

LifeLine

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SEPTEMBER & OCTOBER 2024

PP 12933/09/2013 (032866)

World Osteoporosis Awareness's Day Issue
世界骨质疏松意识日

LOVE YOUR BONES Protect Your Future

What You Need to Know about Osteoporosis

骨质疏松知多少

Pg4 第四页

Rebounding Boosts Bone Health

通过弹跳运动增强
骨骼健康

Pg14 第十四页

Not All Dairy Is Created Equal When It Comes to Bone Health

并非所有乳制品在
促进骨骼健康方面都
具有相同的效果

Pg16 第十六页

DO NOT LET OSTEOPOROSIS
BREAK YOU



OUR HEARTIEST CONGRATULATIONS TO ALL ACHIEVERS

我们衷心祝贺所有达致目标者

JUNE & JULY 2024
2024年6月至7月

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21% ACHIEVERS

JUNE & JULY 2024

IRENE CHONG CHUAY PENG

18% ACHIEVERS

JUNE 2024

KONG WAI YIN

JULY 2024

CHONG KIM MOI

YEUNG YEE NOG

CHAN SOO TECK PETER

15% ACHIEVERS

JUNE & JULY 2024

MOI YAN LIN ABIGAIL

WELLNESS INC

JUNE 2024

LIM SIEW CHOO

JULY 2024

SYARIKAT ADIL

KONG WAI YIN

LING YOUNG HOON



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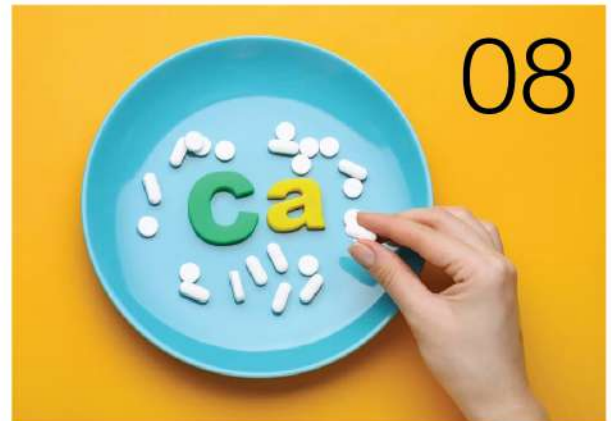
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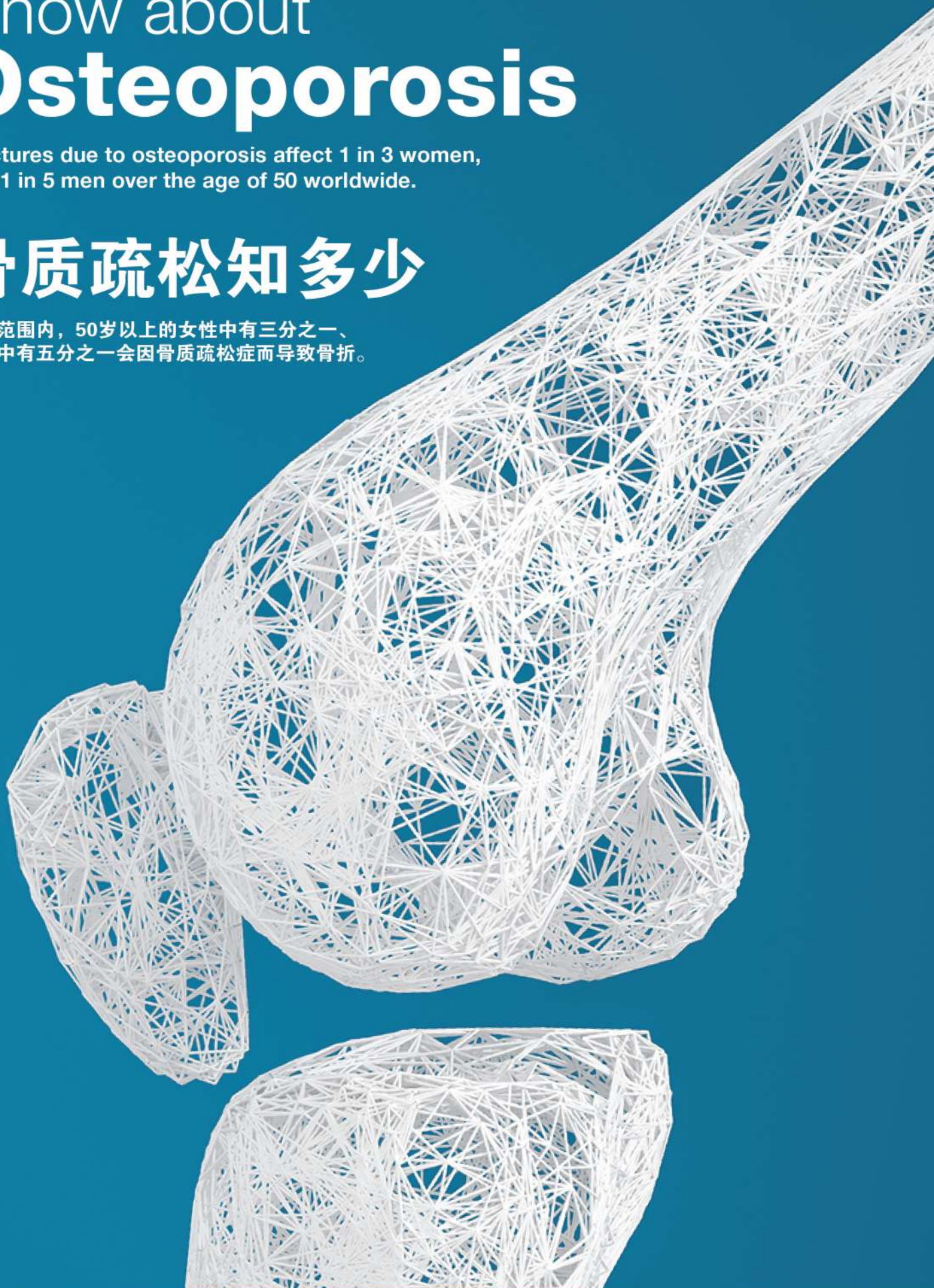
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What You Need to Know about **Osteoporosis**

Fractures due to osteoporosis affect 1 in 3 women, and 1 in 5 men over the age of 50 worldwide.

骨质疏松知多少

全球范围内，50岁以上的女性中有三分之一、男性中有五分之一会因骨质疏松症而导致骨折。



Imagine your bones as a living bank where you deposit calcium and other minerals throughout your life. As you age, these deposits become crucial for maintaining the strength and health of your bones. Osteoporosis is like a thief that silently robs this bank, leaving bones brittle and fragile, making even a minor fall potentially catastrophic. Understanding osteoporosis is the first step towards preventing and managing it effectively.

Osteoporosis, meaning "porous bone," is a condition characterized by weakened bones that are more susceptible to fractures. It's often called a silent disease because bone loss occurs without symptoms until a fracture happens. This article aims to empower you with knowledge about osteoporosis, its causes, implications and actionable steps you can take to protect your bone health.

Understanding Osteoporosis

Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. Your bones are in a constant state of renewal—a process called remodelling. This involves two types of cells: osteoclasts, which break down old bone and osteoblasts, which build new bone. In osteoporosis, the balance between these cells tips towards bone loss. Several factors contribute to this imbalance:

Age

Age is one of the most significant risk factors for osteoporosis. As we age, our bones lose density and strength, making them more prone to fractures. Peak bone mass—the highest amount of bone a person has—is typically reached in our early 20s. After this peak, bone remodelling (the process of bone renewal) gradually shifts towards bone resorption (breakdown) rather than formation.

In our younger years, the body efficiently replaces old bone with new bone. However, as we age, the rate of new bone formation slows down, and bone resorption continues at a steady pace. This imbalance leads to a decrease in bone density, increasing the risk of osteoporosis. By the time we reach our 50s and beyond, this bone loss becomes more pronounced, especially if other risk factors are present.

Hormonal changes

Hormonal changes play a crucial role in bone health, particularly for women. Estrogen, a hormone that helps maintain bone density, decreases significantly during menopause. This decrease accelerates bone loss, making postmenopausal women particularly susceptible to osteoporosis.

In men, testosterone helps maintain bone density. While men experience a more gradual decline in testosterone levels with age, this decline can still contribute to bone loss over time. Both men and women can benefit from monitoring their hormone levels and discussing potential treatments with their healthcare providers to mitigate the effects of hormonal changes on bone health.

Nutritional deficiencies

Nutrition is a cornerstone of bone health. A diet lacking in these nutrients can lead to weakened bones and an increased risk of osteoporosis.

Lifestyle factors

Certain lifestyle choices can significantly impact bone health. A sedentary lifestyle, smoking, excessive alcohol consumption and poor dietary habits can all contribute to bone loss and increase the risk of osteoporosis.

Implications of Osteoporosis

Osteoporosis can have severe consequences for those affected. Fractures, particularly in the hip, spine and wrist, are common and can lead to chronic pain, disability and a loss of independence. Hip fractures are especially concerning, as they often require surgery and can result in long-term rehabilitation or even death in older adults. Spinal fractures can cause a loss of height, stooped posture and severe back pain.

The emotional and psychological impact of osteoporosis is equally significant. The fear of falling and breaking a bone can lead to a decrease in physical activity, further weakening the bones and muscles. This fear can also lead to social isolation, depression and a diminished quality of life.

想象一下，您的骨骼就像一个活期储蓄银行，您一生都在那里储存钙和其他矿物质。随着年龄的增长，这些存款成为您维持骨骼力量和健康的关键。骨质疏松症是一个潜在危险的沉默侵袭者。它会无声地侵蚀您“银行”的资金，使您的骨头变得脆弱易碎，即使是轻微摔倒也可能导致灾难性后果。因此，深入了解并意识到这个问题是预防和管理骨质疏松症的第一步。

骨质疏松症，意思是“多孔骨”，是一种以骨骼脆弱为特征的疾病，更容易骨折。它通常被称为无声疾病，因为骨质流失在发生骨折之前没有任何症状。这篇文章旨在为您提供有关骨质疏松症的知识，包括其成因、影响以及您可以采取的保护骨骼健康措施。

了解骨质疏松症

当新骨的生成无法跟上老骨的流失速度时，骨质疏松症就会发生。您的骨骼处于不断更新的状态，这个过程被称为重塑。这个过程涉及两种细胞：负责分解老骨的破骨细胞和负责形成新骨的成骨细胞。在骨质疏松症中，这些细胞之间的平衡倾向于骨质流失。造成这种失衡的因素有几个：

年龄

年龄是骨质疏松症最重要的危险因素之一。随着年龄增长，我们的骨骼密度和强度会下降，更容易骨折。通常在我们20岁出头的时候是骨量峰值期。在这个高峰之后，骨重塑(骨更新的过程)逐渐转向骨吸收(分解)而不是形成。

在青壮年阶段，身体能够有效地用新骨代替旧骨。然而，随着年龄的增长，新骨形成的速度减慢，骨吸收继续以稳定的速度进行。这种不平衡导致骨密度降低，增加患骨质疏松症的风险。当我们50多岁甚至更晚的时候，这种骨质流失会变得更加明显，尤其是如果存在其他风险因素的话。

荷尔蒙变化

荷尔蒙变化在骨骼健康方面扮演着至关重要的角色，尤其是对女性而言。雌激素是一种有助于维持骨密度的激素，在绝经期间会大幅下滑。这种显著下降会加速骨质流失，使绝经后的女性特别容易患上骨质疏松症。

男性则由睾酮来帮助维持骨密度。虽然男性的睾酮水平下滑较缓慢，但随着时间的推移，这种逐渐下降仍然会导致骨质流失。男性和女性都可以从监测他们的激素水平和与他们的医疗保健提供者讨论潜在的治疗方法中受益，以减轻荷尔蒙变化对骨骼健康的影响。

营养缺乏

营养是骨骼健康的基石。缺乏营养会导致骨骼变弱，增加患骨质疏松症的风险。

生活方式因素

某些生活方式会显著影响骨骼健康。久坐不动、吸烟、过度饮酒和不良的饮食习惯都会导致骨质流失，增加患骨质疏松症的风险。

骨质疏松症的后果

骨质疏松症对患者有严重影响。骨折很常见，尤其是髋部、脊柱和手腕部位的骨折，可导致慢性疼痛、残疾和丧失独立能力。髋部骨折尤其令人担忧，因为它们通常需要手术，可能导致长期康复甚至老年人死亡。脊柱骨折则可能导致身高降低、弯腰驼背和严重背痛。

骨质疏松症对情绪和心理的影响同样显著。害怕跌倒和骨折可能会导致身体活动减少，进一步削弱骨骼和肌肉。这种恐惧还可能导致社交孤立、抑郁和生活质量下降。

Actionable Advice for Bone Health

While osteoporosis can be a daunting diagnosis, there are proactive steps you can take to maintain and improve your bone health. Here are some empowering strategies to consider:

可采取的骨骼健康行动建议

虽然骨质疏松症可能是一个令人担忧的诊断结果，但您可以采取积极的措施来维护和改善骨骼健康。以下是一些值得考虑的增强力量的策略：



Nutrition

Ensure your diet is rich in calcium and vitamin D. These nutrients are essential for maintaining strong bones. Here are some tips to enhance your diet for better bone health:

- **Calcium-rich foods:** Incorporate dairy products such as milk, cheese, home-made yoghurt, kale, broccoli and bok choy which are excellent sources of calcium. Home-made yoghurt is preferred because most Asians are allergic or lactose intolerant.
- **Vitamin D sources:** Vitamin D helps your body absorb calcium. Spend some time outdoors to get natural sunlight, a primary source of vitamin D. Include foods like wild-caught fatty fish (salmon, mackerel and sardines), egg yolks and fortified foods in your diet. Supplements can also be considered, especially if you live in a region with limited sunlight.

Exercise

Physical activity is crucial for maintaining bone density and overall health. Focus on weight-bearing and resistance exercises, which can help strengthen bones and muscles:

- **Weight-bearing exercises:** Engage in activities that make you work against gravity, such as walking, jogging, climbing stairs, dancing and hiking. These activities stimulate bone formation and improve bone density.
- **Resistance training:** Incorporate strength training exercises using weights, resistance bands, or body weight. Exercises like rebounding, weight lifting, squats, lunges and push-ups help build muscle mass and strengthen bones.
- **Balance and flexibility exercises:** Activities such as tai chi, line dancing and Pilates improve balance, coordination and flexibility, reducing the risk of falls and fractures.

Lifestyle choices

Adopting healthy lifestyle habits can significantly impact your bone health:

- **Quit smoking:** Smoking has detrimental effects on bone health. It reduces bone density and impairs the body's ability to absorb calcium. Quitting smoking can improve bone health and overall well-being.
- **Limit alcohol consumption:** Excessive alcohol intake can weaken bones and increase the risk of fractures. If you drink alcohol, do so in moderation. For women, this means up to one drink per day, and for men, up to two drinks per day.
- **Consume a balanced diet:** Fruits, vegetables, lean proteins and whole grains provide essential nutrients, vitamins and minerals that support overall health and bone strength.



营养

确保饮食富含钙和维生素D。这些营养素对于保持骨骼强健至关重要。以下是一些有助于改善骨骼健康的饮食建议：

- **高钙食物：**摄入乳制品，如牛奶、奶酪、自制酸乳酪、甘蓝、花椰菜和小白菜，它们是钙的极佳来源。自制酸乳酪是首选，因为大多数亚洲人对乳制品过敏或乳糖不耐受。
- **维生素D：**维生素D有助于人体吸收钙。花些时间在户外晒太阳，这是维生素D的主要天然来源。在饮食中加入野生捕捞的脂肪含量高的鱼类（如鲑鱼、鲭鱼和沙丁鱼）、蛋黄和强化食品。如果居住在阳光较少的地区，也可以考虑补充剂。

运动

运动对保持骨密度和整体健康至关重要。专注于负重和阻力运动，这有助于增强骨骼和肌肉：

- **负重运动：**对抗重力的活动，比如散步、慢跑、爬楼梯、跳舞和远足，有助刺激骨形成，提高骨密度。
- **阻力训练：**结合力量训练练习，使用重量，阻力带，或体重。像反弹、举重、深蹲、弓步和俯卧撑这样的运动有助于增加肌肉和增强骨骼。
- **平衡和柔韧性练习：**太极和普拉提等活动可以提高平衡、协调和柔韧性，减少跌倒和骨折的风险。

生活方式

养成健康的生活习惯对骨骼健康有很大的影响：

- **戒烟：**吸烟对骨骼健康有害。它会降低骨密度，损害人体吸收钙的能力。戒烟可以改善骨骼健康和整体健康。
- **限制酒精摄入：**过量的酒精摄入会削弱骨骼，增加骨折的风险。如果喝酒，一定要适量。女性每天最多喝一杯，男性每天最多喝两杯。
- **均衡饮食：**多吃水果、蔬菜、瘦肉蛋白和全谷物。这些食物提供必需的营养、维生素和矿物质，支持整体健康和骨骼强度。

Supplements

• Calcium Complex with Boron

It includes not only calcium and boron, but also vitamin A, vitamin C, vitamin D, vitamin B12, magnesium, phosphorus, zinc and vitamin B6. Each of these ingredients plays a crucial role in maintaining bone health. Calcium provides the foundational strength for bones.

Calcium Complex with Boron contains calcium amino acid chelate. This form of calcium offers numerous benefits for bone health, muscle function, nerve transmission and overall wellness due to its enhanced absorption and bioavailability. It is gentle on the stomach, making it a practical choice for those with digestive sensitivities.

Boron is a powerful ally in maintaining and enhancing bone health. Its ability to enhance the utilization of essential minerals, support vitamin D function, increase bone mineral density, reduce bone loss, balance hormones, reduce inflammation and improve wound healing makes it an important component of Calcium Complex with Boron.

The other vitamins and minerals further aid in calcium absorption and overall bone health, making this supplement a comprehensive solution for your bone health needs.

• Collasta+

Many overlook collagen's importance beyond skin health; its rich amino acids are vital for building connective tissues such as cartilages, bones, tendons and ligaments. Clinical trials have shown that daily supplementation with collagen can reduce joint pain, stiffness and inflammation, improve mobility and flexibility, build bone matrix, and speed recovery from injury. Start boosting your collagen intake by adding Collasta+ to your regimen.

• Organic Omega Gold Flaxseed Oil

Flaxseed oil is rich in omega-3 fatty acids, which have powerful anti-inflammatory properties. Omega-3 fatty acids help reduce inflammation in the body, which can protect bones from conditions like osteoporosis. Additionally, these healthy fats improve calcium absorption and bone strength. Incorporating flaxseed oil into your diet daily routine can enhance overall bone health, supporting your proactive approach to a strong, healthy body.

Conclusion

Osteoporosis doesn't have to dictate your future. By understanding the disease and taking proactive steps, you can protect your bones and maintain an active, healthy lifestyle. Think of your bones as the foundation of your body—strong bones support a strong life. Make deposits into your bone health bank today and safeguard your future from the silent thief that is osteoporosis.

Remember, it's never too early or too late to take action. Whether you're in your 20s or your 70s, every positive choice you make contributes to your bone health. Empower yourself with knowledge, embrace healthy habits, and encourage others to do the same. Together, we can build a future where osteoporosis is no longer a silent threat but a manageable condition that doesn't overshadow the vibrancy of life.

结论

骨质疏松症不一定决定您的未来。通过了解这种疾病并采取积极的措施，您可以保护您的骨骼，并保持积极、健康的生活方式。将您的骨骼视为身体的基础，当您拥有强壮的骨骼才能支撑强大的生命。今天就为您的骨骼健康银行存款，保护您的未来免受骨质疏松症这个无声的窃贼的侵害。

请记住，采取行动永远不会太早或太晚。无论您是20多岁还是70多岁，您所做的每一个积极选择都有助于您的骨骼健康。用知识武装自己，拥抱健康的习惯，并鼓励他人也这样做。只要我们齐心协力，我们就能创造这样一个未来：在这个未来中，骨质疏松症不再是一种无声的威胁，而是一种可控的疾病，不会给生活的活力蒙上阴影。

补充剂

• 钙合剂加硼

它不仅包括钙和硼，还包括维生素A，维生素C，维生素D，维生素B12，镁，磷，锌和维生素B6。每一种成分在维持骨骼健康方面都起着至关重要的作用。钙为骨骼提供基本的强度。

钙合剂加硼含有氨基酸螯合钙。这种形式的钙对骨骼健康、肌肉功能、神经传递和整体健康都有很多好处，因为它能增强吸收和生物利用度。它对胃很温和，对消化敏感的人来说是一个实用的选择。

硼是维持和增强骨骼健康的有力盟友。它能够提高必需矿物质的利用率、支持维生素D的功能、增加骨矿物质密度、减少骨质流失、平衡激素、减轻炎症以及促进伤口愈合，它是钙合剂加硼的重要组成部分。

其他维生素和矿物质进一步有助于钙的吸收和整体骨骼健康，使这种复合物成为满足您骨骼健康需求的综合解决方案。

• 康丽达胶原红藻+

许多人忽视了胶原蛋白在皮肤健康之外的重要性；其丰富的氨基酸对于构建诸如软骨、骨骼、肌腱和韧带等结缔组织至关重要。临床试验表明，每天补充胶原蛋白可以减轻关节疼痛、僵硬和炎症，提高活动能力和灵活性，构建骨基质，并加快受伤后的恢复。通过在您的养生方案中添加康丽达胶原红藻+来开始增加您的胶原蛋白摄入量。

• 奥美加黄金亚麻籽油

亚麻籽油富含奥美加—3脂肪酸，具有强大的抗炎特性。奥美加—3脂肪酸有助于减轻体内炎症，从而保护骨骼免受骨质疏松等疾病的侵害。此外，这些健康的脂肪能改善钙的吸收和骨骼强度。将亚麻籽油纳入您的日常生活可以增强整体骨骼健康，支持您积极打造强壮、健康的身体。



CALCIUM SUPPLEMENTS:

What You Should Know

了解补钙



Calcium constitutes a significant portion of bone and tooth structure, while also playing a crucial role in blood vessel function, muscle activity, blood clotting, nerve signalling and hormone secretion.

Since our bodies do not produce calcium internally, we must obtain it from external sources. Various foods contain calcium including:

- Dairy products like yoghurt, milk and cheese
- Dark green leafy vegetables such as collard greens, broccoli and kale
- Fish with edible soft bones
- Edamame beans, lentils, soy products like tofu
- Nuts

Symptoms of Calcium Deficiency

Symptoms indicating a deficiency in calcium include numbness or tingling in the fingers, muscle stiffness, seizures, fatigue, reduced appetite and irregular heartbeats. Over time reduced intake or deficiency of calcium may lead to decreased protein and mineral content within bone tissue (osteopenia), ultimately resulting in brittle or fragile bones (osteoporosis).

Who Should Consider Calcium Supplements?

Calcium supplements can be beneficial for individuals who:

- Do not consume enough calcium-rich food
- Follow a vegan diet
- Have lactose intolerance leading to limited dairy product consumption
- Are perimenopausal or menopausal women
- Consume high levels of protein or sodium which can cause increased excretion of calcium by the body
- Undergo long-term treatment with corticosteroid
- Have certain bowel or digestive diseases that reduce their ability to absorb calcium such as inflammatory bowel disease or celiac disease

In these situations where dietary intake alone may not suffice in meeting one's necessary levels of daily recommended intake for this essential nutrient—calcium supplements may prove beneficial.

钙是骨骼和牙齿结构的重要组成部分，同时在血管功能、肌肉活动、血液凝固、神经信号传递和激素分泌方面也发挥着关键作用。

由于我们的身体不能自己产生钙，因此必须从外部来获取钙。许多食物都含钙，包括：

- 乳制品，如酸乳酪、牛奶和奶酪
- 深绿色蔬菜，如菠菜、西兰花和甘蓝
- 软骨的鱼类
- 毛豆、扁豆、大豆制品如豆腐
- 坚果

缺钙症状

缺乏钙的症状包括手指麻木或刺痛、肌肉僵硬、癫痫发作、疲劳、没有食欲和心跳不规律。长期摄入不足或缺乏钙可能会导致骨组织内的蛋白质和矿物质含量减少（骨质减少），最终导致骨骼脆弱或易碎（骨质疏松症）。

哪些人应考虑补钙？

钙补充剂对以下人群有益：

- 没有摄入足够富含钙的食物的人士
- 素食者
- 患有乳糖不耐症而无法食用乳制品的人士
- 围绝经期或绝经期的女性
- 摄入高水平的蛋白质或钠的人士，这会增加体内钙的排泄
- 长期使用皮质类固醇治疗的人士
- 患有某些肠道或消化疾病的人士，如炎症性肠病或乳糜泻，这些疾病会减少钙的吸收

在这些情况下，仅通过膳食摄入量可能不足以满足每日所需的钙，因此钙补充剂可能会有所帮助。

Discover the Ultimate Calcium Supplement

NewLife™ Calcium Complex with Boron

NewLife™ Calcium Complex with Boron supports bone health with a balanced formula that combines various calcium forms and synergistic nutrients for enhanced absorption. Here's a summary of its key features and benefits:

Key Features:

- **Advanced Calcium Sources:**
 - ✓ **Calcium Carbonate:** Provides the highest amount of elemental calcium.
 - ✓ **Amino Acid Chelated Calcium:** Enhances absorption and utilization by dissolving in intestinal fluids.
 - ✓ **Calcium Aspartate:** Essential for bone density and strength, particularly beneficial for older adults, postmenopausal women and those with osteoporosis.
- **Enhanced Absorption with Key Nutrients:**
 - ✓ **Magnesium & Phosphorus:** Vital minerals for calcium metabolism.
 - ✓ **Boron & Zinc:** Important trace minerals that support bone health.
 - ✓ **Omega-9 Fatty Acids:** 1000 mg of oleic acid to support overall health.
 - ✓ **Vitamins B6, B12, A, C & D:** Crucial for optimal calcium absorption and bone health.
- **Convenient & Pure Formulation:**
 - ✓ **Soft Gels:** Easy-to-swallow and quick to absorb.
 - ✓ **Free From:** Synthetic additives and common allergens like milk, eggs, shellfish, peanuts, wheat.

Health Benefits:

- Strengthens bones, joints and teeth
- Supports muscle growth and movement
- Promotes cardiovascular health
- Regulates blood pressure
- Aids in bone and wound healing
- Enhances strength and vitality
- Assists in nerve function
- Supports hormone and enzyme function
- Improves sleep quality

发现终极钙补充剂

新生命钙合成剂加硼

新生命钙合成剂加硼采用精心平衡的配方，结合多种钙形式与协同营养素，以增强吸收效果和功效，全面支持骨骼健康。以下是此产品的关键特点和益处：

特点：

- **高级钙来源：**
 - ✓ **碳酸钙：**提供最多的元素钙。
 - ✓ **氨基酸螯合钙：**通过溶解在肠道液体中来增强吸收和利用。
 - ✓ **天冬氨酸钙：**对骨骼密度和强度至关重要，特别有益于老年人、绝经后女性和骨质疏松症患者。
- **关键营养素增强吸收：**
 - ✓ **镁和磷：**钙代谢的重要矿物质。
 - ✓ **硼和锌：**支持骨骼健康的重要微量矿物质。
 - ✓ **奥美加-9脂肪酸：**1000毫克油酸，支持整体健康。
 - ✓ **维生素B6、B12、A、C和D：**对于最佳钙吸收和骨骼健康至关重要。
- **方便、纯正配方：**
 - ✓ **软胶囊：**易于吞咽，快速吸收。
 - ✓ **不含：**合成添加剂和常见致敏原如牛奶、鸡蛋、贝类、花生、小麦。

健康益处：

- 增强和维持骨骼、关节和牙齿的健康
- 支持肌肉生长和运动
- 促进健康的心血管功能
- 帮助调节血压
- 促进骨骼和伤口愈合
- 增强身体力量和整体活力
- 协助神经功能和信息传递
- 支持激素和酶功能
- 改善睡眠质量



What Our Calcium Complex Customers Are Saying... 使用我们钙合成剂加硼的客户怎么说...



Lee Ji Ba, Johor Bahru | 李亚峇先生, 新山

"Calcium Complex works! I no longer have knee pain when I walk up and down the stairs."

「钙合成剂加硼真的有效！上下楼梯时，我的膝盖不再疼了。」



Liew FL, Selangor | 刘太, 雪兰莪

"I am in my 70s. I had a fall last year but my bones were not broken. My teeth are still strong as well. I believe it is because I have been taking Calcium Complex all these years."

「我70多岁了。去年我摔了一跤，但我的骨头没有断。还有我的牙齿也很坚固。我相信这都是因为我多年来一直都在服用新生命钙合成剂加硼。」



Tjam Helga, Jakarta | 优嘉女士, 雅加达

"My mother had a fall and got a hairline crack on her knee cap. Her doctor said it would take some time to recover. I started giving my mom Calcium Complex and Omega Gold Flaxseed Oil daily.. When she went for a review, the doctor noticed that her crack had healed. The healing process took only half the duration he estimated."

「我母亲不小心跌倒，膝盖骨裂了一道细缝。医生说需要一些时间才能恢复。我开始给我母亲服用钙合成剂加硼和奥美加黄金亚麻籽油。当她去复查时，医生注意到她的裂缝已经愈合了，愈合过程比他原先估计的时间少了一半。」



KL Tan, Kota Kinabalu | 陈先生, 亚庇

"Whenever I have joint pain, I will start taking Calcium Complex until the pain disappears, which usually only takes a few days. The only reason I don't take it every day is that I am too lazy to cut my nails so frequently. Calcium Complex makes my nails grow fast and strong."

「每当我感到关节疼痛时，我就会开始服用钙合成剂加硼，直到疼痛消失，这通常只需要几天时间就见效。我没有每天服用的唯一原因是我太懒了，不想经常剪指甲。钙合成剂加硼使我的指甲长得又快又坚固。」

collasta⁺

康丽达胶原红藻⁺



+ **Hydrolysed Marine Collagen Peptides**
水解海洋胶原蛋白肽

+ **Antioxidant Blend with Astaxanthin**
含有虾青素的抗氧化混合物

+ **Multivitamins**
复合维生素



NO DAIRY
无乳制品



NO GLUTEN
无麸质



NO GMO
无转基因无麸质



NO ADDITIVE
无添加剂



NO ADDED SUGAR
& FRUCTOSE
无添加糖



EASY-MIX POWDER
易混合粉末



NO PRESERVATIVE
无防腐剂

BENEFITS | 益处

SKIN, HAIR & NAILS 皮肤、头发与指甲

- Enhances firmness and elasticity; smooths fine lines
增强肌肤弹性与紧致度；抚平细纹
- Boosts hydration and moisture
提升水分与保湿度
- Promotes a glowing, even tone
促进肌肤光泽与均匀肤色
- Improves hair shine and nail strength
改善头发光泽与指甲强度



MUSCLES, BONES & JOINTS 肌肉、骨骼与关节

- Increases muscle mass
增加肌肉质量
- Supports bone health and repair
支持骨骼健康与修复
- Aids wound healing
促进伤口愈合
- Improves joint function and tissue repair
改善关节功能与组织修复



CELLS & TISSUES 细胞与组织

- Neutralizes free radicals
中和自由基
- Revitalizes cellular function
恢复细胞功能
- Prevents premature aging
预防过早衰老
- Boosts energy
提升能量



IMMUNE BOOSTING & DISEASE PREVENTION 增强免疫力与预防疾病

- Reduces inflammation
减少炎症
- Enhances immune function
增强免疫功能
- Protects against neurodegenerative diseases
预防神经退行性疾病
- Supports heart and eye health
支持心脏与眼部健康
- Maintains gut health with prebiotics
含有益生元维持肠道健康



Antioxidant Blend with Astaxanthin for CELLULAR & TISSUE REGENERATION

康丽达胶原红藻+中的抗炎化剂混合物

Aging begins at the cellular level, where processes like oxidative stress contribute to gradual decline and damage. Oxidative stress occurs when there's an imbalance between free radicals and antioxidants, leading to cellular damage that accelerates aging and contributes to chronic conditions like cancer, diabetes and heart disease. Antioxidants combat this by neutralizing free radicals, protecting cells from damage, and reducing inflammation. They play a crucial role in maintaining cellular and tissue health by repairing oxidative damage, supporting anti-aging efforts, and slowing down the aging process on the skin and other tissues.

Collasta+ features a supercharged antioxidant blend that effectively addresses oxidative stress, providing enhanced cellular protection and supporting overall health and vitality:

Potent antioxidant from red algae.
来自红藻的强力抗氧化剂。

40x stronger than beta-carotene
and 550x stronger than vitamin E.
比胡萝卜素强40倍，比维生素E强550倍。

Crosses blood-brain and retina barriers,
aiding eye and brain health.
穿越血脑屏障和视网膜屏障，促进眼部和
脑部健康。



Astaxanthin
虾青素

Strengthens cardiovascular and
immune systems; alleviates pain.
增强心血管和免疫系统；缓解疼痛。

Protects against free radicals;
enhances other antioxidants.
对抗自由基；增强其他抗氧化剂。

Enhances skin smoothness, moisture,
and elasticity; slows collagen loss.
增强皮肤光滑度、水分和弹性；
减缓胶原蛋白流失。

Lycopene (Tomato) 番茄红素

Supports eye health and bone strength;
may guard against cognitive decline.
支持眼部健康和骨骼强度；
可能有助于防止认知能力下降。

Promotes heart health and
lowers bad cholesterol.
促进心脏健康，降低坏胆固醇。



Fights free radicals and inflammation;
reduces cancer risk.
对抗自由基和炎症；降低癌症风险。

Acts as an internal sunscreen;
protects skin from UV damage.
可作为体内防晒霜；保护皮肤
免受紫外线损伤。

Grape Seed Extract 葡萄籽提取物



Anti-aging with anti-inflammatory, anti-allergic,
anti-cancer and anti-microbial properties.
具有抗衰老、抗炎、抗过敏、抗癌和抗微生物特性。
Rejuvenates collagen, reversing premature aging.
恢复胶原蛋白，逆转早衰。



Mangosteen 山竹果

Rich in phytonutrients; supports multiple
bodily systems, offers anti-inflammatory
effects and inhibits carcinogens.
富含植物营养素；支持多种身体系统，
提供抗炎效果，抑制致癌物。

Green Tea 绿茶



Rich in antioxidants; prevents lipid peroxidation
and free radical damage.
富含抗氧化剂；防止脂质过氧化和自由基损伤。
Offers anti-cancer benefits, supports heart health
and guards against degenerative diseases.
提供抗癌益处，支持心脏健康，防止退行性疾病。



Pine Bark 松树皮

Antioxidative, lowers blood pressure,
improves blood sugar control and circulation.
抗氧化，降低血压，改善血糖控制和血液循环。
May aid in weight management.
可能有助于体重管理。



Tremella (Silver Ear Mushroom) 银耳(白木耳)

Enhances skin hydration, boosts collagen
and strengthens immunity.
增强皮肤保湿，促进胶原蛋白生成，增强免疫力。



Marigold Flower 万寿菊

Contains lutein and zeaxanthin; promotes
eye health, reduces inflammation and
supports skin health.
含有叶黄素和玉米黄质；促进眼部健康，
减少炎症，支持皮肤健康。

Hydrolysed Marine Collagen Peptides for SKIN REJUVENATION 水解海洋胶原蛋白肽，促进皮肤年轻化

Collagen, essential for skin structure and connective tissues, provides strength and elasticity. After age 25, collagen production declines, exacerbated by factors like poor diet, UV damage and lack of sleep, leading to premature aging, wrinkles and uneven skin tone. Type I collagen, making up 90% of the body's collagen, is crucial for skin firmness, bone mineralization and wound healing.

Collagen contained in Collasta+:

- **Marine Collagen:** Absorbed 1.5 times better than bovine collagen.
- **Primarily Type I Collagen:** Ideal for skin and bone health and anti-aging.
- **Hydrolysed:** Enzymatically broken into small peptides (2000 daltons) for better digestion, absorption and transportation to cells via the bloodstream.
- **Polypeptides:** Offer extensive benefits, including improved gut and skin health, and modulation of immunity and pain.
- **Sustainably Sourced:** From wild-caught deep-sea fish skin.
- **Origin:** France.

胶原蛋白是皮肤结构和结缔组织所必需的，它提供强度和弹性。25岁以后，胶原蛋白的生成会下降，饮食不良、紫外线伤害和睡眠不足等因素会加剧这种下降，导致过早衰老、皱纹和肤色不均。I型胶原蛋白占人体胶原蛋白的90%，对皮肤紧致、骨矿化和伤口愈合至关重要。

康丽达胶原红藻+所含胶原蛋白：

- **海洋胶原蛋白：**吸收比牛胶原蛋白好1.5倍。
- **主要是I型胶原蛋白：**皮肤和骨骼健康和抗衰老的理想选择。
- **水解：**酶分解成小肽(2000道尔顿)，以便更好地消化、吸收并通过血液输送到细胞。
- **多肽：**提供广泛的好处，包括改善肠道和皮肤健康，调节免疫力和疼痛。
- **可持续来源：**野生深海鱼皮。
- **来自：**法国。



Multivitamins for COMPLETE PROTECTION 全面的多种维生素支持

Collasta+ incorporates a full spectrum of essential vitamins that support:
康丽达胶原红藻+包含一系列必需的维生素，支持：

- ✓ immune function 免疫功能
- ✓ cell protection 细胞保护
- ✓ bone health 骨骼健康
- ✓ energy production 能量产生
- ✓ collagen synthesis 胶原蛋白合成
- ✓ overall health support 全面健康



FAQ 常见问题

What is Collasta+?

Collasta+ is a premium health and beauty supplement formulated with hydrolysed marine collagen peptides, a powerful antioxidant blend and essential multivitamins. It supports skin rejuvenation, strengthens connective tissue, boosts cellular regeneration, improves eye health and joint health, as well as enhances overall well-being.

康丽达胶原红藻+是什么？

康丽达胶原红藻+是一种优质的健康和美容补充剂，由水解海洋胶原蛋白肽、强效抗氧化剂混合物和必需的多种维生素配制而成。它有助于皮肤的再生，强化结缔组织，促进细胞再生，改善眼部和关节健康，进而提升整体的健康水平。

Who should take Collasta+?

Those who wish to:

- improve skin elasticity and firmness
- enhance overall skin texture
- improve joint health and repair connective tissues
- reduce inflammation
- strengthen hair and nail
- increase energy and vitality
- boost immune function
- improve cardiovascular, eye and brain health
- enhance overall wellness

哪些人应当服用康丽达胶原红藻+？

有以下需求及期望的人群：

- 改善皮肤弹性和紧致度
- 提升整体皮肤质感
- 改善关节健康和修复结缔组织
- 降低炎症反应
- 增强头发和指甲
- 增加能量和活力
- 提升免疫功能
- 改善心血管、眼部和脑部健康
- 提升整体健康

Why is marine collagen used in Collasta+?

Hydrolysed marine collagen is selected for its superior bioavailability and efficacy. It has a smaller molecular size compared to other collagen types, making it easier for the body to absorb and utilize. Marine collagen is predominantly Type I, which is crucial for skin, hair and bone health, making it the best option for rejuvenation and repair.

为什么康丽达胶原红藻+采用海洋胶原蛋白?

选用水解海洋胶原蛋白,是由于其具备卓越的生物利用度和功效。相较于比其他类型胶原蛋白,它的分子尺寸更为微小,更容易被人体吸收和利用。海洋胶原蛋白主要为I型胶原蛋白,这对于皮肤、头发和骨骼健康至关重要,是再生和修复的理想之选。

What makes the antioxidant blend in Collasta+ special?

The antioxidant blend in Collasta+ includes some of the most potent natural antioxidants, such as astaxanthin, lycopene, grape seed extract, and more. These antioxidants help neutralize free radicals, reduce inflammation, and protect against cellular damage, contributing to anti-aging and overall health.

康丽达胶原红藻+中的抗氧化剂混合物有何独特之处?

康丽达胶原红藻+的抗氧化剂混合物包含多种极为有效的天然抗氧化剂,包括虾青素、番茄红素、葡萄籽提取物等。这些抗氧化剂有助于中和自由基,减轻炎症,并对细胞形成保护,有助于抗衰老和整体健康。

What vitamins are included in Collasta+ and what do they do?

Collasta+ includes a full spectrum of essential vitamins:

- Vitamins A, D3, E, K1: Support immune function, bone health and protect against cellular damage.
- B-complex Vitamins (B1, B2, B3, B5, B6, B7, B9, B12): Aid in energy production, nerve function, and protect against infections.
- Vitamin C: Crucial for immune health, collagen synthesis and protecting against oxidative stress.

康丽达胶原红藻+中包含哪些维生素,它们的作用是什么?

康丽达胶原红藻+包含了全方位的必需维生素:

- 维生素A、D3、E、K1: 支持免疫功能、骨骼健康并保护细胞免受损伤。
- B族维生素 (B1、B2、B3、B5、B6、B7、B9、B12): 有助于能量的生成,神经功能的维持,并能预防感染。
- 维生素C: 对免疫健康、胶原蛋白合成和抗氧化应激保护极为关键。

Is Collasta+ suitable for all dietary preferences?

Yes, Collasta+ is designed to be inclusive for various dietary needs. It is GMO-free, gluten-free, dairy-free, and contains no preservatives or additives. It's also naturally sweetened with stevia and fructo-oligosaccharides, making it suitable for low-GI and clean-eating lifestyles.

康丽达胶原红藻+适合所有饮食偏好吗?

是的,康丽达胶原红藻+的设计充分考虑了各种饮食需求。它不含转基因成分、无麸质、无乳制品、并且不含防腐剂或添加剂。它还采用甜菊糖和低聚果糖作为自然增甜,适合低开糖指数和清洁饮食生活方式。

Why is Collasta+ in a powder form rather than a ready-to-drink beverage?

Collasta+ is in a powder form to avoid the need for preservatives like benzoic acid, which are required in liquid formulations and can be harmful. The powder form ensures purity and safety while allowing for easy mixing and consumption.

为什么康丽达胶原红藻+是粉末形式而不是即饮饮料?

康丽达胶原红藻+采用粉末形式,旨在避免使用在液体配方中所需要像苯甲酸这样的防腐剂,可能对人体有害。粉末形式可以确保纯度和安全性,同时便于混合和服用。

How is Collasta+ sweetened?

Collasta+ is sweetened with stevia and fructo-oligosaccharides. Stevia provides a natural, low-calorie sweetness, and fructo-oligosaccharides support healthy gut bacteria, making this a healthier alternative to traditional sugars and artificial sweeteners.

康丽达胶原红藻+如何调味的?

康丽达胶原红藻+使用甜菊糖和低聚果糖增甜。甜菊糖提供天然、低热量的甜味,而低聚果糖有助于维持肠道菌群的健康,使它成为传统糖分和人工甜味剂的更健康替代品。

Is Collasta+ environmentally friendly?

Yes, Collasta+ uses sustainably sourced marine collagen from the skin of wild-caught deep-sea fish, which is considered the cleanest and most environmentally responsible source of collagen. The production processes aim to minimize environmental impact while ensuring the highest quality product.

康丽达胶原红藻+对环境友好吗?

是的,康丽达胶原红藻+所采用的海洋胶原蛋白,源自野生深海鱼的鱼皮,属于可持续来源,还被视为是最清洁、对环境友好最为负责的胶原蛋白来源。生产过程旨在尽可能减少环境影响,同时确保最高质量的产品。

REBOUNDING

Boosts Bone Health

Rebounding is a powerful, low-impact exercise that can significantly improve your bone health and overall fitness. It can be likened to sending gentle tremors through your bones. These controlled impacts prompt the body to fortify and develop bone tissue, akin to how weightlifting strengthens muscles. This process is vital for maintaining and enhancing bone density, particularly as we age.

通过弹跳运动 增强骨骼健康

弹跳运动一种强大、低冲击的运动，可以显著改善您的骨骼健康和整体健康状况。它可以比作在骨骼中产生传递轻微震动。这些受控制的冲击会促使身体强化和发育骨骼组织，就像举重能增强肌肉一样。这一个过程对于维持和提高骨骼密度至关重要，尤其是随着我们年龄的增长。

We have two Rebounding Workout videos available on our YouTube Page (<https://www.youtube.com/@NewLifeInternational>) where you can watch and follow along.

For added support while rebounding purchase the Rebounder Handle Bar which can be easily installed onto your Rebounder.

我们在YouTube页面 (<https://www.youtube.com/@NewLifeInternational>) 上提供了两段弹跳运动的视频，您可以观看并跟着练习。

在弹跳运动时如果需要额外的支撑，可购买弹跳器扶手，轻松安装在您的弹跳床上。





Efficient calorie burning 高效燃烧卡路里

Research conducted at the University of Michigan indicates that an individual weighing 68 kg can burn approximately 71 calories by jogging at a speed of 8 km/h for 12 minutes. On the other hand, during the same duration of 12 minutes, a person of the same weight can burn around 82 calories by rebounding.

密歇根大学的研究表明，一个体重68公斤的人以8公里/小时的速度慢跑12分钟可燃烧约71卡路里。相比之下，在同样的12分钟内，相同体重的人通过弹跳运动可燃烧约82卡路里。



Improving Immunity 提高免疫力

By enhancing lymphatic circulation, rebounding helps in more efficient removal of toxins and waste products from the body, resulting in improved immunity. The increased movement of lymphatic fluid ensures effective circulation and function of immune cells.

通过增强淋巴循环，弹跳运动有助于更有效地排除体内的毒素和废物，从而提高免疫力。淋巴液流动的增加确保了免疫细胞的有效循环和功能。



Lymphatic circulation champion 促进淋巴循环

The up-and-down movement enhances blood and lymphatic circulation, ensuring that your bones get the nutrients they need while flushing out waste products. By keeping the lymphatics system active and effective at removing toxins, rebounding also supports the body's natural detoxification processes.

上下弹跳增强了血液和淋巴循环，确保骨骼得到所需的营养，同时排除废物。通过保持淋巴系统的活跃性和有效性来清除毒素，弹跳运动也支持身体的自然排毒过程。



Low impact 低冲击

Rebounding reduces over 80% of joint impact compared to running, thereby preventing injuries to the ankles, knees, hips and spine.

与跑步相比，弹跳运动对关节的冲击力减少了80%以上，从而防止了脚踝、膝盖、髋部和脊柱的损伤。



Eyesight enhancement 视力改善

Regular rebounding can improve eyesight by enhancing blood flow to the eyes and reducing ocular pressure, similar to how regular watering nourishes a garden.

定期弹跳运动可以通过增加眼部的血液流动和降低眼压来改善视力，就像定期浇水能滋养花园一样。



Bone density boost 提高骨骼密度

The gentle gravitational pull from each bounce stimulates bones to grow denser and stronger over time, thus reducing the risk of osteoporosis and fractures. The low-impact nature makes rebounding an ideal exercise for older individuals.

每次弹跳带来的轻微重力拉力随着时间的推移会刺激骨骼变得更密集、更强壮，从而降低了骨质疏松和骨折的风险。由于其低冲击特性，弹跳运动对于老年人来说是一种理想的运动方式。



Superior cardiovascular workout 卓越的心血管锻炼

A study conducted by NASA Scientists found that jumping on a rebounder has an astounding effect on cardiovascular fitness; in fact, just 10 minutes of rebounding provides better cardiovascular benefits than 33 minutes of running. Additionally, rebounding strengthens the heart by facilitating separation among sticky blood cells, making it easier for them to move through veins.

在一项由美国国家航空航天局（NASA）进行的一项研究中，科学家发现在弹跳床上跳跃对心血管健康有惊人的效果；事实上，仅仅10分钟的弹跳运动比33分钟的跑步对心血管更有益。此外，弹跳运动通过促进粘性血细胞的分离来增强心脏功能，使它们更容易在静脉中流动。



Therapy for ADHD 治疗多动障碍

Rebounding provides a rhythmic and engaging activity that can help children with ADHD focus and expend excess energy, much like a fun and focused gardening activity.

弹跳运动提供了一种有节奏且有趣的活动，能帮助患有多动症的儿童集中注意力并消耗多余的能量，就像一种有趣且集中的园艺活动。

Not All Dairy Is Created Equal When It Comes to Bone Health

并非所有乳制品在促进骨骼健康方面都具有相同的效果



Dairy includes milk from mammals and all foods made using milk, such as yoghurt, cheese and butter. They are renowned for their role in promoting bone health due to their rich content of essential nutrients including calcium, phosphorus and protein. Sufficient dietary intake of calcium and protein is essential to achieve optimal peak bone mass during skeletal growth and to prevent bone loss in the elderly. However, not all dairy products are equally beneficial. Here are some distinctions:

Dairy product	Calcium (mg) per serving size (1 cup)
Milk (skim, low fat, whole)	300
Cottage cheese	130
Ice cream/Ice milk	200
Yoghurt	450

Source: University of California, San Francisco Medical Centre.

Calcium Content

Different dairy products contain varying levels of calcium. Yoghurt has the highest calcium source among all as shown in the above table. It is a highly accessible and nutritious source of calcium that supports bone health, muscle function, nerve transmission and cellular function. It is also often preferred for its additional health benefits such as the probiotic content.

Protein Levels

Yoghurt and certain cheeses contain high protein levels which can support muscle health and are crucial for maintaining bone strength. However, cheese is higher in calories, saturated fat and salt but lower in fibre as compared to yoghurt.

Yoghurt is also made up of 80% casein protein and 20% whey protein which have high content of essential amino acids. The combination of casein and whey proteins makes yoghurt a balanced source of protein that supports bone health, muscle repair and overall cellular function. Moreover, the presence of casein, a slow-digesting protein and whey, a fast-digesting protein, can help with satiety and sustained energy levels.

Whey is the yellowish liquid you can occasionally find on top of yoghurt. Stir that liquid whey into your yoghurt or add it into your smoothie. It is high in calcium and is an excellent source of B vitamins but low in fat, cholesterol and lactose content. It gives yoghurt its signature tang and contains beneficial probiotics.

乳制品是从哺乳动物的奶中提取的食品类，如牛奶、酸乳酪、奶酪和黄油等。由于它们富含钙、磷和蛋白质等必需营养素，所以在促进骨骼健康方面的作用而闻名。在骨骼生长期以及预防老年人骨质流失方面，足够的钙和蛋白质的饮食摄入是至关重要的。然而，并非所有乳制品都起着同样的效益。以下是一些区别：

乳制品	每份(1杯)的钙含量(毫克)
牛奶(脱脂、低脂、全脂)	300
奶酪	130
冰淇淋/冰奶	200
酸乳酪	450

来源：加利福尼亚大学旧金山医疗中心

钙含量

不同的乳制品含有不同水平的钙。如上表所示，酸乳酪是所有乳制品中钙含量最高的。它是一种易于吸收且营养丰富的钙源，有助于维持骨骼健康、肌肉功能、神经传导和细胞功能。再加上它含有益生菌，因此更受青睐。

蛋白质含量

在所有的乳制品中，酸乳酪和某些奶酪含有的蛋白质水平较高，可以支持肌肉健康，对维持骨骼强度至关重要。然而，与酸乳酪相比，奶酪的热量、饱和脂肪和盐含量更高但纤维含量则较低。

酸乳酪是由80%的酪蛋白和20%的乳清蛋白组成，含有丰富的必需氨基酸。酪蛋白和乳清蛋白的组合使酸乳酪成为一种平衡的蛋白质来源，支持骨骼健康、肌肉修复和整体细胞功能。此外，慢消化的酪蛋白和快速消化的乳清蛋白的结合可以帮助饱腹感和持续的能量水平。

乳清是一种淡黄色液体偶尔会出现在酸乳酪表层。将乳清搅拌到酸乳酪中或加入到沙冰中。乳清富含钙，是维生素B的极佳来源，但脂肪、胆固醇和乳糖含量则很低。乳清是赋予酸乳酪独特味道的因素，并含益生菌。

Bioavailability of Nutrients

Bioavailability of nutrients in dairy products refers to the proportion of nutrients that are digested, absorbed and utilized by the body.

Yoghurt is often considered a “predigested” food because the fermentation process breaks down much of the lactose into lactic acid, making it easier to digest. The lactose content in yoghurt decreases each day, even while putting it in the fridge because the natural bacteria present in yoghurt use up the lactose for energy. These friendly bacteria in yoghurt also continue to break down lactose even after consumption which helps to alleviate symptoms for lactose-intolerant individuals. As a result, the probiotics in yoghurt increase the absorption and utilization of nutrients by the body. The acidity of yoghurt also increases the solubility and absorption of some minerals such as calcium, magnesium and phosphorus at a higher level as compared to other dairy products.

In contrast, highly processed dairy products, like cheeses, flavoured milk, cream and ice cream, generally have reduced bioavailability of calcium due to high levels of fat, salt and sugar. Furthermore, the added salt and sugar in the dairy products can counteract benefits by contributing to inflammation or other health issues that adversely affect bone health.

10 HEALTH BENEFITS OF YOGHURT

- ✓ An excellent source of easily digested protein and nutrients from milk.
- ✓ Very low in lactose and may improve lactose tolerance over time.
- ✓ Contains friendly bacteria and probiotics that help maintain a healthy gut flora which can aid in digestion.
- ✓ Aids healing after intestinal infections.
- ✓ Helpful in vaginal yeast infection and cases of Candida.
- ✓ Lowers cholesterol and reduces the risk of heart disease.
- ✓ Helps prevent osteoporosis and dental disease.
- ✓ Aids to control appetite and support weight management.
- ✓ Helps to promote youthful and healthy skin.
- ✓ Enhances immune response and boosts immune system.

Unfortunately, most commercial yoghurts contain food additives, sweetener and flavouring to make their yoghurt more appealing. The result is a highly processed yoghurt that has lost many of its healthy attributes. The healthiest and most economical way to enjoy yoghurt is to make your own! It is easy with this perfect trio: **NewLife™ Yoghurt Maker, NewLife™ Yoghurt Starter and NewLife™ Low Fat Milk Powder.**

营养物质的生物利用度

营养物质的生物利用度是指乳制品中的营养素被人体消化、吸收和利用的比例。

酸乳酪普遍被认为是一种“预消化”食物，因为发酵过程会将大部分乳糖分解成乳酸，使其更容易消化。即使将酸乳酪放入冰箱，酸乳酪中的天然友好细菌会继续分解乳糖作为能量，因此酸乳酪中的乳糖含量还会继续每天逐渐减少。即使在食用后，这些友好细菌也能继续在体内分解乳糖，有助于缓解乳糖不耐症患者的症状。因此，酸乳酪中的益生菌增加了人体对营养素的吸收和利用。与其他乳制品相比，酸乳酪的酸度也提高了钙、镁和磷等矿物质的溶解度和吸收率。

相比之下，高度加工的乳制品，如奶酪、调味奶、奶油和冰淇淋，由于它们的脂肪、盐和糖含量高，通常会降低钙的生物利用度。此外，这些乳制品中的添加盐和糖可能会引起炎症或其他不利于骨骼的健康问题，从而抵消了它们原本可以提供的健康益处。

酸乳酪的十大健康益处:

- ✓来自牛奶，容易消化的蛋白质和营养的极佳来源。
- ✓乳糖含量极低，随着时间的推移可能会改善乳糖耐受性。
- ✓含有友好的细菌和益生菌，有助于维持健康的肠道菌群，可以帮助消化。
- ✓帮助肠道感染后的愈合。
- ✓有助于降低阴道炎和念珠菌的病例感染。
- ✓可降低胆固醇，减少心脏病的风险。
- ✓有助于预防骨质疏松和牙齿疾病。
- ✓控制食欲和支持体重管理。
- ✓帮助促进年轻和健康的皮肤。
- ✓增强免疫反应，促进免疫系统。

遗憾的是，大多数商业酸乳酪都含食品添加剂和食品调理剂以使产品更有吸引力。结果是一种失去了许多酸乳酪健康特性的高度加工食品。最安全可靠、最经济的方法就是自己制作酸乳酪！有了**新生命酸乳酪制造机、新生命酸乳酪酵母和新生命低脂牛奶粉**这三剑客，轻而易举就能自制酸乳酪！



THE PERFECT TRIO 完美三剑客

NewLife™ Yoghurt Maker

- Features precise temperature control throughout the fermentation process, ensuring quality yoghurt every time.
- The perfect size: one litre at a time.
- Easy to use and portable.

新生命酸乳酪制造机

- 整个发酵过程都有精确的温度控制，确保每次酸乳酪的品质。
- 每次制作1公升，份量刚刚好！
- 很容易使用。

NewLife™ Yoghurt Starter

- Easy to use and economical.
- Fast incubation.
- No preservation or colouring agents.
- Gluten free.
- Halal and Kosher certified.

新生命酸乳酪酵母

- 使用方便，经济实惠。
- 快速酝酿。
- 不含防腐剂或着色剂。
- 无麸质。
- 清真和犹太认证。



NewLife™ Low Fat Milk Powder

- Produced from grass-fed cows on the lush pastures of New Zealand.
- Certified pesticides and antibiotics free.
- Artificial hormones free (The New Zealand Government prohibits the use of animal growth hormones in dairy farming).
- Low in fat (0.7-0.8%) and calories to support weight management—contains 40% less calories than whole milk.
- High in calcium and vitamin D to support bone health.
- Protein source and helps to meet daily protein requirements.

新生命低脂牛奶粉

- 是由在新西兰郁郁葱葱的牧场上喂草的乳牛生产的。
- 零农药和零抗生素认证。
- 无人工激素(新西兰政府禁止在奶牛养殖中使用动物生长激素)。
- 低脂肪(0.7-0.8%)比全脂牛奶少40%的热量，是担心体重增加人士的理想选择。
- 富含钙质和维生素D，有助于维护骨骼健康。
- 一种优质蛋白质，有助于满足每日蛋白质需求。

OIL-PROTEIN COMBINATION Could Save Your Life

脂肪蛋白质组合可救命



The mixture of flaxseed oil and cottage cheese or yoghurt is the cornerstone of the Budwig Diet. The Budwig Diet was developed in the 1950s by German researcher Dr. Johanna Budwig. It was intended to improve cell function to reduce the growth and spread of cancer cells.

Flaxseed oil is vital for the blood to manufacture hemoglobin. Without hemoglobin, cells and tissues become starved for oxygen. Mixing flaxseed oil with yoghurt helps emulsify the oil, improving its digestion and metabolism by the body. This oil-protein combination significantly enhances the digestive health, alleviate constipation, promote anti-inflammatory properties while supporting heart, skin, bone and mental health. Moreover, the combination of protein and healthy fats increases satiety, aiding in appetite control and weight management. This combination leverages the strength of both foods, making it a powerful addition to a balanced diet.

We at NewLife™ also encourage adding Extra Virgin Coconut Oil (EVCO) to this mixture. EVCO fosters the ability of your body to absorb vital minerals including calcium and magnesium which are required for the development of bones. EVCO is also a good source of antioxidants, which provide anti-inflammatory, anti-diabetic and brain-protection effects. It may potentially help with symptoms of Alzheimer's disease.

We discourage taking commercial cottage cheese because they are loaded with salt. Nevertheless, it is easy to make your own cottage cheese with yoghurt. Use two layers of cheesecloth to line your strainer. Then, drain the yoghurt in the fridge for 24 hours through the lined strainer.



亚麻籽油和白软干酪或酸乳酪的混合物是巴德维饮食的基础。巴德维饮食法是德国医药研究学家约翰娜·巴德维格博士在50年代研发的。它旨在改善细胞功能，以减少癌细胞的生长和扩散。

亚麻籽油对血液制造血红蛋白至关重要。没有血红蛋白，细胞和组织就会缺氧。将亚麻籽油与酸乳酪混合有助于乳化亚麻籽油，改善人体对其的消化和代谢。这种油蛋白组合显著增强消化系统健康，缓解便秘，促进抗炎特性，同时支持心脏，皮肤，骨骼和精神健康。此外，蛋白质和健康脂肪的结合可以增加饱腹感，有助于控制食欲和控制体重。这组合是均衡饮食的有力补充。

在新生命，我们也鼓励在这种油蛋白组合中加入特级初榨椰子油 (EVCO)。EVCO促进身体吸收重要矿物质的能力，包括骨骼发育所需的钙和镁。EVCO也是抗氧化剂的良好来源，具有抗炎、抗糖尿病和保护大脑的作用。它可能有助于缓解阿尔茨海默病的症状。

我们不鼓励食用市售白软干酪，因为它们含有大量的盐。事实上，用酸乳酪自己制作白软干酪很容易。用两层粗棉纱布来铺过滤器。然后，把酸乳酪放置冰箱里24小时，用有衬里的过滤器滤干。

NewLife™ Omega Gold Flaxseed Oil 新生命奥美加黄金亚麻籽油



Filtered through a 5-micron mesh, this process removes all plant debris and sediment, resulting in a very pure, light golden oil with a delicate consistency.

通过5微米的筛网过滤，去除所有植物碎屑或沉积物，留下非常纯净、色泽浅金、质地细腻的油。



Cold-pressed from golden flax seeds in the absence of light and heat and packed in a dark bottle.

采用优质有机金亚麻籽在无光、无空气的情况下冷榨生产，装在黑瓶里。



Certified organic.

有机认证。



Air-flown with dry ice from New Zealand directly to Malaysia and to Singapore and transported in cold truck to our warehouse. Upon reaching our stores, they are immediately stored in a refrigerator to keep the oil freshest possible to your doorstep.

用干冰包装，从新西兰空运到马来西亚和新加坡，再用冷藏车运输到我们的仓库。一到我们的经营场址，它们就被立即储存在冰箱里，以提供最新鲜的，最好质量的亚麻籽油。



Can Colostrum Contribute to Strong Bones?

初乳有助于 强健骨骼吗？



Maintaining a strong skeletal framework is crucial for overall well-being and mobility throughout life. As we age, bone density and resilience decrease, increasing the risk of osteoporosis and fractures, especially in postmenopausal women who experience significant bone mass loss. Osteoporosis can be challenging to detect, as symptoms often appear only after substantial damage has occurred. Therefore, proactive measures are essential for preserving bone health and supporting graceful aging.

Colostrum has been shown to effectively aid bone regeneration, particularly in treating osteoporosis. It supports bone health through several mechanisms:

Regulating bone metabolism: Insulin-like growth factor (IGF-1) plays a key role in bone growth, regeneration and maintenance. Although IGF-1 levels naturally decline with age, colostrum, rich in IGF-1, can support bone metabolism by balancing bone formation and breakdown.

Protecting skeletal mineral density: Calcium is essential for strong bones. A deficiency can lead to skeletal fragility and osteoporosis. The calcium in colostrum can help boost bone mineral density and strength, mitigating the risk of osteoporosis.

Supporting calcium absorption with vitamin D: Adequate vitamin D is crucial for effective calcium absorption. Colostrum contains vitamin D, enhancing the body's ability to absorb calcium.

Counteracting oxidative damage with antioxidants: Free radicals can cause oxidative stress and damage bones. Colostrum's antioxidants help neutralize these free radicals, protecting against oxidative damage and reducing osteoporosis risk.

Boosting immune health for bone support: A robust immune system helps regulate inflammation and protect bone tissue. Colostrum contains immune factors and antibodies that strengthen natural defences.

Reducing bone loss with anti-inflammatory properties: Chronic inflammation accelerates bone loss. Colostrum's anti-inflammatory compounds help manage inflammation, promoting a healthier bone environment and preventing osteoporosis.

In Summary

Osteoporosis can significantly impact quality of life. Preventive measures, including exercise and nutrition, are essential for maintaining bone health. Colostrum offers a unique blend of growth factors, minerals, antioxidants and anti-inflammatory agents that support bone health and help prevent osteoporosis. For optimal benefits, choose high-quality colostrum like **NewLife™ ColostrumX**.

保持强健的骨骼结构对于一生的整体健康和活动能力至关重要。随着年龄增长，骨骼密度和韧性会降低，增加患骨质疏松症和骨折的风险，尤其是在经历显著骨量流失的绝经后女性。骨质疏松症很难被发现，因为症状通常只在造成严重损伤后才会被注意到。因此，采取积极的预防措施对于保持骨骼健康和支持优雅老龄化至关重要。

许多报道表明，初乳有助于有效促进骨骼再生，特别是在治疗骨质疏松症方面。它通过多种机制支持骨骼健康：

调控骨骼代谢：胰岛素样生长因子（IGF-1）在骨骼生长、再生和维持方面起着关键作用。虽然随着年龄增长IGF-1水平自然下降，但富含IGF-1的初乳可以通过平衡骨骼形成和分解来支持骨骼代谢。

保护骨骼矿物质密度：钙对于强健骨骼至关重要。缺乏会导致骨骼脆弱和骨质疏松。初乳中的钙有助于增强骨骼矿物质密度和强度，降低骨质疏松的风险。

通过维生素D支持钙吸收：足够的维生素D对于有效钙吸收至关重要。初乳含有维生素D，增强了人体吸收钙的能力。

用抗氧化剂对抗氧化损伤：自由基会导致氧化应激，损害骨骼。初乳中的抗氧化剂有助于中和这些自由基，防止氧化损伤，降低骨质疏松的风险。

增强免疫健康以支持骨骼：强大的免疫系统有助于调节炎症并保护骨骼组织。初乳含有免疫因子和抗体，增强了天然防御能力。

减少骨质流失的抗炎特性：慢性炎症会加速骨质流失。初乳中的抗炎成分有助于控制炎症，促进更健康的骨骼环境，预防骨质疏松症。

总结

骨质疏松症会对生活质量产生显著影响。涵盖锻炼与营养等在内的预防措施对于维系骨骼健康起着至关重要的作用。初乳提供了独特的包含生长因子、矿物质、抗氧化剂以及抗炎剂的混合物，有益于支持骨骼健康和对骨质疏松症进行预防。为获取最优效益，请选择优质初乳，例如**新生命初乳奶粉**。

STEP UP for BONE HEALTH

增强骨骼健康



ColostrumX

初乳奶粉

10% OFF

折扣

(Full BV/PV)



Oil-Protein Combo

脂肪蛋白质组合

Purchase bundle and free 1 Yoghurt Maker!

购买配套免获一台酸乳酪制造机!



Terms & Conditions:

1. Promotion period: 1 September to 31 October 2024, or while stocks last.
2. Oil-Protein Combo Offer: Available for cash-and-carry only. Regular-priced items carry full BV/PV. Free gift carries no BV/PV.
3. Not valid with any other concurrent promotions, Quantity Discount or APP.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则:

1. 促销活动期间: 2024年9月1日至10月31日, 或存货售完为止。
2. 油蛋白组合促销: 仅限现购自运。原价出售的产品带有完整的单位花红和单位分数。赠品无单位花红和单位分数。
3. 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。
4. 不允许退货或交换。
5. 附有其他条规与细则。
6. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。