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Life Line

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BURN

提
升

BOOST

平
衡

BALANCE



Morning Habits
to Ignite Your
Metabolism Naturally
自然激发新陈代谢的晨起习惯

Boost & Energise:
The Science-Backed
Nutrients for Stamina
and Brainpower
助力与激活：
提升耐力与脑力的科学营养素

Low GI Living
低血糖生成指数生活

Thyroid 101:
How to Burn Bright
甲状腺101：如何维持代谢活力

Balance Is the
New Wellness Standard
平衡是新的健康标准

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ACHIEVERS!
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15%
ACHIEVERS

june & july 2025

CHAN PEI WEN JAZREEL

june 2025

SYARIKAT ADIL
WELLNESS INC
NG POH LAY
CHEW YONG CHIN
LEE YING YEE

july 2025

TAN LEE KENG (LILY)
SURIA BINTE MOHAMED
LING YOUNG HOON

18%
ACHIEVERS

june & july 2025

MOI YAN LIN ABIGAIL
CHONG KIM MOI
YEUNG YEE NOG

july 2025

WELLNESS INC
KONG WAI YIN

21%
ACHIEVERS

june & july 2025

IRENE CHONG CHUAY PENG

CONTENTS

- 04** Morning Habits to Ignite Your Metabolism Naturally
自然激发新陈代谢的晨起习惯
- 06** Thyroid 101: How to Burn Bright
甲状腺101: 如何维持代谢活力
- 09** Boost & Energise:
The Science-Backed Nutrients
for Stamina and Brainpower
助力与激活:
提升耐力与脑力的科学营养素
- 14** Low GI Living
低血糖生成指数生活
- 16** Balance Is the
New Wellness Standard
平衡是新的健康标准

REMINDER 提醒

This is the final printed issue.
Future editions will be available digitally.
本期是最后一期印刷版。
从下一期开始，我们将全面转为电子版。



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Feel the **Burn**

Fuel the **Boost**

Find Your **Balance**

体验**燃烧**

激发**提升**

找到**平衡**



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Morning Habits to Ignite Your Metabolism Naturally

自然激发新陈代谢的晨起习惯

1.

Hydrate, Hydrate, Hydrate

清晨唤醒代谢的第一步：补水

After a night's rest, your body is mildly dehydrated—enough to slow metabolism and affect energy levels. Drink 350–500 ml warm water upon waking. Add apple cider vinegar or lemon for digestive support and electrolyte balance.

经过一夜休息，身体通常处于轻度脱水状态，这可能降低新陈代谢速率并影响能量水平。建议醒来后饮用350至500毫升温水，以迅速补水并启动代谢功能。可适量加入苹果醋或柠檬汁，以辅助消化并维持电解质平衡。



You don't need expensive tools or supplements to kick-start your metabolism. The most effective habits are free and simple.

They're especially powerful in the morning when your hormones and energy systems are most responsive. Here's how to build a metabolism-boosting routine that works with your biology.

启动新陈代谢并不需要依赖昂贵的工具或补充剂。事实上，最有效的习惯往往是免费且易于实施的。

这些习惯在早晨尤为有效，因为此时人体的激素水平和能量代谢系统最为活跃。以下将介绍如何建立一套符合生理规律、有助于促进新陈代谢的日常习惯。



2.

Get Sunlight + Move

沐浴晨光 + 运动

Morning sunlight helps reset your circadian rhythm and supports healthy cortisol levels—key for metabolism and energy. Step outside for 5–10 minutes of sunlight and add some light movement to activate circulation and mitochondria.

Even gentle activities like stretching, walking or breathwork are enough to get your system going. But if your schedule and energy allow, this can also be a great time for more vigorous exercise, such as a workout, run or strength training session. Just listen to your body and fuel as needed.

早晨的阳光有助于重置生物钟，并调节皮质醇水平，这对维持正常的新陈代谢和能量代谢至关重要。建议每天早晨到户外晒太阳5至10分钟，并配合一些轻度运动以促进血液循环及线粒体活性。

即使是简单的伸展、散步或深呼吸练习，也能有效激活身体机能。若时间与体力允许，也可进行中高强度训练，如健身训练、慢跑或力量训练。请根据身体反馈适时调整强度，并确保合理补充能量。

3.

Intermittent Fasting: Delay Breakfast with Purpose 间歇性禁食：早餐时间关键

Intermittent fasting (IF) isn't a diet. It's a strategy that focuses on when you eat, not just what you eat. It can be especially effective in the morning, where choosing not to eat right away helps your body stay in a fat-burning, repair-focused state for longer.

The most popular approach is 16:8—fasting for 16 hours and eating within an 8-hour window (e.g. from 10am to 6pm). Beginners often start with 12:12, gradually increasing to 14:10 or 16:8.

Why it works? Your body is already in a fasted state when you wake up. By simply delaying your first meal, you extend the benefits of this fasted state, which may help:

- Lower insulin levels and encourage fat-burning
- Support digestion and reduce inflammation
- Promote cellular repair and metabolic efficiency

Note: IF isn't for everyone. Consult a holistic healthcare provider or one of our nutritionists if you have adrenal fatigue, thyroid conditions, or low body weight.

间歇性禁食并非一种具体的饮食方案。它是一种强调进食时间安排，而非仅仅关注吃什么策略。通过延迟第一餐，有助于身体更长时间地保持在燃烧脂肪和修复为主的代谢状态。

目前最为流行的方法为16:8法，即每日进行16小时的禁食，并在随后的8小时内完成进食（例如从上午10点至下午6点）。对于初学者而言，建议从12:12模式开始（即禁食12小时，进食窗口为12小时），随后逐步过渡至14:10，最终达到16:8模式。

为什么间歇性禁食有效？这是因为人体在醒来时通常已处于轻度空腹状态，通过推迟第一餐的时间，可以延长这种状态所带来的生理益处，实现以下效果：

- 降低胰岛素水平，促进脂肪分解
- 改善消化功能，减轻炎症反应
- 促进细胞修复过程，提升代谢效率

注意：并非所有人都适合间歇性禁食。如果您患有肾上腺疲劳、甲状腺疾病或体重过轻，请在实施前咨询专业医疗人员或我们的营养师。



Final Notes 实用建议



Start Simple

Begin with 12:12 fasting and build from there

从简单开始

初学者建议从12:12的禁食模式开始，逐步适应



Listen to Your Body

If you feel weak or overly hungry, adjust your timing

注意身体信号

如出现虚弱或过度饥饿，应及时调整计划



Stay Consistent

Small daily habits compound over time for lasting results

坚持是关键

持续的小改变将带来长期积极影响

4.

Smart Supplementation + Clean Fats 合理补充营养素与健康脂肪



Certain nutrients and healthy fats can support metabolism, energy and hormonal balance—especially in the morning or during your eating window.

Supplements to consider:

- **B-Complex:** Supports energy, mood and stress resilience
- **CoQ10:** Boosts mitochondrial function and heart health
- **Kelp (Iodine):** Supports thyroid hormones that regulate metabolic rate
- **Chromium Picolinate:** Helps balance blood sugar and reduce carb cravings

Take these with your first meal or a light snack. Chromium Picolinate is best taken with a carb-containing food (e.g. fruit, oats, sweet potato) for better absorption.

Add metabolism-friendly fats to meals:

Include natural fats like **extra virgin coconut oil (EVCO)** to help curb cravings, promote fat-burning, and provide a clean source of energy. Add 1–2 teaspoons to smoothies, yoghurt, oats, soups or stir-fries as part of a balanced, low-GI meal.

某些关键营养素及优质脂肪有助于支持新陈代谢、能量生成及激素平衡，尤其适合在早晨或进食窗口期摄入。

推荐补充剂：

- **维他命B综合丸：**有助于能量代谢、情绪调节及压力管理
- **辅酶Q10：**支持线粒体功能及心血管健康
- **海藻宝（碘）：**支持甲状腺激素合成，调节基础代谢率
- **有机铬（吡啶甲酸铬）：**有助于稳定血糖，减少碳水渴望

建议在第一餐或轻食时服用上述补充剂。其中，有机铬（吡啶甲酸铬）最好与含碳水的食物（如水果、燕麦或红薯）同服，以提高吸收效率。

添加促进代谢的脂肪：

在餐食中加入天然健康脂肪，如**特级初榨椰子油**，有助于抑制食欲、促进脂肪燃烧，并提供清洁能源来源。每日建议用量为1–2茶匙，可加入奶昔、酸奶、燕麦、汤品或炒菜中，作为均衡、低升糖指数饮食的一部分。

THYROID 101

How to Burn Bright

甲状腺101：如何维持代谢活力

Your Energy Starts Here

您的能量由此开启

If you've been feeling constantly tired, gaining weight without explanation, or stuck in a foggy mental state, your thyroid might be the silent player behind it all.

Known as the body's metabolic master gland, the thyroid controls how your body turns food into energy. When it's out of balance, everything from your mood to your skin to your digestion can take a hit.

One of the simplest and most natural ways to support your thyroid? Kelp—a sea vegetable rich in iodine, the key mineral your thyroid needs to function at its best.

如果您长期感到疲惫、体重无故增加，或注意力难以集中，那么这可能是甲状腺功能失衡的表现。

甲状腺被称为人体的代谢主控腺体，负责调控身体将食物转化为能量的过程。当其功能异常时，可能影响情绪、皮肤状况及消化系统等多个方面。

支持甲状腺功能的一种最简单且最天然的方法之一是摄入海带——这种富含碘元素的海藻，为甲状腺正常运作提供了关键矿物质。

The Metabolism Command Centre

代谢调节的核心

Your thyroid is a small, butterfly-shaped gland at the base of your neck. It may be tiny, but it plays a major role in:

- Regulating your metabolic rate (how fast your body burns energy)
- Producing thyroid hormones like T3 and T4
- Supporting heart rate, brain function, temperature control and digestion

When your thyroid is balanced, you feel energized, focused, and in sync. When it's sluggish, you may feel slow, cold, heavy, or mentally foggy—even if nothing else in your life has changed.

甲状腺是一个位于颈部下方的小型蝴蝶状腺体，尽管体积不大，却在以下生理过程中发挥着重要作用：

- 调节基础代谢率（即身体消耗能量的速度）
- 分泌甲状腺激素，如三碘甲状腺原氨酸（T3）和甲状腺素（T4）
- 支持心率、大脑功能、体温调节以及消化系统的正常运作

当甲状腺处于平衡状态时，您会感到精力充沛、思维清晰、整体状态良好。而当其功能减退时，可能出现行动迟缓、畏寒、精神不振等症状，即便生活方式未发生明显变化。



Is Your Thyroid Slowing You Down?

您是否正受到甲状腺问题的影响？

Many people live with mild thyroid dysfunction without realizing it. Here are signs your thyroid may need support:

- Constant fatigue
- Difficulty losing weight
- Feeling cold often
- Brain fog or poor focus
- Dry skin or thinning hair
- Sluggish digestion

One of the most common causes? Iodine deficiency. This trace mineral, iodine, is essential for making thyroid hormones. While iodized salt is widespread, it's synthetic and may not align with whole-food or natural wellness lifestyles. That's where kelp steps in.

很多人患有轻度甲状腺功能障碍却浑然不知。以下是一些提示甲状腺可能需要关注的信号：

- 持续性疲劳
- 减肥困难
- 经常感觉寒冷
- 注意力不集中或记忆力下降
- 皮肤干燥、头发稀疏
- 消化功能减弱

最常见的原因之一是碘缺乏。碘是一种对甲状腺激素合成至关重要的微量元素。虽然加碘盐很常见，但它属于人工添加，可能不符合追求天然饮食者的需求。此时，海带便成为一种理想的替代选择。

Kelp: A Natural Source of Iodine

海带：天然的碘源

Kelp is a large brown seaweed found in cold coastal waters and is one of the most iodine-rich foods on the planet. Unlike synthetic iodine, kelp provides iodine in a natural, bioavailable form that your body can easily absorb and use—alongside a host of other supportive nutrients.

Just a small daily amount can give your thyroid the building blocks it needs to fire up your metabolism, stabilize energy, and support hormone production.

海带是一种生长于寒冷沿海水域的大型褐藻，被誉为自然界中碘含量最丰富的食物之一。与合成碘相比，海带中的碘以天然形式存在，更易于被人体吸收利用，同时富含多种有益营养成分。

每日适量摄入海带，可为甲状腺提供必要的原料，有助于提升代谢效率、稳定能量水平，并促进激素的正常生成。

Burn Bright, Live Light

焕发活力，重拾轻盈生活

When your thyroid is supported, everything else starts to work better: Your energy levels stabilize. Your mood improves. Your metabolism wakes up. You feel more you.

Adding a high-quality kelp supplement to your daily routine is a simple, natural way to nourish your thyroid—and reignite your inner fire.

当甲状腺得到充分支持，身体各项机能也将随之改善：能量趋于稳定、情绪更加积极、代谢活跃，整体状态更接近理想自我。

在日常饮食中加入高品质的海带补充剂，是一种简便且自然的方式，有助于恢复甲状腺功能并激发内在活力。

Why Choose NewLife™ Kelp

为何选择新生命海藻宝？

When it comes to supporting thyroid health, purity matters. That's why NewLife™ Kelp is made exclusively from Icelandic kelp—harvested from some of the world's cleanest, coldest waters. Grown in unpolluted, mineral-rich ocean environments, Icelandic kelp offers a naturally potent and reliable source of iodine to nourish thyroid function and metabolism.

NewLife™ Kelp at a glance:

- Sourced from premium Icelandic kelp
- Free from artificial fillers or binders

在维护甲状腺健康方面，纯净度至关重要。新生命海藻宝精选来自冰岛的优质海带，在全球最洁净的海域中自然生长，富含矿物质，为甲状腺功能和新陈代谢提供了高效、安全的天然碘源。

新生命海藻宝特点：

- 精选优质冰岛海带
- 不含人工填充剂或粘合剂



What users are saying?

用户反馈

"I never knew how sluggish I felt until I started taking NewLife™ Kelp. Within weeks, I had more energy and felt like my brain was sharper."

「自从开始服用新生命海藻宝，我才意识到之前的状态有多没精神。短短几周内，我的精力显著增强，感觉大脑也更敏锐了。」

Sarah Yeung, Brunei
杨莎拉，文莱

"NewLife™ Kelp is a great natural source of iodine, which plays a key role in regulating metabolism, energy levels and hormone balance. Since taking it, I've noticed a real difference over time. I've recommended this supplement to several friends who've struggled to lose weight, and they've seen results too."

「新生命海藻宝是一种优质的天然碘来源，在调节新陈代谢、维持能量水平以及促进激素平衡方面具有重要作用。自服用以来，我逐渐感受到身体状态的积极变化。此外，我也向几位正在努力减肥的朋友推荐了海藻宝，他们也看到了效果。」

Michael Tsai, Malaysia
蔡景华，马来西亚

Bonus Benefits of Kelp

新生命海藻宝的其他健康益处

Kelp is best known for supporting thyroid health, but its benefits go far beyond that—nourishing your whole body.

除了支持甲状腺健康，海藻宝还具有广泛的健康价值，为全身健康带来多重益处。



Nutrient-Dense 营养丰富

Provides vitamins A, B (including B-12), C, D, E, and K, as well as minerals like calcium, iron and magnesium
含有维生素A、B族（包括B-12）、C、D、E和K，以及钙、铁、镁等多种矿物质



Gut Health 支持肠道健康

Prebiotic fibres feed beneficial gut bacteria
其所含益生元纤维可滋养有益菌群



Bone Health 增强免疫力

Contains one of the highest natural concentrations of calcium—up to 10 times more than milk
其天然钙含量极高，约比牛奶高10倍



Antioxidants 抗氧化作用

Reduces inflammation and supports cellular repair
富含抗氧化物质，有助于减少炎症并促进细胞修复



Immune Support 支持骨骼健康

Compounds like fucoidan help regulate immune response
如岩藻多糖等成分有助于调节免疫反应



Skin Support 皮肤护理

Nourishes and hydrates the skin, enhancing elasticity and reducing pigmentation
有助于保湿、增强弹性并减少色素沉积

“

Your thyroid doesn't need extreme interventions. It needs nourishment, consistency and a little care. When you support this small gland, it pays you back with energy, clarity and metabolic balance.

您的甲状腺不需要极端的干预措施。它需要的是持续的营养支持与温和的呵护。当您通过科学地照顾这一重要腺体，您将获得充沛的精力、清晰的思维以及稳定的代谢功能。

”



How to Use 使用建议

1

Take 1-2 tablets in the morning with food to support daily energy and wellness.
每日早餐时随餐服用1至2片，有助于维持日常精力与健康。

2



Pair with B Complex or CoQ10 Plus for enhanced energy and hormonal balance.

建议与维他命B综合丸及辅酶Q10配合使用，以提升能量代谢水平并促进激素系统的平衡。

3

If you're overweight or have low thyroid function, take up to 5 tablets daily.
若体重超标或甲状腺功能低下，每日可服用至5片。

4

You can also crush the tablets into powder and add to juice or use as a savoury seasoning on food.

您也可以将药片碾碎成粉末，加入果汁中饮用，或撒在食物上作为调味品。

Boost & Energise

The Science-Backed Nutrients
for Stamina and Brainpower

助力与激活：提升耐力与脑力的科学营养素



In a fast-paced world where mental alertness and physical stamina are key to thriving, the true foundation of sustained performance lies deeper than most realize—in the mitochondria. These microscopic structures in our cells are responsible for producing ATP (adenosine triphosphate), the body's universal energy molecule. When mitochondrial function is compromised, we feel it: brain fog, fatigue, muscle weakness and poor endurance.

Fortunately, specific nutrients can support and even enhance mitochondrial activity. Among the most researched and effective are Extra Virgin Coconut Oil (EVCO), Vitamin B Complex and Coenzyme Q10 (CoQ10). This article explores how these three supplements synergistically work to support energy production, mental clarity and long-term vitality.

在快节奏的社会环境，保持精神敏锐和身体耐力是实现高效表现的关键。而持续性高强度表现的基础远不止于表面所见。它存在于细胞内的线粒体中。作为细胞能量代谢的核心结构，线粒体负责合成三磷酸腺苷，即人体内普遍使用的能量载体分子。当线粒体功能受损时，个体可能出现认知模糊、疲劳感加剧、肌肉力量下降以及耐力减弱等表现。

值得庆幸的是，某些特定营养素已被证实能够支持甚至增强线粒体的功能活性。其中，研究最为广泛且具有显著效果的包括特级初榨椰子油、维生素B复合物以及辅酶Q10。本文将探讨这三种营养素如何协同作用，以支持能量生成、思维清晰和长期活力。



Understanding Mitochondrial Energy

线粒体能量生成机制解析

Mitochondria function as the cell's powerhouse, converts carbohydrates and fats into ATP through a process called oxidative phosphorylation. This process requires multiple co-factors, enzymes and micronutrients to operate efficiently. When even one part of this system falters—due to nutrient deficiency, oxidative stress, aging or chronic illness—energy output declines. This doesn't just result in physical fatigue; it also affects cognitive performance, memory and focus.

Supporting mitochondrial health isn't just about adding calories or getting more sleep. It's about targeted nutritional support that fuels energy metabolism at a cellular level.

线粒体通过氧化磷酸化过程将碳水化合物和脂肪转化为三磷酸腺苷，这一过程依赖多种辅助因子、酶类及微量营养素的参与。若系统中任一环节出现异常，如因营养缺乏、氧化应激、衰老或慢性疾病，都会导致能量输出减少，从而影响身体机能与认知能力。

因此，维护线粒体健康并非单纯依靠增加热量摄入或延长睡眠时间，而是需要提供具有针对性的营养支持，从细胞层面优化能量代谢效率。

1

CoQ10: Powering the Final Step of ATP Synthesis

辅酶Q10：驱动三磷酸腺苷合成的关键辅助因子

Coenzyme Q10 (CoQ10) is an antioxidant and an essential cofactor in the electron transport chain, the final stage of mitochondrial ATP production. Without adequate CoQ10, cells cannot efficiently generate energy—even if all other nutrients are present.

Why CoQ10 Is Essential

- **Energy production:** Facilitates ATP synthesis at Complexes I and II within mitochondria
- **Antioxidant defense:** Neutralizes free radicals generated during oxidative metabolism
- **Supports high-demand tissues:** Brain, heart and skeletal muscles rely heavily on CoQ10
- **Age-related decline:** CoQ10 levels decrease with age and with the use of statin medications

Cognitive & Physical Benefits

Supplementation with CoQ10 has been shown to improve aerobic performance, reduce fatigue, and support cognitive function, particularly in adults facing chronic stress or age-related mitochondrial decline.

辅酶Q10是一种重要的脂溶性抗氧化剂，同时也是线粒体电子传递链中不可或缺的辅助因子，尤其在三磷酸腺苷合成的最后阶段起关键作用。若体内辅酶Q10水平不足，即使其他营养物质充足，细胞仍难以高效产生能量。

为什么辅酶Q10是必需的

- **能量生成：**促进线粒体复合物I和II中的三磷酸腺苷合成
- **抗氧化防御：**有效清除自由基，减轻氧化损伤
- **支持高能量需求组织：**大脑、心脏及骨骼肌对辅酶Q10高度依赖
- **年龄相关性下降：**随着年龄增长及他汀类药物使用，辅酶Q10水平会显著降低

认知与身体益处

研究表明，补充辅酶Q10有助于提高有氧运动能力、缓解疲劳，并改善认知功能，特别适用于长期处于压力状态或因年龄增长而导致线粒体功能衰退的人群。

2

Vitamin B Complex: Enzyme Activators for Mitochondrial Function

维生素B复合物：激活线粒体功能的关键辅酶

The B vitamins are essential coenzymes in nearly every step of energy metabolism. Without sufficient levels of these micro-nutrients, mitochondrial function slows, impairing ATP production and mental performance. Each B vitamin plays a distinct role in the energy cycle.

Impact on Mental Clarity

B vitamins are especially important for neurotransmitter synthesis (e.g., serotonin, dopamine) and myelin formation, both of which influence focus, mood and mental sharpness. Deficiencies can lead to fatigue, irritability and cognitive slowing.

NewLife™ Vitamin B Complex

This full-spectrum B Complex contains bioavailable forms of each vitamin. It's suitable for daily use, especially in times of high stress or fatigue.

How to Use

Take one tablet daily with breakfast to support mental focus, nerve health and sustained energy throughout the day.



维生素B族在几乎所有的能量代谢过程中均发挥着不可或缺的作用。这些微量营养素作为辅酶参与多个生化反应，若其水平不足，将直接影响三磷酸腺苷的生成效率，并可能导致认知功能下降。

对认知功能的影响

维生素B族对认知功能的影响尤为显著，因其参与神经递质（如血清素、多巴胺）的合成及髓鞘形成，进而影响情绪稳定、注意力集中及思维敏捷性。长期缺乏维生素B可能导致疲劳、易怒及认知障碍等问题。

新生命维他命B综合丸

新生命维他命B综合丸包含所有B族维生素的生物可利用形式，适合日常补充，尤其适用于高压环境或体力脑力消耗较大的人群。

使用建议

每日早餐时服用一片，有助于提升专注力、维护神经系统健康，并支持全天稳定的能量供给。



NewLife™ CoQ10 Plus

NewLife™ CoQ10 Plus delivers 60 mg of high-quality Coenzyme Q10 per capsule and is formulated with flaxseed extract, a natural source of omega-3 fatty acids. This lipid base enhances CoQ10 absorption while providing additional cardiovascular and anti-inflammatory benefits.

The combination of CoQ10 and flaxseed extract supports not only mitochondrial function but also heart health, cellular protection and systemic vitality—making it a well-rounded supplement for energy and endurance.

How to Use

Take one capsule daily with a fat-containing meal, such as one including EVCO, to optimize absorption and mitochondrial support.

新生命辅酶Q10

新生命辅酶Q10增强剂每粒胶囊提供60毫克高品质辅酶Q10，并添加亚麻籽提取物，作为天然奥美加—3脂肪酸来源。这种脂质基质不仅增强辅酶Q10的生物利用率，还带来额外的心血管保护与抗炎益处。

辅酶Q10与亚麻籽提取物的结合不仅有助于线粒体功能，还能促进心脏健康、细胞保护和全身活力，使其成为提升能量和耐力的全面补充剂。

使用建议

每日随含脂肪的餐食服用一粒胶囊，例如含特级初榨椰子油的餐食，以优化吸收和线粒体支持。



EVCO: Fueling the Brain and Body with Clean Ketones

特级初榨椰子油：为大脑与身体提供洁净酮能量

Extra Virgin Coconut Oil (EVCO) is a rich source of medium-chain triglycerides (MCTs), a unique form of fat that behaves differently than most dietary fats. Unlike long-chain triglycerides, MCTs are rapidly absorbed and transported directly to the liver, where they are converted into ketone bodies—an alternative energy source for both the brain and muscles.

Benefits for Energy & Endurance

- **Quick energy:** MCTs provide a fast-acting fuel that bypasses the usual fat digestion pathway.
- **Ketone production:** Ketones serve as a clean fuel for brain cells and may support mental clarity and focus.
- **Metabolic flexibility:** Helps the body shift between using carbohydrates and fats more efficiently.

NewLife™ Organic Extra Virgin Coconut Oil

NewLife™ Organic Extra Virgin Coconut Oil is 100% cold-pressed, unrefined and organic certified, made from fresh Philippine coconuts. It contains no solvents, preservatives, or bleaching agents, ensuring purity and potency.

How to Use

Take 1–2 teaspoons daily, either directly or added to smoothies, coffee or cooking. For optimal cognitive benefit, use in the morning or before mentally demanding tasks.

特级初榨椰子油富含中链甘油三酯，其结构不同于常规膳食脂肪。中链甘油三酯与长链甘油三酯不同，可被迅速吸收并直接输送至肝脏，在那里转化为酮体，成为大脑和肌肉组织的替代能量来源。

对精力和耐力的益处

- **快速供能：**绕过传统脂肪代谢路径，实现快速能量释放
- **酮体生成：**为脑细胞提供高效清洁燃料，有助于维持思维清晰与专注
- **代谢灵活性：**增强机体在碳水化合物与脂肪之间切换利用的能力

新生命有机特级初榨纯鲜椰子油

新生命有机特级初榨纯鲜椰子油采用100%冷压工艺提取，未经精炼处理，及符合有机认证标准，原料源自新鲜的菲律宾椰子。它不含溶剂、防腐剂或漂白剂，以确保成分纯净且活性稳定。

使用建议

每日服用1–2茶匙，可直接服用或加入奶昔、咖啡或烹饪中。为获得最佳认知效益，建议在早晨或进行高强度脑力活动前服用。

Synergistic Support: Energy from Input to Output

协同支持：从能量摄入到输出的全过程支持

Together, EVCO, B Complex and CoQ10 support all stages of mitochondrial energy metabolism:

特级初榨椰子油、维生素B复合物和辅酶Q10共同作用，支持线粒体能量代谢的所有阶段：

EVCO

特级初榨椰子油

Supplies fast-access ketone fuel

提供可快速利用的酮体作为能量来源

Vitamin B Complex

维生素B复合物

Activates enzymes for ATP production

激活三磷酸腺苷合成过程中所需的关键酶

CoQ10

辅酶Q10

Powers electron transport for efficient energy output

为高效能量输出提供电子传递动力

This combination enhances both cognitive and physical performance by addressing the full energy pathway—from fuel supply and coenzyme support to electron transport and antioxidant protection.

上述成分通过协同作用，全面覆盖从能量底物供给、辅酶激活、电子传递到抗氧化保护的整个能量代谢路径，从而有效提升认知功能与身体表现。

Conclusion: Strategic Nutrition for High-Demand Lifestyles

结论：应对高强度生活方式的营养策略

Energy isn't just about caffeine, calories or willpower. True stamina begins at the cellular level. By targeting mitochondrial function with the right nutrients, you support a more sustainable, resilient and focused version of yourself.

EVCO, Vitamin B Complex and CoQ10 offer a comprehensive strategy to unlock your body's natural energy production potential. They support mental clarity, physical endurance and long-term well-being.

Whether you're navigating intense workdays, managing stress, or simply striving to feel more energized and alert, this trio of nutrients provides the science-backed support your mitochondria and your mind need daily.

能量的来源不仅限于咖啡因、热量或意志力。真正的耐力始于细胞层面的能量生成机制。通过科学选择能够靶向支持线粒体功能的营养成分，可以有效增强身体的持久力、恢复力与专注力。

特级初榨椰子油、维生素B复合物以及辅酶Q10提供了一套全面的策略，能够激发身体固有的能量生成潜能，从而维持清晰的思维状态、增强体能耐力，并促进长期健康。

无论您面临高强度工作压力、需要应对日常挑战，还是希望提升整体活力与专注度，这三种营养素均可为您的线粒体和大脑提供每日所需的科学营养支持。

Boost from Within: The Coconut Oil Advantage

内在动力：椰子油的优势

Not all fats weigh you down; some lift you up. Coconut oil is a natural, clean fuel rich in medium-chain triglycerides (MCTs) like lauric, capric and caprylic acids. These MCTs are quickly converted into ketones—an efficient fuel for both body and brain. Ketones support sharper focus, sustained energy, and enhanced mental clarity—especially when glucose levels drop, as in aging or cognitive decline.

Key Benefits of Coconut Oil

- Boosts energy, mental clarity and cognitive function
- Supports immune health
- Raises HDL (“good”) cholesterol

并非所有脂肪都会让您发胖，有些脂肪对健康具有积极作用。椰子油是一种天然、纯净的脂肪来源，富含中链甘油三酯，包括月桂酸、癸酸和辛酸。椰子油中的中链甘油三酯可在体内迅速转化为酮体，后者是一种高效能量来源，适用于身体及大脑的代谢需求。酮体在血糖水平下降的情况下，如衰老过程或认知功能减退时，能够支持认知功能的稳定，表现为增强注意力集中能力、维持持续的能量供给以及提升思维的清晰度。

椰子油的主要益处

- 提升能量、思维清晰度和认知功能
- 支持免疫健康
- 提高高密度脂蛋白（“好”胆固醇）水平

Why Choose NewLife™ Organic Extra Virgin Coconut Oil?

为何选择新生命有机特级初榨纯鲜椰子油？

Quality Matters

NewLife™ Organic Extra Virgin Coconut Oil stands out with:

- Ultra-low Free Fatty Acid (FFA): Just 0.03% (vs 0.3% typical, 0.2% Philippine standard), ensuring freshness and purity.
- Minimal Peroxide Value: Only 0.11 meq/kg (vs. around 1 typical), keeping oil stable and fresh longer.

Pure. Potent. Certified.

- Cold-pressed and unrefined to preserve nutrients
- Produced under strict ISO 22000 & ISO 9000 standards
- No chemicals, additives, or preservatives
- Certified organic, Halal and Kosher

Light, smooth, and easy to add to smoothie or meals, NewLife™ Organic Extra Virgin Coconut Oil delivers clean, potent fuel you can trust—from the inside out.

品质是产品价值的核心

新生命有机特级初榨纯鲜椰子油凭借以下特性在同类产品中脱颖而出：

- 极低游离脂肪酸：仅为0.03%（远低于常规水平0.3%和菲律宾标准0.2%），确保新鲜度和纯度。
- 极低过氧化值：仅0.11毫当量/千克（远低于市场平均水平通常约1毫当量/千克），说明其稳定性优异，保存期限更长。

纯净、强效、认证

- 冷压，未经精炼，最大程度保留营养成分
- 严格遵循ISO22000和ISO9000国际质量与食品安全管理体系标准进行生产
- 不含化学添加剂、防腐剂或人工成分
- 获得有机、清真及犹太洁食认证

新生命有机特级初榨纯鲜椰子油质地轻盈、口感顺滑，易于添加至饮品或日常膳食中，为您提供纯净、高效、值得信赖的能量支持，由内而外呵护您的健康。



“Healing My Psoriasis-Cracked Hands with NewLife™ Organic Extra Virgin Coconut Oil

新生命有机特级初榨纯鲜椰子油治愈我的银屑病裂手

I've battled psoriasis for years, with painful flare-ups that left my hands cracked, bleeding and slow to heal. Now, I take NewLife™ Organic Extra Virgin Coconut Oil (NL EVCO) internally for overall wellness and apply it externally at night—soaking and wrapping my hands before bed. To my surprise, this simple routine brought fast relief. Within days, the cracks began healing, the bleeding stopped, and my hands felt noticeably better. NL EVCO is now a vital part of my healing journey. I'm truly grateful for this natural remedy.

多年来，我饱受银屑病困扰，每次发作都会导致双手皮肤干裂、出血，且恢复周期较长。目前，我每天通过口服新生命有机特级初榨纯鲜椰子油来支持整体健康，并在晚间将椰子油涂抹在双手，通过睡前敷裹的方式加强护理。令人欣喜的是，这种简单的双重使用方式在短时间内带来了显著改善。短短数日内，皮肤裂口开始愈合，出血现象停止，双手状况明显好转。如今，新生命有机特级初榨纯鲜椰子油已成为我康复过程中不可或缺的一部分，我真心感激这个天然疗法。

Kelvin Chong, Selangor
钟家荣，雪兰莪



From creamy lattes to milk teas and that picture-perfect slice of cake behind the glass, low-glycaemic (GI) living often feels like swimming against a tide of temptation. One moment you're riding a sugar high; the next, you crash—foggy, irritable and craving more. But you don't need to stress over every carb. With a few practical low-glycaemic strategies, you can enjoy steady energy and better focus without feeling deprived.

从香浓的拿铁咖啡到奶茶，再到玻璃柜里那块让人难以抗拒的蛋糕，低血糖生成指数的生活常常感觉像是在逆浪而行。前一刻还沉浸在糖分带来的兴奋中，下一刻就可能陷入昏昏沉沉、烦躁易怒的状态，渴望再来点甜食。但您不需要对每一克碳水都紧张兮兮，只需掌握几个实用的低血糖生成指数策略，就能享受持久的能量供应和更佳专注力，同时又不会感到被剥夺了享受美食的乐趣。

Why Low-Glycaemic Eating Matters

The glycaemic index (GI) measures how quickly food raises blood sugar. High-GI foods like white bread, white rice, soda and sugary cereals spike glucose fast, then drop it hard—triggering fatigue, hunger and more cravings. Over time, this rollercoaster can lead to insulin resistance, weight gain and metabolic issues. In contrast, low-GI foods digest slower, helping keep blood sugar stable and hunger in check throughout the day.

为什么低血糖生成指数饮食很重要？

血糖生成指数衡量食物升高血糖的速度。像白面包、白米饭、汽水和含糖麦片这类高升糖指数食物会使血糖迅速升高，然后急剧下降，引发疲劳、饥饿和更多欲望。长期如此，这种过山车般的血糖波动会导致胰岛素抵抗、体重增加和代谢问题。相比之下，低升糖指数食物消化更慢，有助于全天保持血糖稳定，控制饥饿感。

Putting It into Practice

Understanding GI is a start but real change comes from daily habits. These seven strategies help manage your blood sugar, boost energy and reduce cravings without feeling restrictive.

实践指南

了解升糖指数只是第一步，真正的改变是来自日常习惯。以下七个策略能帮您管理血糖、提升能量并减少食欲，同时不让您感到饮食受限。

1

Balance Meals with Protein, Fibre & Fat

Pairing carbs with these slows digestion and steadies blood sugar:

- Protein: eggs, tofu, chicken
- Healthy fats: avocado, nuts, flaxseed oil, coconut oil
- Fibre: leafy greens, lentils, chia seeds

Swap toast and jam for whole-grain toast with nut butter and eggs—you'll stay full longer and skip the crash.

通过蛋白质、纤维和脂肪平衡膳食结构

将碳水化合物与以下食物搭配可减缓消化速度并稳定血糖：

- 蛋白质：鸡蛋、豆腐、鸡肉
- 健康脂肪：牛油果、坚果、亚麻籽油、椰子油
- 纤维：绿叶蔬菜、扁豆、奇亚籽

例如，将果酱配白面包替换为全麦面包搭配坚果酱与鸡蛋，有助于延长饱腹感，避免能量波动。

Rethink Carbs—Don't Eliminate Them

Carbs aren't the enemy but quality matters. Avoid refined carbs like white rice, instant cereals, noodles or sugary snacks—especially when eaten on their own. Choose:

- Whole carbs (e.g., sweet potatoes, quinoa, brown rice, lentils)
- Low-GI fruits (e.g., berries, guava, citrus, green apples)
- Minimally processed grains (e.g., oats, barley, sprouted grains)

2

合理看待碳水化合物——不必完全戒除

碳水不是敌人，关键是选择高质量来源。避免精制碳水如白饭、速溶麦片、面条、含糖零食——尤其是空腹食用。可选择：

- 全谷物碳水化合物（如番薯、藜麦、糙米、扁豆）
- 低升糖指数水果（如莓类、番石榴、柑橘、青苹果）
- 粗加工谷物，如燕麦、大麦或发芽谷物

Eat in the Right Order

What you eat matters—but so does when and how. Eating fibre and protein before carbs can reduce glucose spikes.

Start with veggies or salad, then protein, and finish with grains. This simple change boosts metabolism without changing what's on your plate.

调整进食顺序以优化代谢反应

吃什么固然重要，但吃的顺序也有影响。在吃碳水之前先吃纤维和蛋白质，这有助于降低血糖波动。

建议先食用蔬菜或沙拉，随后摄入蛋白质，最后再进食碳水化合物。这种简单的改变可以提升代谢效果，而无需改变盘中食物。

3

4

Move After Meals

A 10 to 15-minute walk after eating helps muscles absorb glucose more efficiently. Think of it as a “glucose sponge”. It also aids digestion and prevents that sluggish “food coma” feeling.

餐后适度活动

餐后进行10至15分钟的轻度散步，有助于肌肉更高效地吸收葡萄糖，起到类似“葡萄糖海绵”的作用。此外，还可促进消化，缓解饭后昏昏欲睡的困倦感。

Watch the Liquid Sugar

Drinks like milk tea, soda, and even smoothies can spike blood sugar fast. Liquids digest faster than solid so they hit harder. Stick to water, herbal teas or honegar. When juicing, use low-sugar fruits and vegetables—go for leafy greens, choose green apples over red, and skip beetroot. To slow sugar absorption, add fat and fibre to your smoothies—think avocado, chia seeds, flaxseed oil or coconut oil.

5

注意液体糖分

奶茶、汽水，甚至是果昔这类饮品都能迅速提高血糖。这是因为液体消化比固体快，所以影响更大。建议多喝白开水、花草茶或蜂蜜醋。若制作果汁，应优先选用低糖水果与蔬菜，如绿叶蔬菜、青苹果而非红苹果，并避免使用甜菜根。为减缓糖分吸收，可在奶昔中添加牛油果、奇亚籽、亚麻籽油或椰子油等富含脂肪与纤维的成分。

Mind the Morning

Your body's more insulin-resistant in the morning, so avoid sweet or high-carb breakfasts. Start your day with a low-GI, protein-rich meal with healthy fats to stay full longer, maintain energy and curb carb cravings. Try options like:

- Eggs with avocado and greens
- Yoghurt or overnight oats with berries, nuts, seeds, flaxseed oil and coconut oil
- Chia pudding with almond butter and cinnamon

Bonus tip:

Planning to eat high-GI foods like white rice or noodles? Take Herbal Matrix Powder / Herbal Klenz 15 minutes before meal. Formulated with psyllium husk, apple pectin, butcher's broom, slippery elm, fennel seed and inulin, it helps slow glucose absorption, promotes steady energy, and supports overall digestive health and gut balance.

关注清晨时段的饮食选择

由于早晨人体对胰岛素的敏感性较低，早餐应避免高糖与高碳水化合物食物。推荐选择低升糖指数、高蛋白质并含健康脂肪的食物组合，以延长饱腹感、维持能量水平、抑制碳水渴望。以下为几种推荐选项：

- 鸡蛋搭配牛油果与绿叶蔬菜
- 酸奶或隔夜燕麦搭配浆果、坚果、籽类、亚麻籽油与椰子油
- 奇亚籽布丁搭配杏仁酱与肉桂

附加建议：

若想食用像白米饭或面条这类高血糖生成指数的食物，可在用餐前15分钟服用天然净化粉。此配方含有洋车前子壳、苹果果胶、山楂树皮、滑榆树皮、茴香籽及菊粉，有助于延缓葡萄糖吸收，促进能量平稳释放，并有益于整体消化系统健康与肠道菌群平衡。

6



7

Don't Overlook Sleep, Stress & Timing

Poor sleep, chronic stress and late-night meals can all disrupt blood sugar by raising cortisol or impairing glucose control. Try these habits to support better balance:

- Get 7–8 hours of quality sleep
- Manage stress with techniques like breathwork, walking, journaling, or other activities that work for you
- Avoid eating 2–3 hours before bed

别忽视睡眠、压力与时间安排

睡眠不足、长期压力和宵夜都可能扰乱血糖控制，因为它们会提高皮质醇或影响葡萄糖代谢。以下习惯有助于改善血糖平衡：

- 保持每晚7–8小时高质量睡眠
- 透过呼吸练习、散步、写日记等方法管理压力
- 避免临睡前2–3小时进食

It's About Consistency Not Perfection

关键在于持之以恒，而非尽善尽美

Low-GI living isn't about getting it perfect. It's about building steady habits, choosing nourishing foods, and listening to your body.

低升糖指数生活并非追求绝对完美，而是建立可持续的健康习惯，选择营养价值高的食物，并根据自身需求做出合理调整。

Extra Support for Low-GI Living

低升糖指数生活的辅助支持

While whole foods and healthy habits are vital, supplements can give extra support—especially during stress, hormonal shifts or low energy. Nutrients like chromium picolinate, CoQ10, B complex, niacin, coconut oil and flaxseed oil may help with blood sugar, energy and inflammation. Remember, supplements aren't a fix-all, but a helpful boost when your body needs it.

尽管天然食物与健康生活习惯是基础，但在特定情况下（如压力较大、激素水平变化或精力不足时），适当补充某些营养素可提供额外支持。吡啶甲酸铬、辅酶Q10、复合维生素B、烟酸、椰子油及亚麻籽油等营养成分对调节血糖、能量代谢及炎症反应具有一定积极作用。请记住，补充剂并非万能药，而是在身体需要时提供辅助支持。

BALANCE ^{is} the New Wellness Standard: CHROMIUM PICOLINATE

Supporting Glucose Metabolism, Energy and Hormonal Stability

平衡是新的健康标准：吡啶甲酸铬

支持葡萄糖代谢、能量代谢与激素稳态

In today's health landscape, wellness is no longer just about strength, flexibility or aesthetics. The new frontier is balance—specifically, metabolic balance. At the centre of this balance lies one critical factor: blood sugar regulation. From mental clarity to physical endurance, from weight management to hormonal function, stable glucose levels shape how we feel, perform and age.

One micronutrient stands out in this equation: chromium, particularly in its bioavailable form—chromium picolinate. This trace mineral plays an essential role in regulating insulin sensitivity, improving glucose uptake into cells, and optimizing energy metabolism. Backed by decades of research, chromium picolinate is now recognized as a foundational nutrient for metabolic resilience and long-term vitality.

在当代健康领域，健康的定义已不再局限于力量、柔韧性和外貌，而是拓展至更深层次的生理平衡，特别是代谢平衡。这一平衡的核心在于血糖调节能力。从认知功能到身体耐力，从体重管理到激素调节，稳定的血糖水平深刻影响着我们的生理状态、表现水平以及衰老过程。

在这一代谢调控体系中，一种关键的微量营养素日益受到关注——铬，特别是其生物利用度较高的形式——吡啶甲酸铬。作为一种必需微量元素，吡啶甲酸铬在增强胰岛素敏感性、促进葡萄糖进入细胞以及优化能量代谢方面发挥着重要作用。经过数十年的研究积累，吡啶甲酸铬已被广泛认可为支持代谢适应力和长期健康活力的重要营养素。

Metabolic Importance of Glucose Control

葡萄糖调控的代谢重要性

Every time we eat—especially carbohydrates—our body releases insulin, a hormone that helps move glucose from the bloodstream into cells to be used for energy. This glucose-insulin response is meant to be quick, efficient and balanced. However, this finely tuned system can be disrupted by high-glycaemic diets, sedentary lifestyles, stress, poor sleep, and even age-related insulin resistance.

When this happens, the result is often blood sugar imbalances, which can show up as energy crashes, brain fog, sugar cravings, mood swings, weight gain, elevated triglycerides, and—over time—insulin resistance and metabolic syndrome.

每当我们进食，尤其是摄入碳水化合物后，我们的身体便会分泌胰岛素。胰岛素是一种促进葡萄糖从血液转运至细胞内部并用于能量代谢的重要激素。正常的血糖-胰岛素调节机制通常具有快速、高效和自我平衡的特点。然而，这一精密的生理调节系统可能受到高升糖指数饮食、缺乏运动、心理压力、睡眠质量不佳以及与年龄相关的胰岛素敏感性下降等因素的干扰。

上述干扰可能导致血糖水平失衡，临床表现包括能量水平骤降、注意力难以集中、对糖类食物的强烈渴望、情绪不稳定、体重增加、血清甘油三酯升高，并可能逐步发展为胰岛素抵抗及代谢综合征。

Addressing this imbalance doesn't require extreme diets or aggressive medications. It begins with restoring the body's natural sensitivity to insulin—and this is where chromium picolinate enters the picture.

纠正这种失衡并不依赖极端饮食或强效药物，而是应从恢复胰岛素的自然敏感性入手——吡啶甲酸铬正是实现这一目标的重要营养素。



What Is Chromium Picolinate?

Chromium is an essential trace element involved in carbohydrate, fat and protein metabolism. While found in small amounts in foods such as broccoli, whole grains and nuts, absorption is typically low. Chromium picolinate is a superior supplemental form—where chromium is bound to picolinic acid, enhancing its bioavailability and uptake into cells.

Research indicates that chromium picolinate:

- Improves insulin receptor activity
- Enhances glucose transport into muscle and fat cells
- Reduces post-meal glucose spikes
- May support lipid metabolism
- Promotes stable energy levels and reduces cravings

These effects make it particularly useful for individuals managing blood sugar swings, carbohydrate cravings and metabolic stress.

什么是吡啶甲酸铬?

铬是一种参与碳水化合物、脂肪和蛋白质代谢的必需微量元素。虽然存在于西兰花、全谷物和坚果等食物中，但含量少，且吸收率通常很低。吡啶甲酸铬是一种经过优化的补充形式，其中铬与吡啶甲酸结合，显著提高了其生物利用率及细胞摄取效率。

研究表明，吡啶甲酸铬具有以下作用：

- 增强胰岛素受体活性
- 促进葡萄糖向肌肉和脂肪细胞的转运
- 减少餐后血糖波动
- 支持脂质代谢调节
- 维持稳定的能量水平并减少对碳水化合物的渴望

这些作用使其成为管理血糖波动、碳水化合物依赖及代谢压力的理想营养素。

The Benefits of Chromium Picolinate

1. Boosts Energy & Reduces Fatigue

Supports steady energy by improving glucose use, helping to avoid blood sugar crashes.

2. Supports Weight Management

Enhances insulin sensitivity, promoting fat burning and helping preserve lean muscle during weight loss.

3. Improves Mood & Focus

Stable glucose levels support mood, mental clarity, and neurotransmitter balance (like serotonin and dopamine).

4. Promotes Heart Health

May help lower triglycerides, total cholesterol, and LDL, supporting cardiovascular health in those with metabolic concerns.

5. Curbs Sugar & Carb Cravings

Balances blood sugar, reducing appetite, emotional eating and cravings—especially in those with insulin resistance or stress eating.

吡啶甲酸铬的主要健康益处

1. 稳定能量代谢并缓解疲劳

通过促进葡萄糖的有效利用，吡啶甲酸铬有助于维持全天能量稳定，减少血糖波动。

2. 支持健康体重管理

有助于增强胰岛素敏感性，促进脂肪燃烧，并在减重期间有助于保持肌肉量。

3. 改善情绪与认知功能

稳定的血糖水平有助于维持神经递质（如血清素和多巴胺）的平衡，从而提升情绪稳定性和认知清晰度。

4. 促进心血管健康

可能有助于降低甘油三酯、总胆固醇及低密度脂蛋白胆固醇水平，为代谢综合征患者提供额外的心血管保护。

5. 减少糖分与碳水化合物的渴望

可平稳血糖水平、降低食欲、减少情绪性进食及为对甜食的渴望，尤其适用于胰岛素抵抗或压力性进食人群。



How to Use 使用建议

Take one tablet daily, preferably with a meal containing complex carbohydrates. Consistency is key—chromium works best when taken regularly over weeks to restore insulin sensitivity and cellular glucose uptake.

每日服用一粒，最好与含复合碳水化合物的餐食同服。持续服用数周后效果更为显著，有助于逐步恢复胰岛素敏感性和细胞对葡萄糖的摄取能力。

Who Can Benefit from Chromium Picolinate?

谁能从新生命有机铬中受益?



Individuals looking to support healthy blood sugar levels and metabolic function

想要维持健康血糖水平及正常代谢功能的人群



Those experiencing sugar cravings or carb dependency

经常渴望甜食或依赖碳水化合物的人群



Adults managing weight, prediabetes or insulin resistance

正在管理体重、处于糖尿病前期或存在胰岛素抵抗的成年人



Athletes and active individuals seeking stable energy

需要稳定能量供应的运动员及活跃人群



Those on high-carb diets

高碳水化合物饮食人群

Chromium Picolinate doesn't promise instant results or dramatic spikes. Instead, it works subtly and consistently, restoring sensitivity where it's been dulled and supporting stable energy where it's been lost.

In doing so, it supports not only blood sugar, but the broader pillars of health: mental focus, weight control, hormonal stability and cardiovascular integrity.

有机铬不会带来立竿见影的效果或剧烈的变化，而是通过温和而持久的作用，帮助恢复受损的代谢调节机制，并在能量失衡时提供支持。

通过这种方式，它不仅有助于血糖调控，更在更广泛的层面上支持健康的核心要素：认知功能、体重管理、激素稳态以及心血管健康。

“

My Go-To Support for Cravings and Carb Control

我控制食欲和减少碳水化合物摄入的重要辅助产品

I take NewLife™ Chromium Picolinate to support my blood sugar levels, especially since I often consume sweet drinks and a high-carb diet. It has helped curb my cravings and made me feel more in control of my appetite. Since adding it to my daily routine, I've noticed a real improvement in my overall health and energy.

由于我经常喝甜饮料，而且饮食偏高碳水化合物，因此我选择服用新生命有机铬，以帮助维持正常的血糖水平。它在一定程度上帮助我抑制食欲，让我感觉更能控制自己的食量。自从服用它以来，我明显感觉到整体健康状况和精力都有了改善。它现在已经成为我日常生活的一部分。

Lim Pei Kuan, Johor
林佩均, 柔佛

Conclusion: Chromium and the Future of Metabolic Health

结语：铬与代谢健康的未来

In the pursuit of holistic health, the body rewards balance above all. Chromium picolinate stands as a reliable, science-backed tool in the quest to stabilize energy, reduce cravings and enhance metabolic function.

As we redefine wellness not by extremes but by equilibrium, nutrients like chromium picolinate remind us that small compounds can create profound shifts. When taken consistently, with lifestyle alignment and whole-food support, it contributes meaningfully to a life of resilience, clarity and control.

Because in today's world, balance isn't just wellness—it's power.

在追求全面健康的过程中，身体最需要的是平衡。吡啶甲酸铬作为一种具有科学依据的营养补充成分，已被证实有助于调节能量代谢、缓解食欲波动，并促进代谢功能的正常运作。

当我们不再以极端标准来定义健康，而是转向追求平衡时，像吡啶甲酸铬这样的微量营养素提醒我们，即便是微小的营养化合物，也可能对整体健康产生深远影响。在坚持服用的基础上，结合健康的生活方式与全天然食物的营养支持，它能有效帮助我们提升适应力、认知清晰度以及整体活力方面发挥积极作用。

因为在当今社会，平衡不仅关乎生理健康，更是维持身心力量的关键所在。

燃烧 提升 平衡

BURN. BOOST. BALANCE.

Supplements 补充剂		Ideal For 适用人群	Daily Dosage 每日剂量	Benefits & What to Expect 主要功效与预期效果
BURN 燃烧	 Kelp 海藻宝	<ul style="list-style-type: none"> Low iodine & hypothyroidism Goitre Poor nails/hair Pre-menstrual syndrome (PMS) Poor resistance to infections Type 2 diabetes Overweight or obese Stress Children & seniors Vegans 碘缺乏者与甲状腺功能减退患者 甲状腺肿大者 指甲脆弱、头发干枯者 经前综合征 (PMS) 女性 易感染者 2型糖尿病患者 超重或肥胖人群 压力较大者 儿童与老年人群 纯素食者 	With meals • 1-2 tab • 5 tablets for people who are overweight or have hypothyroidism 随餐服用 • 1至2片 • 体重超标或甲状腺功能减退者可增至每日5片	<ul style="list-style-type: none"> Supports thyroid & metabolism May reduce goitre & hypothyroid symptoms Strengthens hair & nails Aids fat metabolism & weight control Boosts energy & immunity Balances hormones & ease PMS Supports child growth Provides natural iodine & minerals, ideal for vegans 支持甲状腺正常功能及新陈代谢 可能缓解甲状腺肿和甲状腺功能减退症状 增强指甲强度, 改善头发健康状况 有助于体重管理及脂肪代谢 提升能量水平与免疫健康 调节激素平衡, 缓解经前不适 促进儿童生长发育 为素食者提供天然碘源及多种矿物质
	 B Complex 维他命B综合丸	<ul style="list-style-type: none"> Fatigue Stress Vegans Women on birth control pills 感到乏力者 长期处于高压状态者 纯素食者 服用避孕药的女性 	Morning or with food 1-2 tab 早晨服用或随餐服用 1-2片	Supports energy, mood and stress resilience 有助于提升精力、改善情绪和增强抗压能力
BOOST 提升	 CoQ10 Plus 辅酶Q10	<ul style="list-style-type: none"> Over 40s On statins Brain fog 40岁以上人群 服用他汀类药物者 有脑雾症状者 	With food containing fat • 1 cap • 2-3 cap if over 60 or on statins 建议与含脂肪食物同服 • 1粒 • 60岁以上或服用他汀类药物者, 每日2-3粒	Boosts cellular energy, focus and stamina, especially helpful if on statins 增强细胞能量代谢, 提升专注力与身体耐力, 对服用他汀类药物的人尤其有益
	 Organic Extra Virgin Coconut Oil 有机特级初榨 纯鲜椰子油	<ul style="list-style-type: none"> Low-carb/keto diets Cognitive boost Active lifestyles or athletes Managing weight Poor digestion Dry skin 低碳水化合物或生酮饮食者 希望提升认知能力者 生活方式活跃或运动员 需控制体重者 消化功能较弱者 皮肤干燥者 	Morning or before meals 1-2 tbsp (start small) 早晨服用或餐前服用 1-2汤匙 (初次使用建议从小剂量开始)	<ul style="list-style-type: none"> Quick, clean energy Mental clarity & focus Endurance and recovery Fat metabolism & craving control Healthy digestion Skin nourishment & barrier support 提供高效、清洁的能量来源 增强大脑清晰度与专注力 提升运动耐力与恢复速度 促进脂肪代谢并抑制食欲 改善肠道健康, 维护良好消化 滋养肌肤, 增强皮肤屏障功能
BALANCE 平衡	 Chromium Picolinate 有机铬	<ul style="list-style-type: none"> Carb/sugar cravings Polycystic ovary syndrome Insulin resistance 对碳水/糖分存在渴望者 多囊卵巢综合征患者 胰岛素抵抗人群 	With meals • 1 tab • 2-3 tab if diabetics 随餐服用 • 1片 • 糖尿病患者可增至每日2-3片	Helps regulate blood sugar, reduce cravings, steady energy 有助于血糖调节, 减少糖类渴望, 维持能量稳定

BURN. BOOST. BALANCE.

燃烧. 提升. 平衡.



Live Well. 美好生活, 从健康开始。
Save More. 更多节省, 更多改变。
Feel the Difference. 体验不一样的健康之旅。

BUY 1
买 1

30%
OFF
折扣
(10 BV / 5 PV)



BURN
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燃烧——天然支持新陈代谢

TWIN PACK OFFERS
双配套优惠

10%
OFF
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(Full 完整 BV/PV)



BOOST
Stamina, Brainpower & Vitality
增强 —— 提升耐力、脑力与活力

BUY 1
买 1

30%
OFF
折扣
(10 BV / 5 PV)



BALANCE
Blood Sugar & Wellness Support
平衡 —— 支持血糖与整体健康

Terms & Conditions:

(1) Promotion period: 1 September to 31 October 2025, or while stocks last. (2) Not valid with any other concurrent promotions, Quantity Discount or APP. (3) No goods return or exchange allowed. (4) Other terms & conditions apply. (5) 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: 2025年9月1日至10月31日, 或存货售完为止。
(2) 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。
(3) 不允许退货或交换。(4) 附有其他条规与细则。(5) 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。