

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

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

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

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。