

SUPPLEMENTS 抗炎补充剂 to Beat INFLAMMATION

While a balanced, anti-inflammatory diet lays the foundation, targeted supplements can significantly enhance your body's ability to manage inflammation and support overall wellness. Here's your guide to the most effective, research-backed options:

尽管均衡的抗炎饮食是维持健康的基础，但有针对性地补充一些营养品可以大大增强抗炎效果，帮助维持整体健康。以下是几种被广泛研究且被认为对缓解炎症最有效的天然补充剂：

Collasta+ Cellular Shield Against Inflammation 康丽达胶原红藻+ 细胞抗炎护盾



A powerful trio—a super antioxidant blend led by astaxanthin (550 times stronger than vitamin E), hydrolysed marine collagen, and a full spectrum of A–K multivitamins.

- Reduces inflammation and oxidative stress
- Supports joint flexibility, skin vitality and cardiovascular health
- Delivers complete daily nutrition

包含以虾青素（抗氧化能力为维生素E的550倍）为核心的超级抗氧化剂组合、水解海洋胶原蛋白以及A到K的全系列复合维生素。

- 减轻炎症和氧化应激反应
- 支持关节灵活性、皮肤活力及心血管健康
- 提供全面的营养支持

Immuflo[®] The Gut Peacekeeper 免疫激菌植益生菌 肠道守护者



A healthy gut microbiome helps reduce systemic inflammation by regulating immune responses and blocking harmful bacteria. Immuflo[®] delivers 10 billion beneficial bacteria—*Bifidobacterium longum* and *Lactobacillus acidophilus*—plus fructo-oligosaccharides (FOS) to nourish diverse gut flora. It supports digestion, reduces inflammation, and helps manage conditions like irritable bowel syndrome and leaky gut, a key driver of chronic inflammation.

- Enhances digestion and nutrient absorption
- Lowers inflammation in autoimmune and allergic conditions
- Restores gut flora after antibiotic use

健康的肠道微生物群可通过调节免疫反应和抑制有害细菌来减少全身性炎症。免疫激菌植益生菌提供100亿活性有益菌（包括长双歧杆菌和嗜酸乳杆菌），并含有低聚果糖以滋养多样化的肠道菌群。这有助于改善消化功能、减轻炎症，并对肠易激综合征和肠漏等病症起到辅助管理作用，这些病症是慢性炎症的关键驱动因素。

- 促进消化功能和营养吸收
- 减轻自身免疫性疾病和过敏状况下的炎症反应
- 在抗生素使用后恢复肠道菌群平衡

Super Green Food++ Nutrient-Dense Detoxifier 特超绿食品++ 营养丰富的排毒剂



Super Green Food++ combines powerful greens like spirulina, chlorella and wheatgrass, offering a concentrated source of antioxidants and phytonutrients that help combat oxidative stress and inflammation, while also supporting detoxification and boosting immune health.

- Reduces oxidative stress and alkalizes the body
- Boosts immunity and energy
- Supports liver detox and gut health

特超绿食品++是一种融合了螺旋藻、小球藻和小麦草等多种强效绿藻的复合补充剂，富含浓缩抗氧化剂和植物营养素，可有效对抗氧化应激和炎症反应。同时，特超绿食品++还具有支持肝脏排毒、增强免疫系统功能以及改善肠道健康的多重功效。

- 减轻氧化应激，调节体内酸碱平衡
- 增强免疫力，提升能量水平
- 支持肝脏解毒功能及肠道微生态平衡

Niacin The Blood Flow Enhancer 烟酸 促进血液循环的营养素



Niacin (vitamin B3), supports metabolic health and helps lower pro-inflammatory cytokines in conditions like breast cancer, especially when combined with CoQ10. It also improves lipid profiles and insulin sensitivity further contributing to its anti-inflammatory effects. Use with care, as high doses may cause flushing.

- Reduces inflammation and supports heart health
- Enhances blood flow and detoxification
- Improves lipid balance, skin and nerve function

烟酸（维生素B3）是一种重要的水溶性维生素，有助于维持代谢健康，并能显著降低乳腺癌等疾病中的促炎细胞因子水平。当与辅酶Q10联合使用时，其效果尤为显著。此外，烟酸还能改善血脂状况和胰岛素敏感性，从而进一步发挥其抗炎作用。使用时需谨慎，因为高剂量可能会导致皮肤潮红。

- 减轻炎症，支持心脏健康
- 改善血液循环，促进排毒
- 平衡血脂，提升皮肤和神经功能

Vitamin C

The Resilience Builder

维生素C

增强抵抗力的构建者



Vitamin C is a potent antioxidant that supports immune health, reduces inflammation, and aids in collagen synthesis and tissue repair, making it ideal for conditions like arthritis. NewLife™ C Complex provides 1,000 mg of sustained-release Vitamin C with bioflavonoids to boost absorption. Regular use helps lower inflammation markers like C-reactive protein (CRP) and enhances other antioxidants.

- Lowers inflammation and oxidative stress
- Promotes collagen formation and tissue repair
- Enhances immune resilience and antioxidant activity

维生素C是一种强大的抗氧化剂，有助于改善免疫功能、减少炎症，并促进胶原蛋白合成和组织修复，因此对关节炎等炎症相关病症非常有益。新生命维生素C综合丸提供1000毫克缓释型维生素C以及生物类黄酮，以提高吸收率。经常服用可有效降低C反应蛋白（CRP）等炎症标志物水平，并增强其他抗氧化剂的活性。

- 降低炎症和氧化应激水平
- 促进胶原蛋白形成和组织修复
- 增强免疫抵抗力和抗氧化活性

Garlic & Parsley

The Healing Pair

大蒜与欧芹

治愈组合



Garlic contains allicin, a compound with antibacterial, antiviral and anti-inflammatory properties that helps lower markers like tumour necrosis factor-alpha (TNF- α). Parsley adds vitamin C, beta-carotene, chlorophyll and flavonoids to enhance detoxification and antioxidant support. Together, they make a strong anti-inflammatory duo.

- Supports circulation, heart health and healthy blood pressure
- Aids detoxification, digestion and gut health
- Reduces inflammation, fights infections and strengthens immunity

大蒜和欧芹是一种高效的抗炎组合。大蒜中的活性成分蒜素具有抗菌、抗病毒和抗炎特性，可有效降低肿瘤坏死因子- α （TNF- α ）等炎症标志物水平。欧芹富含维生素C、 β -胡萝卜素、叶绿素和类黄酮，有助于增强排毒能力和抗氧化功能。

- 支持血液循环、心脏健康与血压平衡
- 促进排毒、改善消化功能和维护肠道健康
- 减轻炎症、对抗感染并增强免疫力

Flaxseed Oil

Plant-Based Omega-3

亚麻籽油

植物性奥美加-3来源



Flaxseed oil is rich in alpha-linolenic acid (ALA), a plant-based omega-3 with powerful anti-inflammatory effects. It helps reduce pro-inflammatory cytokines, easing joint pain, heart issues, skin flare-ups and hormone-related discomfort. NewLife™ Omega Gold is organic, cold-pressed, and air-flown in cold storage to preserve its freshness and potency.

- Helps reduce systemic and hormone-related inflammation
- Eases joint stiffness and discomfort
- Supports cardiovascular and skin health

亚麻籽油富含 α -亚麻酸（ALA），这是一种植物性奥美加-3脂肪酸，具有强效抗炎作用。它能够减少促炎细胞因子的产生，从而缓解关节疼痛、心脏问题、皮肤炎症及荷尔蒙相关不适。新生命奥美加黄金亚麻籽油是有机冷榨的，此外通过冷库空运，以确保其新鲜度和效力。

- 减轻全身性炎症和激素相关炎症
- 缓解关节僵硬与不适
- 支持心血管和皮肤健康

N.Zimes PA Plus™

Enzymatic Relief

胰酶（植物）添加素

酶解舒缓



N.Zimes PA Plus™ features bromelain, a natural anti-inflammatory from pineapple, along with a broad-spectrum enzyme blend that aids digestion and reduces systemic inflammation. It breaks down proteins, carbohydrates, fats, fibre and lactose across a wide pH range—supporting nutrient absorption, gut health, and recovery from inflammation-related conditions like osteoarthritis and post-surgical healing.

- Reduces inflammation and swelling
- Enhances digestion across all food groups
- Supports gut health and recovery

胰酶（植物）添加素富含菠萝中的天然抗炎成分——菠萝蛋白酶，以及有助于消化和减轻全身性炎症的广谱酶组合。它能在广泛的pH值范围内分解蛋白质、碳水化合物、脂肪、纤维和乳糖，从而促进营养吸收、改善肠道健康，并对炎症相关疾病（如骨关节炎）及术后恢复提供支持。

- 减轻炎症与肿胀
- 促进各类食物的消化
- 支持肠道健康与功能恢复

Integrating Supplements into Your Routine

将补充剂融入日常习惯

Start small—pick 1–2 based on your needs—and build gradually. Here are some tips:

从基础需求出发，根据个人健康状况选择1至2种产品作为起点，随后逐步扩展使用范围。以下是一些实用建议：

Please turn to back cover for an exclusive offer!
请翻阅封底查看独家优惠！

• Pure Raw Honey 纯生蜂蜜

Stir into teas or yoghurt, or use as a natural sweetener.
搅拌到茶或酸乳酪中，或用作天然甜味剂。

• Spirulina & Super Green Food++ 螺旋藻和特超绿食品++

Blend into smoothies, shakes or honeygar.
加入奶昔或蜂蜜醋中，以增强抗氧化效果。

• Flaxseed Oil 亚麻籽油

Use in dressings, yoghurt or shakes—do not heat.
用于沙拉酱、酸乳酪或奶昔中——切勿加热以免破坏其营养成分。

Coenzyme Q10

The Cellular Energizer

辅酶Q10

细胞能量补充剂



Coenzyme Q10 powers energy production and protects cells. NewLife™ CoQ10 is enriched with flaxseed extract for enhanced anti-inflammatory impact. Studies show that combining CoQ10 with omega-3s can help reduce inflammation linked to heart disease and chronic fatigue. Its synergy with antioxidants like vitamin C makes it a powerful aid in managing chronic inflammation.

- Reduces inflammatory markers like C-reactive protein (CRP)
- Protects heart and muscle tissues
- Boosts energy and cellular repair

辅酶Q10是一种存在于每个细胞中的关键抗氧化剂，能驱动线粒体能量生产，保护细胞免受氧化损伤。新生命辅酶Q10通过添加亚麻籽提取物，进一步增强了其抗炎效果。研究表明，辅酶Q10与奥美加-3结合使用可有效降低心脏病和慢性疲劳等病症中的炎症水平。此外，辅酶Q10能与其他抗氧化剂（如维生素C）协同作用，使其成为管理慢性炎症的重要工具。

- 降低C反应蛋白（CRP）等炎症标志物水平
- 保护心脏和肌肉组织免受损伤
- 提升能量生成和细胞修复

Spirulina

The Nutrients Powerhouse

螺旋藻

营养宝库



Spirulina is a nutrient-rich blue-green algae loaded with antioxidants like beta-carotene, along with proteins, vitamins, minerals, chlorophyll and phycocyanin. It blocks inflammatory enzymes and neutralizing free radicals. Studies show that it improves immune function, insulin sensitivity and inflammatory markers, particularly in older adults. Its detoxifying effects also ease allergy and fatigue symptoms.

- Reduces allergic and systemic inflammation
- Boosts immune health
- Detoxifies heavy metals

螺旋藻是一种富含营养的蓝绿藻，含有抗氧化剂（如β-胡萝卜素）、蛋白质、维生素、矿物质、叶绿素和藻蓝蛋白等多种成分。它通过抑制炎症酶和中和自由基对抗炎症。研究表明，螺旋藻能够改善免疫功能、胰岛素敏感性和炎症标志物水平，尤其对老年人具有显著益处。此外，其解毒作用可缓解过敏和疲劳症状。

- 减轻过敏反应和全身性炎症
- 增强免疫系统健康
- 清除重金属毒素

Honey & Apple Cider Vinegar

Gut-Soothing Traditional Tonics

蜂蜜与苹果醋

养胃补剂



This classic duo offers natural anti-inflammatory and antimicrobial benefits. Raw honey is rich in polyphenols, carotenoids and enzymes that help soothe the gut and ease symptoms of irritable bowel syndrome (IBS). Organic apple cider vinegar (ACV) contains acetic acid and antioxidants that support digestion, balance gut bacteria, and reduce inflammation. Sourced from pesticide-free environments in New Zealand, NewLife™ Pure Raw Honey and Organic ACV are crafted for maximum potency.

- Reduces gut inflammation and soothes digestion
- Supports a healthy microbiome
- Provides antioxidant and antimicrobial protection

这一经典组合具备天然的抗炎与抗菌特性。生蜂蜜富含多酚、类胡萝卜素和酶，有助于舒缓肠胃并缓解肠易激综合征的症状；有机苹果醋含有醋酸和抗氧化剂，可促进消化、平衡肠道菌群并减轻炎症。新生命纯天然生蜂蜜和有机苹果醋均产自新西兰无农药环境，品质卓越，功效更佳。

- 减轻肠道炎症，舒缓消化系统
- 支持健康的肠道微生物群落
- 提供抗氧化与抗菌保护

Potassium

The Balancing Mineral

钾

缓解炎症的平衡矿物质



K-Salt, a potassium compound, supports fluid and electrolyte balance while countering the pro-inflammatory effects of a high-sodium diet. It also helps regulate blood pressure and support cardiovascular health.

- Regulates blood pressure
- Reduces water retention
- Supports muscle and nerve function

新生命钾质是一种钾化合物，可有效维持体液和电解质平衡，同时缓解高钠饮食引起的促炎作用。此外，它还能够调节血压，为心血管健康提供支持。

- 调节血压，减少心血管负担
- 缓解水肿，改善体液平衡
- 支持肌肉收缩和神经传导功能

• Honegar 蜂蜜醋饮品

Premix honey and acv in a 1:1 ratio. Store chilled. Dilute 1 tablespoon in a glass of warm water, or adjust to taste.

按照一对一的比例将蜂蜜与苹果醋混合，存放在冰箱中。每次取1汤匙加入温水制成饮品，可根据个人口味进行调整。

• Collasta+ 康丽达胶原红藻+

Best taken with healthy fats like almond milk, yoghurt with flaxseed oil or coconut oil for optimal absorption.

与含有健康脂肪的餐食一起服用，如杏仁奶、添加了亚麻籽油和特级初榨纯鲜椰子油的酸乳酪以确保最佳吸收效果。

• Immuflo® and N.Zimes PA Plus™

免疫激菌植和胰酶（植物）添加素

Take before or after meals to support digestion.

在饭前或饭后服用，以支持消化。

• Garlic & Parsley 大蒜和欧芹油

Open capsules and stir into salad dressings, dips or mashed dishes for added flavour and anti-inflammatory support.

打开胶囊，搅拌到沙拉酱、蘸料或捣碎的菜肴中，以增添风味和抗炎支持。