

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:

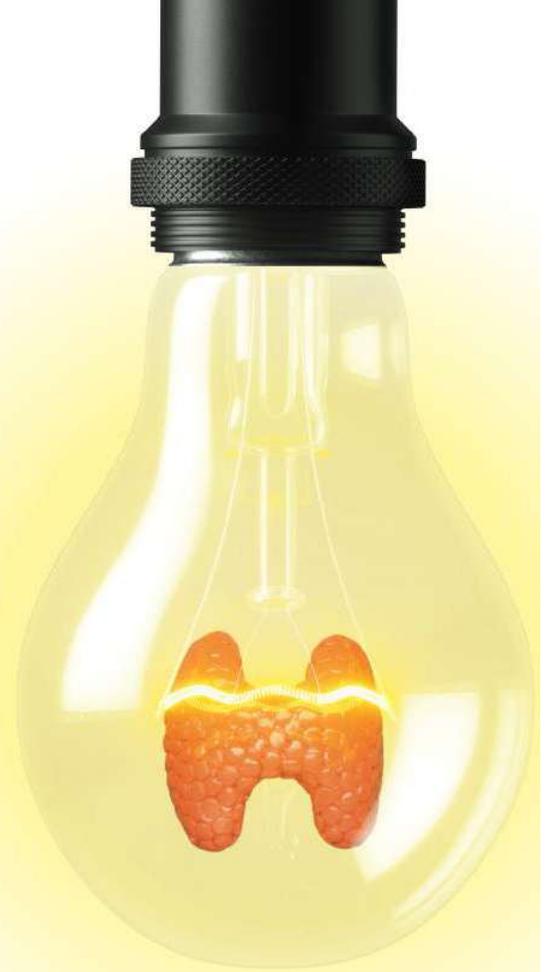
- Regulating your metabolic rate (how fast your body burns energy)
- Producing thyroid hormones like T3 and T4
- Supporting heart rate, brain function, temperature control and digestion

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

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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。

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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。