

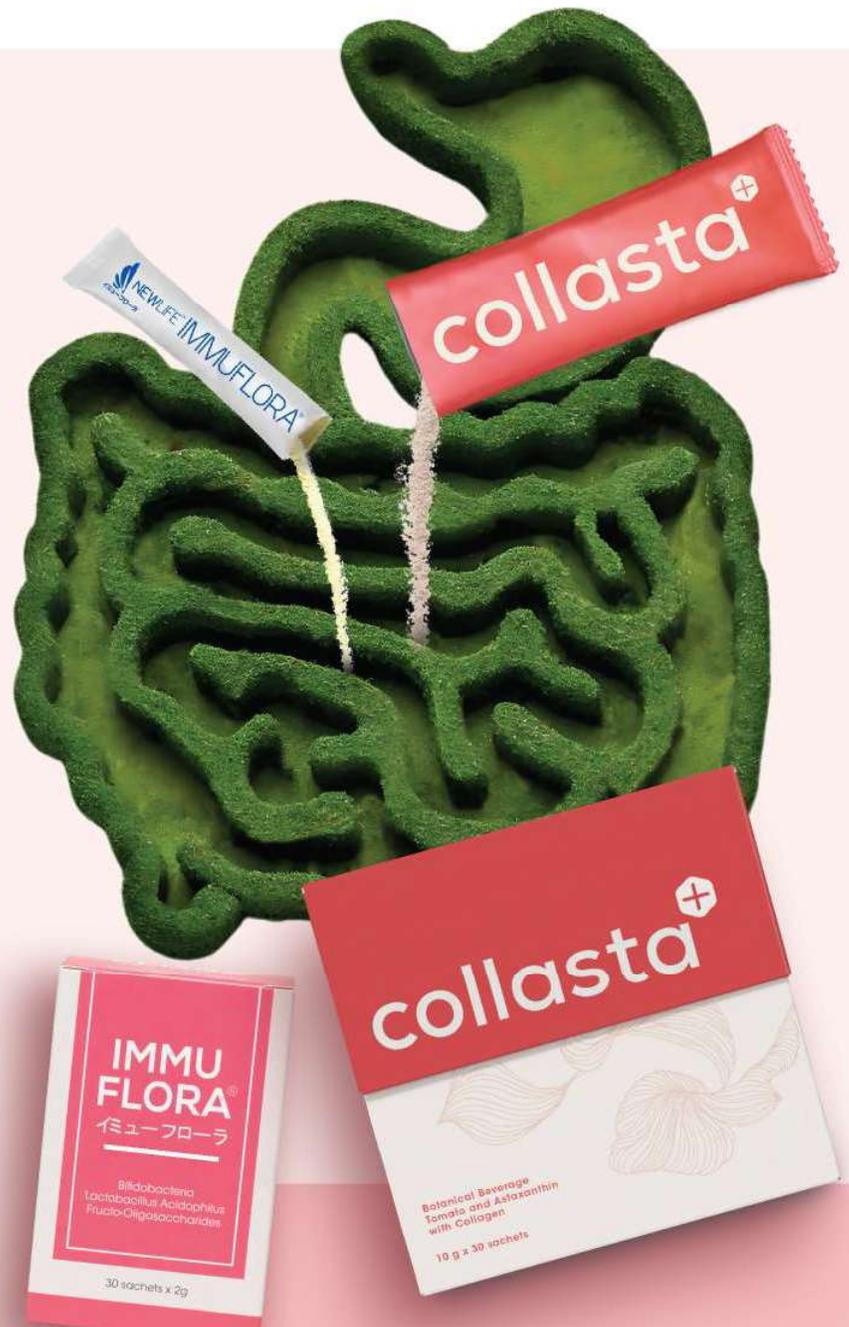
# HOW Gut Microbiome DIVERSITY FIGHTS Inflammation:

The Power of Antioxidants and Probiotics

肠道微生物群多样性对抗炎症：  
抗氧化剂与益生菌的角色

Your gut is a bustling ecosystem, home to trillions of microbes — bacteria, fungi and more — that work together to keep you vibrant. This is your gut microbiome, and when it's rich with diverse “good” bacteria, it's a thriving community that maintains balance in your body. When this balance falters, it can trigger inflammation, the culprit behind bloating, breakouts, or feeling drained after a stressful week. The solution? A diverse gut microbiome, supported by antioxidants and collagen from Collasta+ and friendly bacteria from Immuflo<sup>®</sup>, can tame inflammation and boost your well-being.

肠道是一个复杂的生态系统，其中包含数以万亿计的微生物，包括细菌、真菌等。这些微生物共同作用，维持人体健康和活力。这一系统被称为肠道微生物群，当它富含多样化的“有益”细菌时，它能够有效维持身体的平衡状态。然而，当这种平衡被打破时，可能会引发炎症反应，从而导致腹胀、痤疮或疲劳等问题。解决这一问题的关键在于通过抗氧化剂和益生菌的支持，增强肠道微生物群的多样性，从而抑制炎症并提升整体健康水平。例如，康丽达胶原红藻+提供的抗氧化剂和胶原蛋白，以及免疫激菌植中的益生菌。



# Inflammation Starts in the Gut

Inflammation is your body's alarm system, activated to heal injuries like a scraped knee or to fight off a cold. In short bursts, it's essential, but chronic inflammation—fueled by unhealthy lifestyle, stress, poor diet, or lack of sleep—is like an alarm that won't stop blaring. It can manifest as acne, eczema flare-ups, joint aches, or persistent fatigue, even after a full night's sleep, creating havoc in the body and chronic problems. Chronic inflammation can disrupt daily life, making it harder to focus at work, enjoy social outings, or feel your best for important moments.

Your gut microbiome acts as the control room for this alarm system. A diverse microbiome, packed with various good bacteria, keeps inflammation in check. Picture these bacteria as your personal superhero team: *Lactobacillus* and *Bifidobacterium* maintain gut balance, by crowding out harmful bacteria that drive inflammation.

When diversity wanes—due to too many fast-food runs, antibiotics, or chronic stress—“bad” bacteria dominate, ramping up inflammation. This might mean bloating after a heavy meal, stubborn acne before an event, or feeling wiped out despite your morning coffee. The fix? Support your gut with Collasta+'s antioxidant and collagen blend to fuel beneficial bacteria and add Immuflora®'s probiotics to recruit more inflammation-fighting heroes.

## Collasta+ Collagen & Antioxidant Boost

Collasta+ is a premium anti-aging supplement formulated with hydrolyzed marine collagen, a potent antioxidant blend and essential vitamins. Collasta+ contains a broader range of ingredients, including astaxanthin, grape seed extract, green tea extract, pine bark extract, lycopene, mangosteen extract and prebiotics like fructo-oligosaccharide, which support gut health and reduce inflammation in multiple ways:

- **Neutralize free radicals:** Antioxidants like astaxanthin (40 times stronger than beta-carotene) and green tea extract combat free radicals, reducing inflammation caused by stress, workouts or environmental toxins.
- **Support gut diversity:** Prebiotics like fructo-oligosaccharide feed beneficial gut bacteria, fostering a diverse microbiome that keeps inflammation low.
- **Enhance skin and joints:** Hydrolyzed marine collagen, a highly digestible protein, supports skin elasticity, reduces joint discomfort, and aids tissue repair, complementing gut health efforts.

Collasta+ also includes a full spectrum of essential vitamins such as C, D, B-complex and E which support immune function, energy production, and cellular repair, making it a comprehensive inflammation-fighting tool.

## Immuflora® For a Balanced Gut

Probiotics are live bacteria, like *Lactobacillus* and *Bifidobacterium*, that settle into your gut and get to work. Immuflora® delivers these friendly bacteria to:

- **Increase diversity:** Immuflora® introduces *Lactobacillus* and *Bifidobacterium*, which ferment fructo-oligosaccharide, a type of prebiotic, into short-chain fatty acids (SCFAs) such as acetate and butyrate. These SCFAs reduce inflammation, crowd out 'bad' bacteria, and support a healthy gut lining.
- **Strengthen immunity:** These probiotics calm an overactive immune system, reducing inflammation-driven issues like puffiness, skin flare-ups, or fatigue.
- **Support your gut wall:** They reinforce your gut lining, preventing “leaky gut”, where toxins enter the bloodstream, triggering inflammation.

# 炎症始于肠道

炎症是人体的一种防御机制，在应对创伤（如膝盖擦伤）或感染（如感冒）时会被激活。短期内，炎症反应是必要的；然而，由于不健康生活方式、压力、不良饮食或睡眠不足所引起的慢性炎症，则可能对身体造成持续性损害。慢性炎症的表现形式多样，包括痤疮、湿疹、关节疼痛或持续疲劳等，这些问题不仅影响日常生活质量，还可能导致注意力难以集中、社交活动受限以及重要时刻无法保持最佳状态。因此，控制慢性炎症对于维护整体健康至关重要。

肠道微生物群作为肠道微生物群在炎症调控中扮演着关键角色。一个多样化的微生物群落，包含多种有益细菌，能够有效控制炎症反应。例如，乳酸菌和双歧杆菌能够维持肠道平衡，驱逐引发炎症的有害细菌。

然而，当肠道微生物群的多样性因快餐饮食、抗生素使用或长期压力而减少时，“有害”细菌可能占据主导地位，从而加剧炎症反应。这可能导致餐后腹胀、痤疮反复发作或持续疲劳等问题。为解决这些问题，可以通过康丽达胶原红藻+的抗氧化剂和胶原蛋白混合物支持肠道健康，并通过免疫菌植的益生菌增加肠道微生物群的多样性。

## 康丽达胶原红藻+ 增强胶原蛋白和抗氧化剂

康丽达胶原红藻+是一款优质抗衰老补充剂，它采用水解海洋胶原蛋白、高效抗氧化剂混合物以及必需维生素配制而成。康丽达胶原红藻+的成分种类广泛，包括虾青素、葡萄籽提取物、绿茶提取物、松树皮提取物、番茄红素、山竹提取物，以及益生元如低聚果糖，这些成分从多个方面支持肠道健康并减少炎症：

- **中和自由基：**虾青素（其抗氧化能力是β-胡萝卜素的40倍）和绿茶提取物等抗氧化物质能够对抗自由基，缓解由压力、运动或环境毒素所引起的炎症。
- **支持肠道菌群多样性：**低聚果糖等益生元为有益菌提供营养，促进肠道微生物群的多样化，从而降低炎症水平。
- **改善皮肤与关节健康：**水解海洋胶原蛋白是一种极易消化的蛋白质，有助于提升皮肤弹性、减轻关节不适并促进组织修复，与肠道健康相辅相成。

此外，康丽达胶原红藻+还富含多种必需维生素，如维生素C、D、B族和E，支持免疫功能、能量代谢和细胞修复，进一步强化其抗炎效果。

## 免疫菌植 促进肠道微生态平衡

免疫菌植含有乳酸菌和双歧杆菌。这些益生菌能够在肠道内定植，发挥多种生理功能，带来以下健康益处：

- **提升菌群多样性：**免疫菌植引入乳酸菌和双歧杆菌，将低聚果糖等益生元发酵为短链脂肪酸（如乙酸和丁酸），从而减轻炎症、驱逐有害细菌并支持健康的肠道屏障功能。
- **强化免疫力：**这些益生菌能够调节过度活跃的免疫系统，减少由炎症引发的问题，如水肿、皮肤过敏或疲劳。
- **维护肠道屏障：**它们能够加固肠道屏障，防止肠漏现象（即毒素进入血液引发炎症）。

**Together, Immuflora® and Collasta+ form a dynamic duo: Immuflora® provides the bacteria, and Collasta+'s polyphenols and antioxidants nourish them, creating a diverse, inflammation-fighting microbiome.**

免疫菌植和康丽达胶原红藻+可谓是抗炎双强：前者提供有益菌，后者通过多酚和抗氧化剂为这些菌群提供养分，共同构建一个多样化的、抗炎的肠道微生物群落。

# Simple Ways to Boost Your Gut and Ditch Inflammation

## 个简单方法，改善肠道，远离炎症

Ready to transform your gut and kick inflammation to the curb? Here are five practical tips:

为了改善肠道、告别慢性炎症，以下提供了五个经过科学验证的实用建议：

### Take Immuflo<sup>®</sup> 每日服用免疫激菌植

Incorporate NewLife's Immuflo<sup>®</sup> with breakfast to load your gut with *Lactobacillus* and *Bifidobacterium*. It's an easy way to enhance microbiome diversity daily.

早餐时服用免疫激菌植，为肠道补充乳酸菌和双歧杆菌。这是一种简单且高效的方法，有助于增强肠道菌群的多样性。



### Eat Antioxidant-Rich Foods 增加抗氧化剂摄入

Add blueberries, dark chocolate (70%+ cocoa), or green tea to your diet. Blend a smoothie with mango-steen or grapes for an antioxidant and polyphenol boost. Try sprinkling Bee Pollen into your yoghurt for extra crunch and benefits.

在日常饮食中加入富含抗氧化剂的食物，例如蓝莓、可可含量超过70%的黑巧克力或绿茶。可以尝试用山竹或葡萄制作奶昔，以补充抗氧化剂和多酚。此外，在酸奶中撒些蜜蜂花粉，不仅能够提升口感，还能带来额外的健康益处。



### Load Up on Fibre 多摄取膳食纤维

Eat prebiotic-rich foods like oats, chickpeas, or asparagus. Overnight oats with chia seeds and berries make a gut-loving breakfast. Add Herbal Klenz / Herbal Matrix Powder daily for extra fibre and detox support.

通过食用富含益生元的食物（如燕麦、鹰嘴豆或芦笋）来提高膳食纤维的摄入量。例如，燕麦加奇亚籽和浆果制成的隔夜燕麦是养胃的早餐。同时，每日适量服用天然净化粉，以获取额外的纤维和排毒效果。



### Try Collasta+ 选择康丽达胶原红藻+

Mix one sachet of Collasta+ into water daily for its collagen, antioxidants and polyphenols. It's perfect for busy days when fresh produce is scarce.

每天将一包康丽达胶原红藻+混入水中饮用，它富含胶原蛋白、抗氧化剂和多酚，尤其适合在新鲜果蔬供应不足的情况下作为替代品。



### Skip the Junk 远离垃圾食品

Cut back on sugary drinks and processed snacks—they feed "bad" bacteria. Swap soda for water with lemon or chips for roasted chickpeas to keep your gut happy.

减少含糖饮料和加工零食的摄入，因为这些食物可能会促进“有害”细菌的生长。用柠檬水代替汽水，用烤鹰嘴豆代替薯片，让您的肠道保持健康。



## Complementing Gut Health with Lifestyle 生活方式对肠道健康的影响

Beyond diet, lifestyle habits amplify your gut's inflammation-fighting power. Chronic stress disrupts microbiome diversity, so try a 10-minute mindfulness session or a short walk to unwind. Aim for 7-8 hours of sleep to help gut bacteria thrive, reducing inflammation.

除了饮食调整外，良好的生活习惯同样对肠道健康至关重要。长期压力可能破坏肠道菌群的平衡，因此建议每天进行10分钟的冥想或适度散步以缓解压力。此外，确保每晚获得7至8小时的优质睡眠，有助于肠道微生物的正常繁殖，从而减轻炎症反应。

## Why This Matters Now 为何肠道健康至关重要

A diverse gut microbiome isn't just about feeling good today—it's an investment in your long-term health. It reduces inflammation, helping you avoid breakouts, beat bloating, and stay energized for your busy lifestyle. It also protects against chronic issues like joint pain, digestive disorders, heart disease or cancer. By making these changes, you're building a healthier, more vibrant future. Ready to level up? Add Immuflo<sup>®</sup> and Collasta+ to your routine, pair them with antioxidant- and fibre-rich foods, and embrace stress-busting habits. You'll not only support your gut and tame inflammation—you'll glow from the inside out!

建立多样化的肠道菌群不仅能改善当前的身体状态，更是一项重要的长期投资。健康的肠道菌群不仅可以减轻炎症，帮助预防痤疮、腹胀等问题，同时保持精力充沛以应对繁忙的生活节奏。更重要的是，它能够降低关节疼痛、消化系统疾病、心血管疾病甚至癌症等慢性病的风险。若希望取得更显著的效果，可以在日常生活中结合使用免疫激菌植和康丽达胶原红藻+，同时搭配富含抗氧化剂和膳食纤维的食物，并养成规律减压的习惯。这样不仅能呵护肠道、减轻炎症，还能让您由内而外散发光彩。