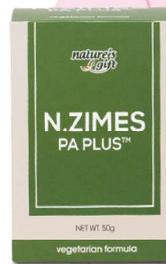
**Best Time to Take:** Immuflora® can be taken anytime during the day, while Herbal Klenz/Herbal Matrix should be taken in the morning on an empty stomach to promote regularity. N.Zimes™ PA Plus can be taken with meals to aid digestion. This staggered approach ensures optimal digestion and immune support.

**最佳服用时间:** 免疫激菌植可以在白天的任何时间服用, 而天然净化粉应在早上空腹服用, 以促进规律性。胰酶(植物)添加素可以随餐服用, 以帮助消化。这种交错的方法确保了最佳的消化和免疫支持。

## 消化系统健康

### 天然净化粉、免疫激菌植和胰酶(植物)添加素:

健康的肠道是整体健康的基石。天然净化粉(纤维补充剂)、免疫激菌植(益生元和益生菌)和胰酶(植物)添加素(酶补充剂)的协同作用为消化系统健康创造了一个和谐的环境。纤维有助于规律性, 益生菌增强肠道菌群, 酶改善营养吸收。这三剑客确保了快乐和高效的消化系统。



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If you are struggling with health issues or chronic illnesses of any kind, please consult with our team on what nutritional programme would be best suited for you. We can help to tailor a plan that matches your needs and goals, ensuring that you are getting the best possible nutritional support. Remember that supplements are most effective when used together with a healthy diet and lifestyle. With the right nutritional guide and advice, you can unlock your full health potential and embark on a journey towards optimal well-being. Contact us at [info@newlife.com.my](mailto:info@newlife.com.my) to get started today!

如果您正面对任何健康问题或患有任何慢性疾病, 请咨询我们的团队, 了解最适合您的营养计划。我们可以帮助您量身定制符合您需求和目标的计划, 确保您获得最佳的营养支持。请记住, 补充剂必须与健康的饮食和生活方式一起配合, 才能达到最佳效果。有了正确的营养指导和建议, 您可以释放您的全部健康潜力, 踏上最佳健康的旅程。今天就可以通过[info@newlife.com.my](mailto:info@newlife.com.my)联系我们!