

# Natural Topical Support for Gout Relief

痛风的天然外用  
辅助舒缓方案

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Gout is a painful inflammatory condition caused by the buildup of uric acid crystals in the joints. While medical care and lifestyle changes are essential for long-term management, some people find relief by using natural topical oils to help soothe pain, swelling and inflammation during flare-ups.

痛风是一种由尿酸结晶在关节内积聚所引发的疼痛性炎症。尽管规范化的药物治疗与系统性生活方式干预是疾病长期控制的核心策略，部分患者在急性发作期亦可辅以经循证支持的自然外用制剂，以缓解局部疼痛、肿胀及炎症反应。



## Organic Extra Virgin Coconut Oil 有机特级初榨纯鲜椰子油

Coconut oil is an excellent carrier oil that also provides soothing benefits of its own. It helps moisturise the skin, calm irritated tissues, and improve absorption of other oils—making it ideal for sensitive, inflamed joints.

冷榨未精炼椰子油，兼具优良的皮肤相容性、角质层渗透促进作用及固有抗氧化活性。它有助于维持皮肤屏障完整性，缓解炎症所致的表皮干燥与刺激，并提升其他油的吸收率，特别适用于处于急性炎症状态的敏感关节区域。



## Organic Castor Oil 有机蓖麻油

Castor oil has long been used in traditional wellness practices for its potential anti-inflammatory and circulation-supporting properties.

Rich in ricinoleic acid, it may help ease joint stiffness and reduce localised discomfort when massaged into affected areas.

蓖麻油在传统保健实践中一直被证实具有显著的抗炎与促进血液循环的特性。富含蓖麻油酸，将其按摩到受影响区域可能有助减轻关节僵硬并改善局部组织顺应性。



## Organic Wonda Oil 有机万宝油

Wonda Oil, which is certified organic melaleuca oil, is known for its cooling and anti-inflammatory effects. When properly diluted, it may help reduce discomfort and provide a refreshing sensation over swollen joints. Because it is potent, it should never be applied directly to the skin without dilution.

万宝油是经过有机认证的茶树油，以其清凉和抗炎效果而闻名。适当稀释后，它可能有助发挥辅助镇痛与抗炎效应。使用时切勿直接涂于皮肤，必须先稀释。



### Simple Topical Blend

(External Use Only)

推荐外用复方配制  
(限外用，不可内服)

1 tablespoon  
Organic Castor Oil  
1汤匙有机蓖麻油

+

1 tablespoon Organic  
Extra Virgin Coconut Oil  
1汤匙有机特级初榨纯鲜椰子油

+

3–5 drops  
Wonda Oil  
3至5滴万宝油

Mix well and gently massage onto the affected joint once or twice daily. A warm cloth placed over the area for 10–15 minutes may enhance comfort. 将上述组分子洁净容器中充分混匀。取适量轻柔按摩至受累关节区域，每日1–2次。建议按摩后以温热湿敷持续10–15分钟，可辅助促进局部血流与成分吸收。



Topical care works best alongside healthy habits such as staying well hydrated, reducing alcohol and high-purine foods (please refer to Eating & Digesting for Gout Relief on page 14 for more information), managing stress and prioritising rest.

外用干预应作为整体管理策略的组成部分，需同步落实以下循证措施：足量饮水、严格限制高嘌呤食物及酒精摄入、维持健康体重、规律作息及压力管理。具体膳食指导详见第14页《痛风患者的营养支持与消化功能优化》。

### **A Gentle Reminder 重要使用说明**

*These oils are not a cure for gout, but they may offer soothing support when used alongside medical care. Always perform a patch test and consult a healthcare professional if symptoms persist or worsen.*

这些精油并非治疗痛风的灵丹妙药，但在配合医疗护理使用时，或许能起到舒缓作用。使用前请先做皮肤测试，若症状持续或加重，请咨询医疗专业人士。

## **NewLife™ Organic Extra Virgin Coconut Oil**

### 新生命有机特级初榨纯鲜椰子油

- Product of the Philippines
- Cold-pressed and unrefined
- Produced under strict ISO 22000 and ISO 9001 standards
- Free from chemicals, additives and preservatives
- Certified Organic, Halal, and Kosher
- Exceptionally fresh and stable, with:
  - Ultra-low Free Fatty Acid (FFA)\*: 0.03% (typical ~0.3%)
  - Very low Peroxide Value\*: 0.11 meq/kg (industry average ~1.0)

\*Lower values indicate superior quality, freshness, and stability.

- 原产国：菲律宾
- 新鲜椰肉冷榨，且未精炼
- 符合ISO 22000食品安全管理体系及ISO 9001:2015质量管理体系要求
- 无化学物质、添加剂和防腐剂
- 获得有机、清真和犹太洁食认证
- 新鲜度指标：
  - 游离脂肪酸 (FFA) : 0.03% (远优于行业基准值0.3%)
  - 过氧化值 (PV) : 0.11 meq/kg (显著低于行业均值1.0 meq/kg)

注：更低的FFA与PV值客观反映油脂氧化程度低、储存稳定性高、生物活性保存完整，是高品质植物油的关键质量标志。

## **NewLife™ Organic Castor Oil**

### 新生命有机蓖麻油

- Product of India
- Certified Organic by USDA (U.S. Department of Agriculture)
- British Pharmacopoeia (BP) grade
- Cold-pressed, unrefined, hexane-free (not solvent extracted)
- 100% pure with no artificial ingredients
- Contains approximately 90% ricinoleic acid

- 原产国：印度
- 经美国农业部 (USDA) 有机认证
- 符合英国药典 (BP) 标准
- 冷榨、未精炼，无己烷 (非溶剂萃取)
- 100% 纯净，不含人工成分
- 关键指标：约含90%硬脂酸蓖麻酯

## **NewLife™ Organic Wonda Oil**

### 新生命万宝油

- Product of Australia
- 100% organic Melaleuca alternifolia oil
- Cold-pressed and unrefined
- 原产国：澳大利亚
- 100%有机互叶白千层油
- 冷榨且未精炼