

營養是一種選擇 我選擇康寶萊

Nutrition is a Choice I Choose Herbalife Nutrition



我們是...

我們的營養理念	3-5
獨立康寶萊會員的價值	6
細胞營養	7
科研領袖	8-9
營養蛋白質	10-19

體重管理

計劃及方案	20-21
運動建議	22-23
優質蛋白質	24-25
即溶草本飲品	26-29
營養補充品	30-31

重點營養

消化系統健康	32-37
心臟健康	38-41
免疫系統健康	42-45
女士健康	46
男士健康	47
骨骼與關節健康	48

體能與體態

體能與體態	49-53
Herbalife24	54-57

外在營養

維他命面膜	58-61
Herbalife SKIN	62-65
蘆薈	66-67

Who We Are

Our Nutrition Philosophy	3-5
Value of An Independent Member	6
Cellular Nutrition	7
Scientific Leadership	8-9
Formula 1	10-19

Weight Management

Programs	20-21
Exercise	22-23
Protein	24-25
Herbal Tea Concentrate	26-29
Enhancers	30-31

Targeted Nutrition

Digestive Health	32-37
Heart Health	38-41
Immune Health	42-45
Women's Health	46
Men's Health	47
Bone and Joint Health	48

Energy & Fitness

Energy & Fitness	49-53
Herbalife24	54-57

Outer Nutrition

Vitamin Mask	58-61
Herbalife SKIN	62-65
Herbal Aloe	66-67

為您的生活帶來優質營養
Nourish Your Life

我們希望您能成功地活出最健康的生活
We Want You to Succeed at Living Your Healthiest Life.

您有對自己說過：「我希望我能更有活力」，或「我希望吃得更好，更健康」嗎？我們都希望自己的身型更好，體力更充沛，而且擁有更高水準的體能表現。

這就是我們為您提供以科學為基礎的優質產品以滿足身體每日營養所需的原因。優質營養能夠幫助人們成就更多。

當然，您不能只單單依賴我們的產品，還必須配合健康的飲食、規律的運動和獨立康寶萊會員的支援。我們的會員能助您作出更佳營養選擇，並引領您邁向持續的成功之路。

我們對改善人們生活充滿熱情，並已幫助全球數以百萬計的人將簡單及個人化的營養計劃納入他們的日常生活中。思考一下健康生活對您的意義。忘掉過去的挫折及障礙，因為邁向更好未來的旅程從此展開！

How often have you thought to yourself, “I wish I had more energy,” or “I want to eat better and live healthier”? We’ve all been there before, wanting our bodies to look different, feel energized and perform at higher levels.

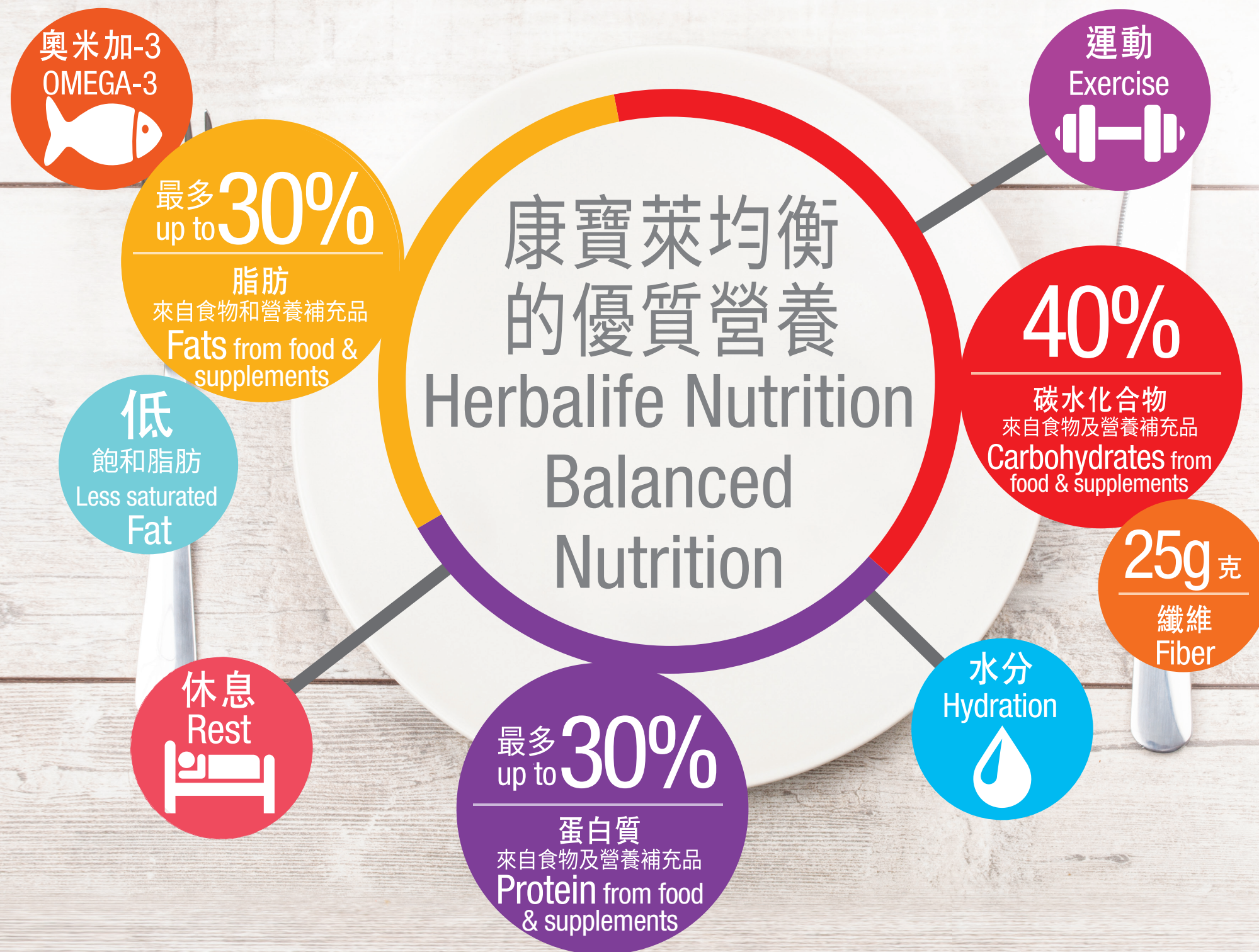
That’s why we provide high-quality, science-based products that deliver the nutrients your body needs to thrive on a daily basis. Great nutrition has the power to help people do great things.

Of course, our products don’t stand alone. They go hand in hand with healthy eating and regular exercise. They also come with the support of Independent Herbalife Nutrition Member. Our Members will help you get started with better nutritional choices and will guide you along the way to continued success.

We love improving people’s lives and have helped millions of people around the world incorporate convenient and customized nutrition into their routine. Reflect on what living a healthy life means to you. Forget about where you’ve been or what obstacles have stood in your way before. The journey to your best self starts now!

一切皆源於均衡營養

The Roadmap To Success: It's All About Balance



康寶萊的營養哲學十分簡單：均衡營養、健康活躍生活模式並配合獨立康寶萊會員建議的個人化營養計劃。

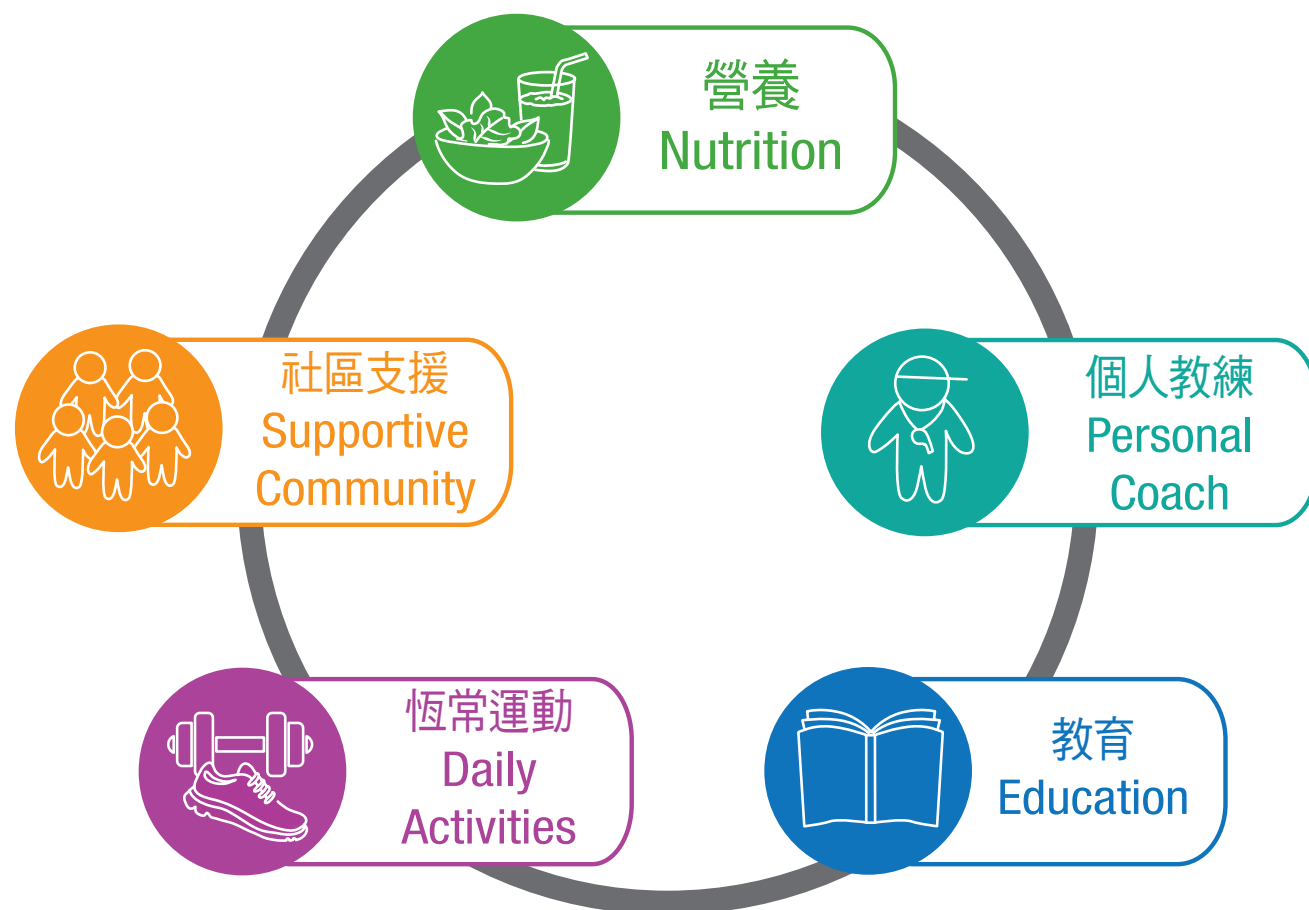
您可能明白「食得健康」的重要性，但您知道怎樣才算是「食得健康」嗎？請留意此營養分佈圖以了解更多。

Our nutrition philosophy is simple: it's a combination of balanced nutrition, healthy activity and a personalized program with support from an Independent Herbalife Nutrition Member.

Let's break it down. So you know you need to eat right, but what does eating "right" really mean? For optimal well-being, make sure you're covered everything in the graph.

獨立康寶萊會員： Independent Herbalife Nutrition Members:

您的支援網絡 Your Support Network



不論您想控制體重以穿上自己最喜歡的那條牛仔褲，或為您的下一場半馬拉松作準備，康寶萊都有優質的營養產品，助您達成目標。

我們是一個由擁有共同使命的人所組成的社群，幫助別人達成個人化的健康與體適能目標。獨立康寶萊會員將給予您所需的鼓勵與教育，並為您提供個人化的計劃。我們相信擁有一個支持您的社群能夠助您獲得更卓越的成果。

Whether you are looking to lose a few pounds, get back into your favorite pair of jeans, or are training for your next half marathon, Herbalife Nutrition has high-quality nutrition products to help you be your best self.

We are a community of like-minded people invested in one thing – helping you achieve your personal health and fitness goals. Independent Herbalife Nutrition Members will educate and encourage you and will offer a personalized program to get you there. We believe that having a supportive community leads to better success.

優化您攝取的營養 Maximize Your Nutrition

使用康寶萊產品以改善細胞營養 Cellular Nutrition with Our Products



*根據一項針對肥胖亞裔參與者的研究，比較在12週期間，接受在家支援的受試者和沒有獲得支援的參與者在減重方面的成果。在這項研究當中並未使用康寶萊®的產品或計劃。

*Smith BK et al., Comparison of two self-directed weight-loss interventions: Limited weekly support vs. no outside support. Res Clin Pract. 2009 Aug;3(3):1-IV.

*Based on one reported study of obese Asian subjects to compare weight loss results over twelve weeks of subjects receiving in-home support, versus those receiving no such support. No Herbalife® products or programs were used in this study.

*Smith BK et al., Comparison of two self-directed weight-loss interventions: Limited weekly support vs. no outside support. Res Clin Pract. 2009 Aug;3(3):1-IV.

您知道嗎
Did you Know ?

獲得定期支援的減重者可能比那些只靠個人力量減重的人更能夠成功減重*。

People who receive regular support may be more successful at losing weight than those who try to lose weight on their own.*

康寶萊產品研發由來自全球的營養及健康專家團隊所帶領。他們參與產品開發及測試過程。而康寶萊聘任之科學家亦是全球不同科研及營養專業組織之成員。

The development of Herbalife Nutrition products is guided by Herbalife Nutrition Scientific Leadership made up of professionals in the fields of nutrition and health from around the world, who participate in the company's product development and testing programs. The company and scientific staff are members of various research and professional societies and dietetic groups worldwide.



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科研領袖團隊 Scientific Leadership Team

300 位科研人員
Scientists on staff...



當中
50 位擁有博士學位
of whom have PhDs

* Dr. Louis Ignarro為諾貝爾醫學獎得主，為康寶萊之科學顧問並為產品認證受薪。
諾貝爾基金會與康寶萊公司並無任何聯繫。對康寶萊之產品不作審批及認證。
* Dr. Louis Ignarro, a Nobel Laureate in medicine, is a scientific advisor to Herbalife Nutrition and receives compensation for his endorsement of Herbalife® products.
The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife® products.

改變您的飲食習慣 改變您的生活 Change Your Eating Habits, Change Your Life.

我們都想擁有最佳的外表與健康狀態。康寶萊®營養蛋白素能夠快速提供健康且營養均衡的一餐。它含有人體必需的維他命和礦物質、優質蛋白質和其他重要營養素，能滿足身體所需。

營養蛋白素有多種口味，來自不同植物的蛋白質，提供日常需要的營養素，是方便快捷及容易個人化的健康產品，助您逐步建立健康的飲食習慣。

We all want to look and feel our best. Herbalife® Formula 1 provides a healthy, balanced meal in no time – packed with essential vitamins and minerals, high-quality protein and other key nutrients to help fill you up.

Available in a large variety of great-tasting flavors and various source of plant protein, Formula 1 is everything you need in a glass. It's convenient, customizable and the perfect product to kick start your healthy eating habits.

“ 我以前從不吃早餐，直到我發現準備一杯營養蛋白素奶昔和草本茶是如此簡單方便，我才戒掉這個壞習慣。現在我的營養蛋白素已經成為一天中最重要的一餐了。

I used to skip breakfast until I found that preparing a Formula 1 Healthy Meal Nutritional Shake and an Herbal Tea Concentrate beverage was easy. That helped me to break the bad cycle. Now my Formula 1 breakfast is the most important meal of the day. ”

Cistalia

康寶萊顧客
Herbalife Nutrition
Customer



完美組合： The Perfect Blend:

蛋白質 Protein

營養蛋白素的基礎是優質的完全蛋白質，能夠提供建立淨肌肉組織與細胞所需的必需營養。經精選的植物性蛋白質在消化後能夠穩定持續地釋放氨基酸(蛋白質與肌肉的組成元素)，幫助抑制飢餓感，讓您感覺飽足，減低對高糖分食物的食慾。

The foundation of Formula 1 is high-quality, complete protein that provides the essential nutrients to build lean muscle and cells. We chose plant-based proteins which can release a steady supply of amino acids (building blocks of protein and muscle) after digestion to help stave off hunger and keep you feeling full to avoid giving in to sugary cravings.

碳水化合物 Carbohydrates

我們的身體主要依賴碳水化合物提供能量。完全避開糖分與碳水化合物可能會讓我們感到飢餓、容易焦躁並缺乏活力。正確方法應是攝取適量與適當種類的碳水化合物，並避開含有快速被消化糖分的食物，如含糖飲料。營養蛋白素和營養蛋白素-精選配方的與眾不同之處在於分別含有9克和6克消化速度較緩慢的果糖，能夠穩定地提供能量及甜味。其分量相當於半條香蕉的糖分。果糖也是一種較低升糖指數的碳水化合物，不會令血糖快速上升，血糖大起大落的話，會讓人感到疲倦和飢餓。

Our bodies rely predominantly on carbohydrates for energy. Avoiding sugars and carbohydrates altogether is likely to leave us hungry, irritable and low on energy. The trick is to get the right amounts and types of carbohydrates, and avoid foods like sugary drinks with excessive fast-digesting sugars. So what makes Formula 1 and Formula 1 Select different? For one, our products contain 9 grams and 6 grams of a slow-digesting sugar called fructose to add steady energy and a tad of sweetness. That's about as much sugar as half a large banana. Fructose is also a low-glycemic carbohydrate: it won't spike blood sugar. When sugars spike then drop, the crash leaves you tired and hungry.

纖維 Fiber

營養蛋白素含有豐富的纖維。纖維在膳食中扮演重要的角色。它有助消化，提供飽足感以抑制食慾，並幫助腸道內的益生菌生長。一般人每日未必能攝取到25克的建議纖維攝取量，大部分人每天僅攝取約10克纖維。如果攝取量不足的話，可嘗試在營養蛋白素奶昔當中添加營養纖維粉。每食用分量之營養蛋白素和營養蛋白素-精選配方分別含有3.5克和6克纖維。

Formula 1 contains a good amount of fiber too, which, as you probably know, is essential to your diet. It aids in digestion, provides a sense of fullness to curb your appetite, and helps friendly digestive bacteria thrive. The average population falls far short of the daily fiber recommendation of 25 grams. Most of us only eat about 10 grams a day, which means we may be missing out on the health benefits. If you feel like you aren't getting enough fiber, try a Formula 1 shake with a boost of Active Fiber Complex. Formula 1 and Formula 1 Select contains 3.5 grams and 6 grams of fiber per serving respectively.

維他命和礦物質 Vitamins And Minerals

要確保每日都攝取足夠的維他命及礦物質並不容易。我們建議每天應進食豐富的蔬菜和水果。另外營養蛋白素中添加了多種維他命和礦物質，讓您更有機會每日攝取100%的營養所需。

While we think you should eat a diet rich in fruits and vegetables daily, it's not always easy to ensure you're getting 100% of the RDA of every vitamin and mineral. So we layered in various vitamins and minerals to Formula 1 to make sure you are closer to that 100% every day.



您喜愛的口味，您需要的營養 The Taste You Love, The Nutrition You Need

蘊含豐富營養的健康代餐，經臨床證明*可有效助您管理體重
A nutrient-dense healthy meal is clinically proven* to help people lose weight

含有哪些成分？

- 多種豐富維他命和礦物質，補充營養攝取的不足
- 抗氧化物來源，包括維他命A(β-胡蘿蔔素)、C和E
- 康寶萊營養蛋白素能提供14克蛋白質及108卡路里若以250毫升水及1湯匙佳能蛋白質粉沖調
- 每食用分量含有3.5克纖維素
- 每食用分量康寶萊營養蛋白素提供9克或對心臟有益的大豆蛋白

具備哪些功效？

- 含有能夠提供飽足感的蛋白質、碳水化合物和纖維
- 具有多種口味選擇以創造出無數的組合
- 蛋白質能夠幫助打造肌肉組織，並有助維持淨肌肉組織
- 每天攝取25克大豆蛋白，並配合低飽和脂肪和膽固醇的飲食，或有助降低罹患心臟病的風險
- 可根據個人口味調整

What's in it?

- Contains vitamins and minerals to help fill nutritional gaps
- Excellent source of antioxidants (Vitamins A [as Beta Carotene], C, and E)
- Formula 1 Shake provides 14g of protein and 108 calories when prepared with 250ml of water and 1 tablespoon of Performance Protein Powder
- One serving provides a good source of fiber with 3.5 grams per serving
- A serving of Herbalife® Formula 1 supplies 9 grams of heart-healthy soy protein

What does it do?

- A mix of protein, carbs and fiber help fill you up
- Lots of great-tasting flavors; endless combinations
- Protein helps build muscle tissue and maintain lean muscle mass
- When you consume 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, you may reduce the risk of heart disease
- Easy to customize for your taste and needs



以250毫升脫脂奶沖調

When prepared with 250 ml of non-fat milk

蛋白質 Protein (17克g)

蛋白質含量相當於3隻雞蛋
As much protein as 3 large eggs

鈣質 Calcium (350毫克mg)

鈣質含量相當於1.5杯茅屋芝士
As much calcium as 1.5 cups of cottage cheese

纖維 Fiber (3.5克g)

纖維含量相當於1個小蘋果
As much fiber as 1 small apple

維他命C Vitamin C (15毫克mg)

維他命C含量相當於兩個小型桃
As much Vitamin C as 2 small peaches

維他命E Vitamin E (7.5 IU)

維他命E含量約相當於5粒杏仁
As much Vitamin E as 5 whole almonds



覆盆莓味 Wildberry

超級大豆 為您帶來健康



Super Soy Healthy For You

我們的營養蛋白素奶昔以優質大豆蛋白為基礎。大豆是一種安全而有效的植物完全蛋白質來源，含有維持人體最佳狀態所需的必需氨基酸。由於大豆是植物，因此不存在於動物蛋白質中的膽固醇。

Our shakes are soy based. Soy is a safe and effective plant-based complete protein that contains all essential amino acids your body needs to perform at its best. Because soy is a plant, it does not contain cholesterol found in animal protein.

提供多種選擇

Check Out All The Choices

口味 Our Flavors

雲呢拿味 French Vanilla
朱古力味 Dutch Chocolate
野草莓味 Wild Berry
曲奇妙趣味 Cookies 'n Cream
薄荷朱古力味 Mint Chocolate
鮮奶咖啡味 Café Latte
芒果味 Fruity Mango

*每天飲用康寶萊®營養蛋白素兩次，並配合健康活躍生活模式，一般每星期可減重半磅至1磅。

*People who use Herbalife® Formula 1 twice a day as part of a healthy lifestyle can generally expect to lose around half a pound to 1 pound per week.

您今日飲咗SHAKE未? Have You Had Your Shake Today?

您喜歡什麼口味呢? What's Your Pleasure?

沒有人想每天進食千篇一律的食物，所以我們推出了不同口味的營養蛋白素。發揮創意，把兩種或以上的口味混合，配搭健康的水果、蔬菜或其他營養補充品。參考以下建議來沖調您的奶昔，或者向獨立康寶萊會員查詢更多小貼士。
Nobody wants to get stuck eating the same thing day in and day out, and that's why we've created multiple Formula 1 flavors. Get creative by blending two or more flavors with healthy fruits, vegetables or any of our boosts. Make your shake with one of the starting points below, or ask your Independent Herbalife Nutrition Member for some tips.

無限的口味組合 Endless Combinations

基本口味 The Original*

傳統奶昔
Traditional shake
+
牛奶、牛奶代替品
或水，加上佳能蛋白質粉
和冰塊
milk, milk alternative
or water with
Performance Protein
Powder and ice



多變口味 The Flavor Twist*

基本口味 The Original
+
主要調味 Big Flavors:

調味建議：
即溶草本飲品、
濃縮蘆薈汁、香料
Flavor
suggestions:
Herbal Tea
Concentrate,
Herbal Aloe,
spices



試試這個食譜 Try This Recipe!

蘋果批味奶昔 Apple Pie Shake

材料:

- 2匙康寶萊®營養蛋白素 - 雲呢拿味
- 1匙康寶萊®佳能蛋白質粉
- 1匙康寶萊®營養纖維粉 - 蘋果味
- 少量玉桂、豆蔻、丁香
- 1杯水
- 1杯蘋果片
- 4粒冰塊

製作方法：將所有材料放入攪拌機內攪拌至冰塊完全攪碎。

Blend Away: Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed.

You'll Need:

- 2 scoops Herbalife® Formula 1 Nutritional Shake Mix, Vanilla Flavor
- 1 tablespoon Herbalife® Performance Protein Powder
- 1 scoop Herbalife® Active Fiber Complex, Apple Flavor
- Few Dashes each cinnamon, nutmeg, cloves
- 1 cup water
- 1 cup frozen or fresh apple slices
- 4 ice cubes

207

Calories
卡路里

14.5g克

Protein
蛋白質

34.3g克

Carbohydrates
碳水化合物

1.3g克

Fat
脂肪

HERBALIFE
NUTRITION

均衡飲食可為身體提供必需的營養素，但只透過食物攝取所有必需的營養素並不容易。康寶萊深海魚油和複合鈣片能有助您達到奧米加-3脂肪酸和鈣質的每日建議攝取量。

A balanced diet helps to supply the essential nutrients, but it can be difficult to consume all necessary nutrients through food. **Herbalifeline®** and **Xtra-Cal®** can help to ensure you reach the recommended daily amount of omega-3s and calcium every day.

充足的蛋白質能促進新陳代謝、修補和建構身體組織，營養蛋白粉可在平日營養攝取上吸取不足的蛋白質及增加或維持肌肉，康寶萊有以下三種營養蛋白素，看看哪一種最適合您呢？

Adequate protein can promote metabolism, repair and build body tissues. Protein powder supplementation can absorb insufficient protein in daily nutritional intake and increase or maintain muscle. Herbalife Nutrition provides the following three different kinds of Formula 1. Let's see which one is most suitable for you.

營養蛋白素
Formula 1

蛋奶素食者適用

7種口味

- 以大豆蛋白製成
- 適合一般人士
- 作為維持健康及有效的體重控制計劃的一部份

Suitable for ovo-milk vegetarians

7 Flavor

- Made with soy protein
- Suitable for general people
- Enjoy for your good health and effective weight management



營養蛋白素-精選配方
Formula 1 Select

全素食者適用

1種口味

- 以碗豆、藜麥、大米蛋白製成
- 不含麩質更適合敏感體質人士
- 透過植物性力量啟動您的健康生活

Suitable for vegetarians

1 Flavor

- Made with pea, quinoa and rice protein
- Gluten-free, more suitable for people with sensitive physique
- Activate your healthy lifestyle with plant-based power



營養蛋白素24*
Formula 1 Sport*

蛋奶素食者適用

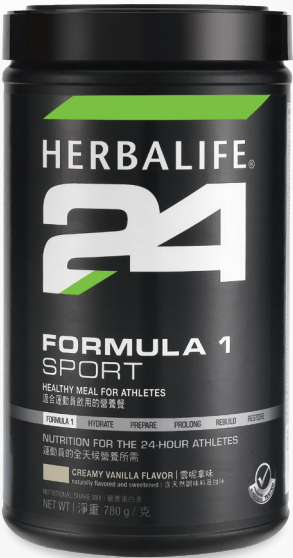
1種口味

- 以乳清蛋白、酪蛋白、麩氨酸製成
- 支援淨肌肉組織合成，適合運動前使用
- 為您的運動表現建立穩固的營養基礎

Suitable for ovo-milk vegetarians

1 Flavor

- Made with whey protein, casein, L-glutamine
- Support lean muscle mass, suitable to use before exercise
- A solid nutritional foundation for performance



每食用分量 Per Serving	營養蛋白素 F1	營養蛋白素-精選配方 F1 Select	營養蛋白素24 F1 Sport
能量 Energy (千卡kcal)	85	82	90
蛋白質 Protein (克g)	9	10	9
纖維素 Fiber (克g)	3.5	6	1
糖 Sugar (克g)	9	6	9
維他命、礦物質種類 Types of vitamins and minerals	19	19	22

*詳情請參閱Herbalife 24® 57頁
*For details, please refer to Herbalife 24® P. 57

今天開始設定個人目標 Set Your Goal Today

使用營養蛋白素來調製個人化口味的奶昔不但十分簡單，更有助您達成各種目標。每天使用營養蛋白素來達成以下目標：
You already know how easy it is to customize flavors with Formula 1, but did you also know that Formula 1 can help you meet a wide variety of goals? Use Formula 1 every day for:

減重 Weight Loss



每天營養 Everyday Nutrition



增重 Weight Gain



請記得在兩餐之間加入高蛋白質小食
Remember to add a protein snack in between meals.

康寶萊環球營養教育及訓練高級總監暨註冊營養師Susan Bowerman表示，營養蛋白素奶昔不單可提供均衡營養，養成享用奶昔的習慣能夠助您：

1. 精準計算您攝取的熱量
2. 在膳食中增加更多蔬菜和水果
3. 建立規律的用餐時間
4. 控制進食分量
5. 在趕時間的情況下仍能享用健康方便的一餐
6. 避免於高熱量的餐廳或快餐店用膳

According to Herbalife Nutrition Senior Director, Worldwide Nutrition Education and Training and Registered Dietitian Susan Bowerman, protein shakes can do more than just provide balanced nutrition. Getting into the shake habit can help you:

1. Keep an accurate count of your calorie intake
2. Add more fruits and vegetables to your diet
3. Establish regular mealtimes
4. Control portion sizes
5. Make eating on the run healthy and convenient
6. Avoid eating high-calorie restaurant or fast food meals



小貼士 Tip

更多營養小貼士，請瀏覽
DiscoverHerbalife.com
閱讀更多Susan的文章。

For nutrition tips,
check in with Susan on
DiscoverHerbalife.com.

基本體重控制計劃 Quickstart Program

朱古力味 Dutch Chocolate
雲呢拿味 French Vanilla
野草莓味 Wild Berry



包含體重管理的基礎產品：

- 核心產品包括營養蛋白素、消脂片、抗脂片、天然瓜拉拿茶及美纖片以支援細胞營養。

Includes the basics for weight management:

- Core Products – Formula 1, Cell-U-Loss®, Lipobond, N-R-G Tea, and Snack Defense to support Cellular Nutrition

進階體重控制計劃 Advanced Program

朱古力味 Dutch Chocolate
雲呢拿味 French Vanilla
野草莓味 Wild Berry



包含所有基本體重控制計劃的產品，以及：

- 含可刺激新陳代謝之咖啡因的即溶草本飲品—102克†
- 紓緩消化系統的原味濃縮蘆薈汁*

Includes ALL Quickstart Program Products, PLUS:

- Herbal Tea Concentrate – 102g with caffeine that stimulates metabolism†
- Herbal Aloe Concentrate for soothing digestive tract*

全面體重控制計劃 Ultimate Program

朱古力味 Dutch Chocolate
雲呢拿味 French Vanilla
野草莓味 Wild Berry



包含所有基本體重控制計劃的產品，以及：

- 含可促進新陳代謝之咖啡因的即溶草本飲品—102克†
- 紓緩消化系統的原味濃縮蘆薈汁*
- 蘊含豐富奧米加-3脂肪酸的深海魚油
- 令消化系統健康的益生菌

Includes ALL Quickstart Program Products, PLUS:

- Herbal Tea Concentrate – 102g with caffeine that stimulates metabolism†
- Herbal Aloe Concentrate for soothing digestive tract*
- Valuable source of Omega-3 fatty acids to promote good health
- Simply Probiotic take care of your digestive health

*此產品沒有根據《藥劑業及毒藥條例》(第138章)或《中醫藥條例》(第549章)註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受審核。此產品並不供作診斷、治療或預防任何疾病之用。

†即溶草本茶飲品每份皆含有咖啡因。建議含有咖啡因的產品僅供健康成人飲用，不建議對咖啡因敏感的消費者使用。懷孕或哺乳婦女、罹患疾病或服用藥物的個人應在使用前諮詢醫療專業人員。

§健康的體重管理計劃應包含適當的熱量攝取、均衡飲食和規律的運動。

*This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

†Herbal Tea Concentrate provides caffeine. It is recommended that products containing caffeine be used by healthy adult consumers and not recommended for those sensitive to caffeine. Pregnant or nursing women, individuals with medical conditions, or those taking medications should consult with a health care professional before use.

§A healthy weight-management program should include modest caloric intake, balanced diet and regular physical activity.

一起在這個夏天練出好體型

Commit To Getting Fit This Summer

Samantha Clayton

康寶萊環球體育與健身副總裁

with **Samantha Clayton**,
Herbalife Nutrition Vice President,
Worldwide Sports Performance
and Fitness

Samantha 簡介

加入康寶萊前，Samantha是一位職業運動員。她曾代表英國參加2000年悉尼奧運會的200公尺短跑和100公尺接力項目競賽。在奧運比賽前，她還曾經在奧運AAA預賽中獲得兩枚獎牌：200公尺短跑銀牌和100公尺短跑銅牌，以及在1997年歐洲青少年錦標賽中獲得4X100公尺接力賽銀牌。她的個人紀錄包括：100公尺短跑(11.40秒)及200公尺短跑(23.02秒)的佳績。

此外Samantha也擔任美國帶氧體適能學會(AFAA)和國際運動科學協會(ISSA)的個人健身教練和團體運動指導教練。她有四名子女，目前定居於美國南加州。

About Samantha

Before joining Herbalife, Samantha was a professional athlete. She represented Great Britain in the 2000 Sydney Olympics in both the 200m and the 4x100m relay events. Prior to the Olympics, she won two medals in the Olympic AAA trials – a silver medal for the 200m and a bronze for the 100m – as well as a silver medal in the 4x100m relay during the European Junior Championships in 1997. Her personal records include 11.40 seconds in the 100m and 23.02 seconds in the 200m.

Samantha is a personal trainer and group exercise coach through the American Fitness and Aerobics Association (AFAA) and International Sport Science Association (ISSA). She is a mother of four and lives in southern California.

請瀏覽DiscoverHerbalife.com
和Samantha學習更多關於體適能的知識。
Learn more about fitness from Samantha
by visiting DiscoverHerbalife.com.

小小一步能創造大大的不同 Small Steps Make a Big Difference

夏天代表著一連串的烤肉聚餐、家庭聚會和其他活動，但這並不代表您可以把身心健康暫時拋諸腦後。只要願意做出一點承諾，就可在繁忙的行程中加入運動時間，讓健康保持良好狀態。立即參考以下建議。

Summer can be a whirlwind of barbecues, family gatherings and other events, but that doesn't mean you have to put your health and wellness on the backburner. With a little commitment, it's easy to squeeze in some exercise and stay on track. You can start with the suggestions below.

保持運動的持續性...每週三次依序進行以下運動，並加上一些重量訓練以維持耐力與肌力。

Stay on track... Perform these exercises in order 3 times a week with light weights to maintain your endurance and strength.

單車捲腹

Bicycle Crunch

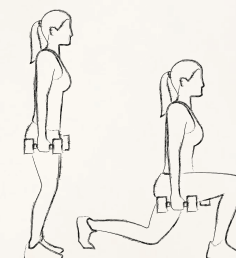
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(16 each side)



前弓步

Forward Lunge

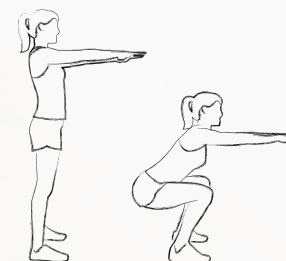
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(16 each side)



深蹲

Squat

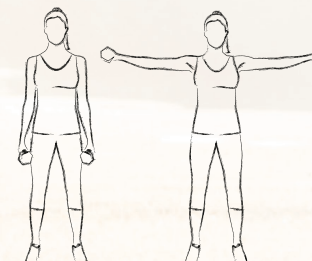
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啞鈴側平舉

Lateral
Side Raises

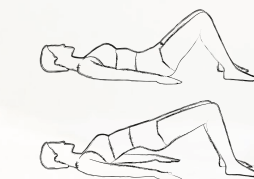
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橋式運動

Bridge

(16次)
(16)



Samantha Clayton

康寶萊
環球體育與健身副總裁，
AFAA和ISSA認證健身教練
Herbalife Nutrition
Vice President, Worldwide
Sports Performance and
Fitness, AFAA,
ISSA Fitness Instructor

運動後的健康小食

「請預先準備運動後可享用的蛋白質小食。可在奶昔中添加佳能蛋白質粉，或準備一條蛋白棒。如以沙律作正餐的話，可加入雞肉、吞拿魚或豆類等。」

Don't forget your post-workout snack.

“Have your post-workout protein snack ready for right after your workout. Add some Personalized Protein Powder to your shake or keep a Protein Bar handy. If you have salad for a meal, make sure it's got plenty of protein in it, like chicken, tuna or beans.”



您想要健康的膳食嗎？ Would You Like To Have Healthy Meals?

營養蛋白素

Nutritional Protein Drink Mix

主要優點

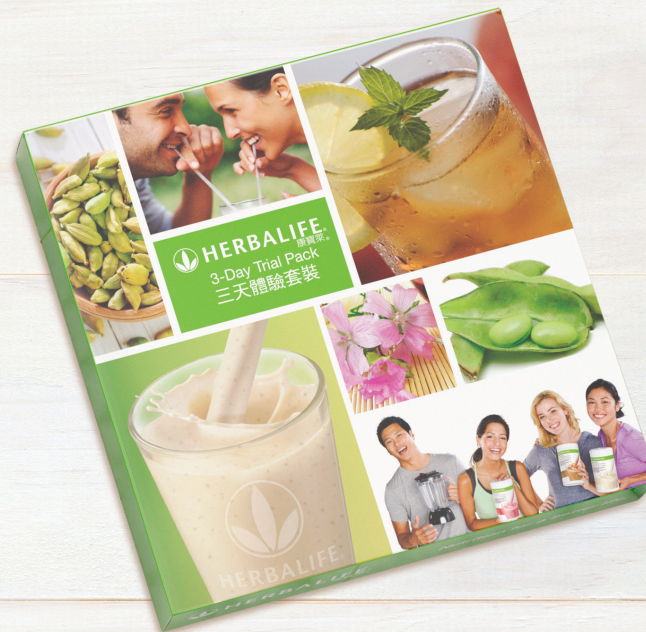
- 以優質大豆蛋白研製
- 提供飽足感，而且美味可口
- 不含反式脂肪
- 每罐含有22份

Key Benefits

- Formulated with high-quality soy protein
- Delicious shakes help satisfy hunger
- 0 trans fats
- 22 servings

雲呢拿味 French Vanilla
朱古力味 Dutch Chocolate
曲奇妙趣味 Cookies 'n Cream
薄荷朱古力味 Mint Chocolate

鮮奶咖啡味 Café Latte
野草莓味 Wild Berry
芒果味 Fruity Mango



三天體驗套裝 3-Day Trial Pack

開始體驗健康的生活模式
Start enjoying healthy lifestyle

主要優點

- 均衡營養且含低卡路里
- 可作三天體重管理計劃或六天健康膳食
- 為客戶展開康寶萊計劃的入門體驗

曲奇妙趣味
Cookies 'n Cream flavor

Key Benefits

- Balanced nutrition with low calories
- 3-day weight management program or 6-day general healthy diet
- "Door opener" to start Herbalife program for customers



佳能蛋白質粉

Performance Protein Powder

主要優點

- 不含脂肪的蛋白質
- 幫助建立和維持淨肌肉組織
- 促進新陳代謝和提升活力

Key Benefits

- Supports adequate protein intake with fat-free protein
- Helps build and maintain lean-muscle mass
- Increases metabolism and energy



營養蛋白素-精選配方 Formula 1 Select

主要優點

- 豌豆蛋白、大米蛋白和藜麥粉
- 提供均衡的蛋白質和養分
- 不含大豆或乳製品成分
- 每罐含有18份

Key Benefits

- Pea protein, rice protein and quinoa powder
- Ideal balance of protein and other key nutrients
- Does not contain soy or dairy ingredients
- 18 servings



蛋白棒 Protein Bar

主要優點

- 蘊含約10克蛋白質及多種維他命和礦物質
- 備有兩種口味：檸檬味及雲呢拿杏仁味

Key Benefits

- With about 10 grams of protein, plus vitamins and minerals
- Comes in two flavors: Citrus Lemon and Vanilla Almond

雲呢拿杏仁味 Vanilla Almond
檸檬味 Citrus Lemon

「一般人每天會流失2-3公升水分，
喝茶和喝水均有助補充水分。」

Susan Bowerman
康寶萊環球營養教育及
訓練高級總監暨註冊營養師

“The average person loses 2-3 liters of
fluid daily; water and tea help replace it.”

Susan Bowerman,
Herbalife Nutrition Senior Director,
Worldwide Nutrition Education and
Training, Registered Dietitian

您知道嗎 ?
Did you Know ?

茶敘的溫馨時刻 There's Always Time For Tea

除了水之外，茶是全世界最受歡迎的飲料。茶不但是代替高糖分汽水和果汁的低熱量選擇，而且還含有對身體有益的抗氧化物。如果您想達成每天8杯水的建議水分攝取量，那麼茶也能夠幫助您達成補充水分的目標，而且您還能享受到清爽芬芳的茶香。

茶含有咖啡因，能夠提升新陳代謝及提神，讓您感到活力十足。
在夏天您可以加入冰塊飲用，享受冰涼暢快的口感。

Behind water, tea is the most popular drink on the planet. Besides being a low-calorie alternative to sugary sodas and juices, tea contains beneficial antioxidants. If you're trying to get in the recommended eight glasses of water per day, tea is also a great way to stay hydrated – with the added benefit of extra flavor.

Teas that contain caffeine can also jump start your metabolism and provide a boost to help you feel revitalized. During the summer months, try it on ice to cool off.





我們的綠茶來自何處？ Where Does Our Green Tea Come From?

優質的產品從優質的原料開始。我們與全球最優良的茶葉供應商合作，並且自行生產與加工多種植物原料。我們的專業團隊致力於維持原料的品質。他們會進行純度測試，並進行顏色、口味與香氣等感官方面的評估，以確保我們的植物萃取物能符合最嚴格的品質標準。

因為茗茶的傳統起源於四千多年前的中國，因此在中國生產康寶萊綠茶使用的茶葉也成了最適合的選擇。

康寶萊創新與生產中心策略性地選址於湖南省長沙市。這裡以肥沃的土壤聞名，出產很多對健康最為有益的植物原料。

Great products start with great ingredients. We achieve this by partnering with the world's best tea leaf suppliers, and by sourcing and processing many botanical ingredients in-house. Our team of experts is committed to the integrity of our ingredients. They conduct purity testing and evaluation of sensory aspects such as color, flavor and aroma to ensure that our extracts meet rigorous quality standards.

Because tea drinking has its origins in China, dating back over 4,000 years, this seemed like the natural place to extract the tea used in Herbalife® Green Tea.

The Herbalife Nutrition Innovation & Manufacturing (H.I.M.) Changsha facility is strategically positioned in Hunan Province, well known for its fertile soil where many of the world's most beneficial botanicals are grown.

即溶草本飲品 Herbal Tea Concentrate

咖啡因有助促進新陳代謝 Boost Metabolism With Caffeine

- 含有咖啡因，能夠幫助促進新陳代謝及提神，讓您感覺活力十足
- 含對身體有益的抗氧化物
- 低熱量
- 方便攜帶的粉狀形式
- 包含綠茶、橙白毫茶、荳蔻萃取物、洛神花和錦葵
- Contains caffeine, which jump starts your metabolism and provides an energizing boost to help you feel revitalized
- Beneficial antioxidants
- Low in calories
- Convenient, on-the-go powder form
- Blend of green and orange pekoe teas, cardamom seed extract, hibiscus and malva silvestris

原味 Original
蜜桃味 Peach
蘋果甘菊味
Apple Chamomile

從內到外 令體重管理更有效率 Enhance Your Weight Management From The Inside Out

深海魚油 Herbalifeline®

主要優點

- 透過奧米加-3脂肪酸促進心臟健康
- 此產品或有助於穩定膽固醇*
- 含具抗氧化功效的維他命E，保護身體免受自由基的侵害

Key Benefits

- Enhances heart health with Omega-3s
- This product may assist in stabilizing blood cholesterol*
- Includes the antioxidant vitamin E for protection against free radicals



美纖片 Snack Defense

主要優點

- 蘊含豐富礦物質鉻
- 此產品或有助於穩定血糖*

Key Benefits

- Excellent source of Chromium
- This product may assist in stabilizing blood glucose*



抗脂片 Lipobond

主要優點

- 纖維讓您感覺飽足
- 幫助您的消化系統正常運作

Key Benefits

- Fiber is known to contribute fullness
- Supports a healthy digestive tract



消脂片 Cell-U-Loss®

主要優點

- 支援健康的肌膚
- 支援健康的排水功能

Key Benefits

- Supports the appearance of healthy skin
- Supports healthy elimination of water



甲殼纖維素 Chitosan Fibre Complex

主要優點

- 甲殼素是一種天然不易被消化的纖維，也不易被身體吸收
- 能在胃部的弱酸環境中迅速溶解，可於用餐前才食用

Key Benefits

- Chitosan is a natural fiber which cannot be digested nor absorbed
- Soluble in stomach acid and works fast. This means you can take one capsule right before you eat

*此產品沒有根據《藥劑業及毒藥條例》(第138章)或《中醫藥條例》(第549章)註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品亦不供作診斷、治療、治癒或預防任何疾病之用。

*This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat, cure or prevent any disease.

蘆薈的功效

The Power Of Aloe Vera

您可能已經很熟悉蘆薈啫喱以及其外敷的各種用途。
但蘆薈還可為身體提供很多好處，
如舒緩並支援消化道健康。康寶萊濃縮蘆薈汁
採用優質蘆薈汁為原料，適合每天享用。

You might be familiar with aloe vera gel and its variety of uses in topical form. But there is another form of aloe that has a number of benefits – like soothing your stomach and helping to support digestive health. Herbalife® Herbal Aloe products are formulated with premium-quality ALOE vera leaf juice, and can be used on a daily basis.



喝出健康新生活

Digest And Feel Your Best



可以和水、營養蛋白素
或您最喜愛的飲料
混合飲用

Mix With Water,
Your Shake,
Or Your Favorite Beverage.

任何時候都是
最佳的
飲料選擇
A Great Drink
Anytime Of The Day

濃縮蘆薈汁口味 Herbal Aloe Concentrate Flavors

原味 Original
芒果味 Mango
柑橘味 Mandarin

濃縮蘆薈汁 Herbal Aloe Concentrate

支援消化健康 Supports Healthy Digestion

- 舒緩腸胃並支援消化健康
- 美味可口，是替代汽水或高糖果汁的健康選擇
- 含天然香料，不含人造色素
- 支援營養吸收及腸道健康
- 低熱量，低糖
- Soothes and supports healthy digestion
- Tastes great – A healthy replacement for sodas or high-sugar juices
- Contains natural flavors. No artificial colors
- Supports nutrient absorption and intestinal health
- Low calorie. Low sugar



最優質的蘆薈！值得信賴的天然原料

在研發濃縮蘆薈汁時，我們致力尋找最優質的蘆薈並來到了墨西哥的鄉郊。這裡擁有理想的氣候環境和獨特的土壤結構，為蘆薈提供了最理想的生長條件。

OLE, ALOE! Pure Ingredients from a Trusted Source

When we developed our Herbal Aloe Beverage products, we were on a mission to find the highest-quality aloe. Our search brought us to the lush Mexico countryside, where ideal weather and unique soil composition make for ideal growing conditions.

*濃縮蘆薈汁：以250毫升水與3瓶蓋濃縮蘆薈汁調和時，
大黃素含量少於0.1ppm。
*Herbal Aloe Concentrate: Contains less than 0.1ppm aloe as
consumed when 3 capfuls are mixed with 250mL of water.

紓緩及維持健康的消化系統

Soothe And Get Regular

強化您的消化系統，同時支援健康的體重管理
Cleanse and enhance your digestive system, and support healthy weight management

A 抗脂片 Lipobond

主要優點

- 纖維讓您感覺飽足
- 幫助您的消化系統正常運作

Key Benefits

- Fiber is known to contribute fullness
- Supports a healthy digestive tract

B 甲殼纖維素 Chitosan Fibre Complex

主要優點

- 甲殼素是一種天然不易被消化的纖維，也不易被身體吸收
- 能在胃部的弱酸環境中迅速溶解，可於用餐前才食用

Key Benefits

- Chitosan is a natural fiber which cannot be digested nor absorbed
- Soluble in stomach acid and works fast. This means you can take one capsule right before you eat

C 營養纖維粉 Active Fiber Complex

主要優點

- 促進規律與健康的腸道蠕動
- 維持消化系統的健康
- 含6克均衡的水溶性和非水溶性纖維

Key Benefits

- Promotes regularity and healthy bowel movement
- Enhances overall digestive health
- 6g of balanced soluble and insoluble fiber

D 益生菌 Simply Probiotic

主要優點

- 有效地在含有胃酸的環境中存活
- 具有能適應較極端環境的特性，益生菌可加入至任何溫度之食物或飲品當中

Key Benefits

- Survives the acidic gastric journey
- Mixes easily in any food or drink (hot, cold or frozen)

您知道嗎 ?
Did you Know ?

水溶性纖維和水融合後變成啫喱狀，能降低消化速度讓您更感飽足，從而更有效地控制體重。一般食物如燕麥、大麥、堅果、種子、大豆、小扁豆、藍莓、有皮水果及乾豌豆等都蘊含水溶性纖維。康寶萊營養纖維粉可助您補充每天纖維的攝取量。

Soluble fiber attracts water and turns to gel, which slows down digestion and makes you feel full for enhanced weight management. Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, blueberries, fruits with skins and dried peas. (Herbalife Nutrition products to supplement give intake include Active Fiber Complex.)

– Soluble vs. Insoluble Fiber,
Medicine Plus, July 9, 2014



A



B



C



D

規劃未來 成就精彩人生 A Healthy Today For A Healthy Tomorrow



吃得健康
Eat Well

恆常運動

Move Often



攝取營養補充品

Take Nutritional
Supplements



睡得好 Sleep Well

Z Z Z Z Z Z Z Z

保持樂觀



Laugh More

關注心臟健康永不嫌太早或太遲。
讓您的心血管系統從現在起一直保持在最佳狀態。
從今日起作出精明選擇，為未來的健康做好準備。

You are never too young or too old to take care
of your heart, so the time to start is now.
Keep your cardiovascular system in top shape.
Make smart choices today and they will pay off
for the rest of your life.

「我們的心臟健康產品提供了最先進和全面的計劃，
幫助您維持最佳的心血管健康。」

“Our Heart Health products offer one of the most
advanced and comprehensive programs to help
you maintain optimal vascular health.”

Dr. Louis Ignarro

諾貝爾醫學獎得主

Ph.D., Nobel Laureate in Medicine*

請瀏覽hearthealthinitiative.com網站了解更多

Dr. Louis Ignarro博士提供的心臟健康訊息。

Find out more about heart health from Dr. Louis Ignarro:

hearthealthinitiative.com

*Dr. Louis Ignarro為藥物學諾貝爾醫學獎得主，為康寶萊之科學顧問並為產品認證受薪。
諾貝爾基金會與康寶萊公司並無任何聯繫。對康寶萊之產品不作審批及認證。

*Dr. Louis Ignarro, a Nobel Laureate in medicine, is a scientific advisor to Herbalife Nutrition and
receives compensation for his endorsement of Herbalife® products.

The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or
endorse Herbalife® products.

守護您的心臟健康 Take Control Of Your Heart Health

現代飲食文化一般缺乏保持血管健康的重要營養。康寶萊的心臟健康補充品夜寧新® 營養飲品提供有效成分以支援心臟運動的主要功能，包括血液循環和自我修復。

Modern diet lacks important nutrients essential to maintain optimal vascular health. Herbalife Nutrition comprehensive line of heart health supplements – featuring Niteworks®, provides targeted ingredients that support key areas of heart health, including healthy circulation and maintenance.

① 夜寧新® 營養飲品 Niteworks®

口味清新的營養補充品
有助維持心血管系統健康*
Great tasting supplement for a
healthy cardiovascular system*

- 精氨酸和瓜氨酸能夠支援體內製造一氧化氮。具彈性的血管系統能夠支援心臟、大腦與其他器官的健康*
- 一氧化氮的生成能夠支援維持健康血壓於正常水平及改善血管彈性*
- 精氨酸和瓜氨酸能夠保持血管的健康與彈性，維持健康的心血管功能
- Amino acids L-arginine and L-citrulline support Nitric Oxide production. A flexible cardiovascular system supports the heart, brain and other organs*
- Nitric Oxide production supports healthy blood pressure levels already within a normal range and blood vessel elasticity*
- L-arginine and L-citrulline help keep blood vessels toned and flexible for healthy vascular function*



② 深海魚油 Herbalifeline®

維護身體健康的必需脂肪酸
Essential fatty acids for general
health

- 奧米加-3脂肪酸能維持膽固醇和三酸甘油酯濃度於正常範圍*
- 定期攝取DHA也有助於支持正常的大腦功能和視力*
- 正面但非結論性的研究顯示攝取EPA和DHA奧米加-3脂肪酸或有助於降低冠狀動脈心臟病風險
- Omega-3 fatty acids help maintain healthy cholesterol and triglyceride levels already within a normal range*
- Taking DHA regularly also helps to support normal brain function and vision*
- Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease



③ 香蒜片 Mega Garlic Plus

大蒜對健康的益處
Benefits of garlic in a convenient
tablet form

- 維持健康的血液循環與心臟健康
- 提供相當於一整顆蒜頭的抗氧化功效
- 此產品或有助於穩定膽固醇*
- Supports healthy circulation and heart health
- Provides the antioxidant benefits of one whole garlic clove
- This product may assist in stabilizing blood cholesterol*



④ 南極磷蝦油 Krill Shield®

來自磷蝦的奧米加-3脂肪酸
Krill sourced omega-3s

- 獨家配方含有來自南極磷蝦油(NKO®)的奧米加-3脂肪酸，有助於支援心血管健康。*
- 支援心臟肌肉的健康
- 保護細胞膜的健康
- This proprietary blend is formulated with omega-3 fatty acids from Neptune Krill Oil (NKO®), which support cardiovascular health*
- Supports heart muscle
- Protects health of cell membranes

④

*此產品沒有根據《藥劑業及毒藥條例》(第138章)或《中醫藥條例》(第549章)註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療、治癒或預防任何疾病之用。

†NKO®是Neptune Technologies and Bioresources, Inc.的註冊商標。

*This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat, cure or prevent any disease.

†NKO® is a registered trademark of Neptune Technologies and Bioresources, Inc.



鋅維思** Best Defense**

1000毫克維他命C
1000 Vitamin C

- 支持健康的免疫系統，不可或缺
- 無法儲存在體內，需要每天補充
- Essential to support healthy immune system
- Not stored in the body, required to replenish daily

紫錐花

- 全球最受歡迎的草本之一

鋅

- 支持抗氧化的必需礦物質
- 幫助維持免疫系統運作



Echinacea

- One of the most popular herbs worldwide

Zinc

- Essential mineral with antioxidant support
- Help maintain a functioning immune system

五味子精華** Schizandra Plus**

五味子
Schizandra

- 一種眾所周知的草本植物，於全球被廣泛認識及食用
- 被列入美國草藥藥典，以及中華人民共和國、韓國、日本及俄羅斯的藥典
- A well-known herb included in botanical products that are widely recognized and consumed globally
- Included in the American Herbal Pharmacopoeia, as well as the pharmacopoeias of the People's Republic of China, North and South Korea, Japan and Russia

維他命A、C、E、硒

- 經過充分研究、具有抗氧化劑特質的微量營養素
- 支援身體對氧化應激的自然防禦

Vitamin A, C, E, selenium

- Well-researched micronutrients with antioxidant property
- Support body's natural defense against oxidative stress

禦之寶** ImmuLift**

EpiCor® (透過特有的發酵過程製造後生元)
(Proprietary Fermentation Process To Produce Postbiotic)

- 臨床研究可支援我們身體在鼻子、嘴巴和喉嚨中存在的第一道免疫防禦防線^{1,2,3}
- 支援並加強您體內的免疫防禦³
- Clinically researched EpiCor® supporting our body's first line of immune defenses found in your nose, mouth and throat^{1,2,3}
- Support and strength next level of immune defenses in your body³

維他命C、D3、硒和鋅

- 有助維持免疫系統的正常運作⁴
- 有助保護細胞免受氧化壓力傷害

Vitamin C, D3, selenium and zinc

- Contributes to the normal functioning of the immune system⁴
- Contribute to the protection of cells from oxidative stress



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4. Copper/Folate/Selenium/Vit A/Vit B12/Zinc/Vitamin C/Iron/Vit B6/Vit D contributes to the normal function of the immune system. EFSA Journal 2009;7(9):1211

** 產品只適用於香港
** Products only available in Hong Kong

增強身體的天然抵抗力

Support Your Body's Natural Defenses

增強免疫系統，幫助維持身體健康
Keep your immune system strong and stay healthy
all year long, with our Immune Solutions

露思抗氧化精華 RoseGuard

主要優點

- 增強身體的天然抵抗力，免受環境中的有害污染物傷害
- 提供全天候的抗氧化保護
- 蘊含有助促進肝臟及免疫系統健康之十字花科蔬菜(椰菜、椰菜花、胡蘿蔔及西蘭花)
- 有助轉化維他命E的抗氧化活動

Key Benefits

- Supports your body's natural defense against environmental toxins
- Provides antioxidant support throughout the day
- Contains Cruciferous Vegetables (Cabbage, Cauliflower, Carrot and Broccoli) traditionally used to support healthy liver and immune function
- Helps recycle the antioxidant activity of Vitamin E



香蒜片 Mega Garlic Plus

主要優點

- 維持健康的血液循環與心臟健康
- 提供相當於一整顆蒜頭的抗氧化功效
- 此產品或有助於穩定膽固醇*

Key Benefits

- Supports healthy circulation and heart health
- Provides the antioxidant benefits of one whole garlic clove
- This product may assist in stabilizing blood cholesterol*



多種維他命** Formula 2 Multivitamin Complex**

主要優點

- 含抗氧化物維他命A(胡蘿蔔素)、C及E以支援免疫系統健康
- 促進骨骼、皮膚及頭髮健康
- 科研配方以保養身體，並支援細胞新陳代謝

Key Benefits

- Contains antioxidant vitamin A (as betacarotene), C and E to support your immune system
- Promotes healthy bones, skin and hair
- Scientifically formulated to nourish your body and support metabolic function at the cellular level



莓之寶 Triple Berry Complex

主要優點

- 提供抗氧化的保護
- 支援泌尿系統的健康
- 含高度抗氧化的蔓越莓、藍莓及覆盆子精華

Key Benefits

- Provides an antioxidant boost
- Supports for urinary tract health
- Super-powered antioxidant formula with concentrated cranberries, blueberries and bilberries



鋅維思** Best Defense**

主要優點

- 1,000毫克維他命C - 強大的抗氧化保護
- 8毫克鋅 - 健康免疫系統必不可少的礦物質
- 紫錐花配方

Key Benefits

- 1000mg Vitamin C for antioxidant strength
- Excellent source of 8mg zinc for immune health
- Formulated with Echinacea



五味子精華** Schizandra Plus**

主要優點

- 由五味子配製而成，富含維他命A、C、E和硒
- 支援日常免疫功能
- 提供重要的微量營養素
- 提供抗氧化保護以支援人體抵抗氧化壓力的防禦

Key Benefits

- Formulated from Schisandra, rich in vitamins A, C, E and selenium
- Immune support
- Provide important micronutrients
- Antioxidant protection to support the body's defenses against oxidative stress



禦之寶** ImmuLift**

主要優點

- 透過以科研為基礎的五種免疫支援成分
- 富含EpiCor®、維他命C、維他命D3、硒、鋅
- 全面地支援您的免疫系統，輕鬆維持健康免疫力

Key Benefits

- Multiple levels of immune lift through 5 components
- Rich in EpiCor®, vitamin C, vitamin D3, selenium and zinc
- Comprehensively support your immune system and easily maintain healthy immunity



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改善健康 Improved Well-Being Natural Defenses



膠原蛋白美肌飲料 Beauty Powder Drink

主要優點

- 蘊含5,000毫克水解膠原蛋白及多種美肌成分
- 提升肌膚的水分及光滑度
- 有助預防皺紋、修復細紋
- 使肌膚更飽滿、更有彈性
- 促進肌膚血液循環，讓肌膚回復透亮光澤

Key Benefits

- Consists of 5,000mg of hydrolyzed collagen and many key beauty nutrients
- Improves skin moisture level and smoothness
- Helps prevent the formation of deep-wrinkles and reduce the number of micro-relief furrows
- Improves skin suppleness and elasticity
- Enhances blood circulation in skin and restores luster



女士之選 Woman's Choice

主要優點

- 含有從大豆精華及野葛萃取的異黃酮特別配方
- 支援處於每月週期或更年期之女士健康

Key Benefits

- Contains isoflavones extracted from Novasoy® and Kudzu
- Supports well-being for women during monthly cycle and menopause



複合鈣片** Xtra-Cal®**

主要優點

- 每片含300毫克鈣
- 提供維他命D3以促進鈣質吸收
- 含有天然維他命C來源的玫瑰果，和具有抗氧化能效的薑黃根
- 加入鎂、銅、鋅等數種重要礦物質以強化骨骼健康

Key Benefits

- Each tablet contains 300mg calcium
- Contains vitamin D3 to support absorption of calcium
- Contains rose hips as a natural source of Vitamin C, and turmeric root for antioxidant support
- Contains essential minerals magnesium, copper and zinc for comprehensive bone support



莓之寶 Triple Berry Complex

主要優點

- 提供抗氧化的保護
- 支援泌尿系統的健康
- 含高度抗氧化的蔓越莓、藍莓及覆盆子精華

Key Benefits

- Provides an antioxidant boost
- Supports for urinary tract health
- Super-powered antioxidant formula with concentrated cranberries, blueberries and bilberries



深海魚油 Herbalifeline®

主要優點

- 透過奧米加-3脂肪酸促進心臟健康
- 此產品或有助於穩定膽固醇*
含具抗氧化功效的維他命E，保護身體免受自由基的侵害

Key Benefits

- Enhances heart health with Omega-3s
- This product may assist in stabilizing blood cholesterol* Includes the antioxidant vitamin E for protection against free radicals



露思抗氧化精華 RoseGuard

主要優點

- 增強身體的天然抵抗力，免受環境中的有害污染物傷害
- 提供全天候的抗氧化保護
- 蘊含有助促進肝臟及免疫系統健康之十字花科蔬菜(椰菜、椰菜花、胡蘿蔔及西蘭花)
- 有助轉化維他命E的抗氧化活動

Key Benefits

- Supports your body's natural defense against environmental toxins
- Provides antioxidant support throughout the day
- Contains Cruciferous Vegetables (Cabbage, Cauliflower, Carrot and Broccoli) traditionally used to support healthy liver and immune function
- Helps recycle the antioxidant activity of Vitamin E



佳能蛋白質粉 Performance Protein Powder

主要優點

- 透過不含脂肪的蛋白質提供適當的蛋白質攝取量
- 幫助建立和維持淨肌肉組織
- 促進新陳代謝和提升活力

Key Benefits

- Supports adequate protein intake with fat-free protein
- Helps build and maintain lean-muscle mass
- Increases metabolism and energy

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** Products only available in Hong Kong

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* This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat, cure or prevent any disease.



保護骨骼與關節健康 Preserve Bone And Joint Health

關捷寶** Joint Support**

主要優點

- 配方含葡萄糖胺，有助支援關節健康及舒適度。關節寶同時含軟骨素、MSM及薑黃萃取物
- 有助保持關節健康
- 有助保持健康軟骨組織
- 有助保持健康關節功能及舒適度

Key Benefits

- Specially formulated with glucosamine. Glucosamine helps support joint health and comfort. Joint Support also contains chondroitin, MSM and turmeric extract
- Helps to maintain joint health
- Helps to maintain healthy cartilage
- Helps to maintain healthy joint function and comfort



複合鈣片** Xtra-Cal®**

主要優點

- 每片含300毫克鈣
- 提供維他命D3以促進鈣質吸收
- 含有天然維他命C來源的玫瑰果，和具有抗氧化能效的薑黃根
- 加入鎂、銅、鋅等數種重要礦物質以強化骨骼健康

Key Benefits

- Each tablet contains 300mg calcium
- Contains Vitamin D3 to support absorption of calcium
- Contains rose hips as a natural source of Vitamin C, and turmeric root for antioxidant support
- Contains essential minerals magnesium, copper and zinc for comprehensive bone support



** 產品只適用於香港
** Products only available in Hong Kong

體能與體態 Energy & Fitness



成分天然 快速提升活力 Quick & Natural Energy

無論您進行任何類型的運動，都定必全力以赴。而在達到目標的過程中，身體會無可避免地流失十分重要的營養素。康寶萊的產品系列能支援您一直保持最佳表現。

Whether you're out for a run, at the gym or engaged in sport, you give 100 percent to your workouts. You're rewarded for your efforts, but in the process you lose nutrients that are essential for your body. Herbalife® products are available to support your top performance.



蛋白棒 Protein Bar

主要優點

- 蘊含約10克蛋白質及多種維他命和礦物質

Key Benefits

- With about 10 grams of protein, plus vitamins and minerals

雲呢拿杏仁味 Vanilla Almond
檸檬味 Citrus Lemon

A 天然瓜拉拿茶 N-R-G® Tea

Nature's Raw Guarana Tea

主要優點

- 瓜拉拿子具有舒緩壓力、補充能量的功效
- 令人時刻倍感精神煥發、活力充沛
- 能迅速溶於水中，調製成美味提神的熱飲或凍飲

Key Benefits

- Guarana seeds contain guaranine that can provide a gentle, energetic lift
- Increases mental alertness and maintains energy levels
- Can mix easily with water and be enjoyed hot or iced for a refreshing pick-me-up

C 佳能蛋白質粉 Performance Protein Powder

主要優點

- 透過不含脂肪的蛋白質提供適當的蛋白質攝取量
- 幫助建立和維持淨肌肉組織
- 促進新陳代謝和提升活力

Key Benefits

- Supports adequate protein intake with fat-free protein
- Helps build and maintain lean muscle mass
- Increases metabolism and energy

B 即溶草本飲品 Herbal Tea Concentrate

主要優點

- 提升活力
- 低熱量與低碳水化合物
- 可與體重管理計劃發揮相輔相成的功效

Key Benefits

- Enhances energy
- Low in calories and carbohydrates
- Great complement to a weight-management regimen

原味 Original
蜜桃味 Peach
蘋果甘菊味
Apple Chamomile

D Liftoff® 能量飲品 Liftoff®

主要優點

- 配方獨特，蘊含瓜拉拿及牛磺酸，為您的身體及精神增添活力
- Liftoff® 口味清新，低熱量(每份含10卡路里)、零糖分
- 獨立包裝，方便攜帶

Key Benefits

- An exclusive blend of guarana and taurine to give you the boost you need for body and mind
- Liftoff® is great tasting and contains 10 calories and 0 sugars per serving
- Convenient pocket-size packets

檸檬-青檸味 Lemon-Lime Blast
香橙味 Ignite-Me-Orange



為您的目標提供能量

Power Your Purpose

成為運動員代表您選擇了一種與別不同的生活方式。您需要更多營養來滿足每日的需求。Herbalife24®是一個運動營養產品系列，讓您根據您個人的時間表使用。透過優質營養，為24小時不停歇的運動員於訓練、運動表現與復原效果都能更上一層樓。

We understand that being an athlete is a lifestyle – one that requires dynamic nutrition for your day-to-day needs. Herbalife24® is a performance nutrition line that can be customized based on your specific schedule. Take training, performance and recovery to the next level with nutrition for the 24-Hour athlete.



	早上 Morning	運動前 Before Workout	運動期間 During Workout	運動後 After Workout	晚上 Night
營養蛋白素24 Formula 1 Sport	●	●	●	●	●
補水24 HYDRATE	●	●	●	●	●
CR7 水健力 CR7 Drive		●	●	●	
速備24 Prepare		●			
健體24 Rebuild Strength				●	

請瀏覽Herbalifehal.com/zh-HK/Products以了解更多適合您的訓練計劃
Find the Herbalife24® regimen that works for your routine at Herbalifehal.com/zh-HK/Products



美國國家衛生基金會(NSF)提供產品的測試與認證。NSF Certified for Sport標誌確保康寶萊產品通過了嚴格的品質測試，而且不含世界反運動禁藥機構(WADA)所禁用的成分。

請瀏覽nsfsport.com/about.asp進一步了解NSF的嚴格品質措施。

As an independent, accredited organization, National Sanitation Foundation (NSF) International tests and certifies products. The NSF Certified for Sport® marking assures your Herbalife® products have been rigorously tested for quality and are free of athletic banned substances as defined by the World Anti-Doping Agency (WADA).

Learn more about the stringent quality control measures that define the NSF at nsfsport.com/about.asp.

為24小時不停歇的 運動員提供營養 Empowering The 24-Hour Athlete

速備24 Prepare

讓準備運動變得輕鬆簡單
Sports prep made easy

- 精氨酸能夠支持健康的血液循環*
- 含有2.1克肌酸，有助支援肌肉力量
- 咖啡因有助保持專注力與體能表現*
- Arginine supports healthy blood flow*
- Contains 2.1 grams of creatine per serving to support muscle strength
- Caffeine helps maintain focus and performance*



健體24 Rebuild Strength

運動後飲用健體24可幫助肌肉增長*
Post-workout shake to maximize gains*

- 每份26.5克的乳清蛋白和酪蛋白，能夠提供一個快速且持久的合成蛋白質狀態*
- 包含乳清和酪蛋白的蛋白質組合有助重建肌肉，加速復原*
- 鐵質有助於紅血球的製造*
- 26.5 grams of whey and casein proteins per serving create a rapid and sustained protein-building state*
- Contains whey and casein proteins to help rebuild muscle and speed recovery*
- Iron essential for red blood cell production*

營養蛋白素24 Formula 1 Sport

營養及表現的基礎
Nutritional performance foundation

- 牛奶蛋白支援淨肌肉組織合成
- 碳水化合物提供即時且持久的能量
- 麩氨酸(L-Glutamine)支持肌肉生長與免疫功能
- 具抗氧化功能的維他命C
- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- L-Glutamine supports muscle growth and immune function
- Antioxidant Vitamin C

補水24 Hydrate

隨時補充水分，低糖分、熱量
Anytime hydration without excessive sugar or calories

- 富含具抗氧化功能的維他命C
- 每份少於16卡路里
- 低糖分
- 隨時飲用以補充日常所需的水分
- High in antioxidant Vitamin C
- Less than 16 calories per serving
- Low in sugar
- Include it in your day to get your water in during the day

CR7 水健力 CR7 Drive -Acai

快速提供運動所需的能量，
並且補充水分
Rapidly fuel your workouts
and enhance hydration

- 配方含有身體必須的電解質，包括鈉、鉀和鎂以幫助身體補充水分
- 維他命B12有助支援新陳代謝，而CR7水健力含有50%每日建議攝取量的甲基鈷胺，助您的身體更有效率地生產能量
- Formulated with vital electrolytes like sodium, potassium, and magnesium to help enhance hydration
- B12 is essential to supporting metabolism, and CR7 Drive contains 50% DV of methylcobalamin, the biologically active form of Vitamin B12

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** Herbalife 24系列產品只有CR7水健力適用於澳門。

* This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Only CR7 DRIVE is available in Macau.

濟州海鹽 Jeju Sea Salt

濟州海鹽蘊含經過多年自然過濾的高濃度潔淨礦物質

Jeju Sea Salt has a high concentration of clean minerals that have been naturally filtered for years.



12種維他命複合物 12 Vitamins Complex

維他命是肌膚的天然成分，也是保護肌膚免受環境壓力影響的重要營養素。很多研究發現，菸鹼醯胺之類的維他命，可改善肌膚的屏障功能，減少肌膚的皺紋和細紋，並提升肌膚的光澤度。

Vitamins are a natural constituent of human skin and are part of the system that protects the skin from environmental stress. Vitamins such as niacinamide has been found to improve skin barrier function, reduce skin wrinkles and fine lines, and support skin radiance.

蘆薈 Aloe Vera

蘆薈具有保濕、舒緩和降溫的作用。蘆薈的水含量高達99.5%，並且包含多種有益的植物化合物——抗氧化劑、酵素、維他命C和E、礦物質和氨基酸。

Aloe Vera is hydrating, soothing and cooling. It has a high water content of 99.5%, and contains numerous beneficial plant compounds — antioxidants, enzymes, vitamins C and E, minerals and amino acids.



濟州大米萃取物 Jeju Rice Extract

大米有很多對肌膚有益的生物活性化合物(包括抗氧化劑)，其對肌膚的功效已獲得廣泛的研究。

Rice has been extensively studied for its great quantity of beneficial bioactive compounds, including antioxidants, on our skin.



A 維他命美白面膜 Brightening Vitamin Mask

亮白光彩 For Skin Radiance

維他命美白面膜可有效促進肌膚美白及滋養。適用於正常、缺乏光澤或暗啞的肌膚。其美白專利配方蘊含菸鹼醯胺、腺苷、珍珠醣及五味子胜肽，為肌膚形成美白防護罩。

- 適合人士：需要促進肌膚美白者
- 肌膚狀況/關注問題：正常、缺乏光澤或暗啞的肌膚
- 建議：一週使用3-4次
- 面膜材質：生物纖維，可將精華完整保留在肌膚

Formulated for normal or dull skin that needs extra boost of radiance, Brightening Vitamin Mask helps skin radiance and nourishment. It is enriched with Vita-Glow Complex — a proprietary blend of Niacinamide, Adenosine, Pearles Rosée and Omija Peptide.

- Suitable For: Targeted skin care user who wants skin brightening
- Skin Condition/Concern: Normal, lack of radiance, dull skin
- Recommendation: Use it 3 to 4 times a week
- Material: TMF-Cell fibre from Eucalyptus Tree; retains essence and adheres to skin easily



B 維他命緊緻面膜 Firming Vitamin Mask

滋養緊緻 For Skin Firming

維他命緊緻面膜可有效滋養肌膚及促進肌膚緊緻。適用於正常、乾燥或紋理明顯的肌膚。其緊緻專利配方蘊含菸鹼醯胺、腺苷、羽扇豆種子和黑人參萃取物，為肌膚形成緊緻彈力膜。

- 適合人士：希望可以促進肌膚緊緻者
- 肌膚狀況/關注問題：正常、乾燥或紋理明顯的肌膚
- 建議：一週使用3-4次
- 面膜材質：超細纖維，可有效將精華保留在面部與頸部的肌膚

Formulated for normal, dry and rough skin texture, Firming Vitamin Mask helps skin firming and nourishment. It is a serum-rich mask with Vita-Lift Complex — a proprietary blend of Niacinamide, Adenosine, Lupin Seed and Black Ginseng Extract.

- Suitable For: Targeted skin care user who wants skin firming
- Skin Condition/Concern: Normal, dry or rough skin texture
- Recommendation: Use it 3 to 4 times a week
- Material: Ultra-fine Microfiber; a face & neck sheet mask retains serum well and adheres easily to facial contours

C 維他命保濕面膜 Moisturizing Vitamin Mask

滋養保濕 For Skin Hydration

維他命保濕面膜可有效滋養肌膚及保濕。適用於正常、乾燥或缺水肌膚。其保濕專利配方蘊含三重玻尿酸、牛油果胜肽及積雪草萃取物，為肌膚形成鎖水保護膜。

- 適合人士：需要基礎肌膚保養者
- 肌膚狀況/關注問題：正常、乾燥或缺水的肌膚
- 建議：每天使用
- 面膜材質：天絲纖維，柔軟、和、輕柔地附著在肌膚上

Formulated for normal, dry or dehydrated skin, Moisturizing Vitamin Mask helps skin hydration and nourishment. It is packed with Vita-Hydrate Complex — a proprietary blend of Triple Hyaluronic Acid, Hydrolyzed Avocado Protein and Centella Asiatic Extract.

- Suitable For: Fuss-free skin care user who wants basic skin care
- Skin Condition/Concern: Normal, dry, dehydrated skin
- Recommendation: Use it daily
- Material: Tencel™ Fiber; soft, gentle & adheres lightly on skin

7天締造美肌傳奇

Results In 7 Days

優質的植物原料與萃取精華結合已獲實證的科學基礎，為您帶來更美麗、更健康的肌膚。
Herbalife SKIN®系列結合了最優質的配方、產品體驗和產品效果，為您帶看得見、觸得到的體驗。
Herbalife SKIN®系列產品無添加對羥基苯甲酸脂類防腐劑。

With Herbalife SKIN®, you get the best of quality ingredients, botanicals and extracts, combined with proven science to promote beautiful, healthier-looking skin. We like to sum our approach up in three simple words: Formula, Feel and Results. Our formula is tested, the feel is luxurious, and the results are real. As an added bonus, Herbalife SKIN® products have no added parabens or sulfates.



Herbalife SKIN®系列產品經臨床實驗證明能夠在短短7天見效^

Herbalife SKIN® products have been clinically tested to provide results in just 7 days^

A 蘆薈舒緩潔面乳 Soothing Aloe Cleanser

- 適合中性到乾性膚質
- 清除過多的油脂、污垢與化妝品
- 有軟化與滋潤肌膚的效果
- For normal to dry skin
- Removes excess oil, dirt and makeup
- Softens and moisturizes



B 活養草本爽膚水 Energizing Herbal Toner

- 保濕，溫和地調理與舒緩肌膚
- 令肌膚變得清爽潔淨，不造成刺激肌膚或乾燥
- Hydrates, gently conditions and soothes skin
- Freshens and cleans skin without drying or stinging



50毫升 50 ml
150毫升 150 ml

C 抗皺精華霜 Line Minimizing Serum

經臨床實驗證明可以：

- 減少細紋與皺紋^
- 肌膚平滑度、柔軟度、氣色、光澤與亮度在7天內均有改善^

Clinically tested to:

- Reduce the appearance of fine lines and wrinkles^
- Improve softness, smoothness, radiance, glow and luminosity in just seven days^



E

D 修護晚霜 Replenishing Night Cream

經臨床實驗證明可以：

- 在8小時內讓肌膚保濕度加倍^†
- 7天展現整體肌膚色澤與亮度的明顯改善^†
- 有助減少細紋與皺紋^§§

Clinically tested to:

- Double skin's moisture over eight hours^†
- Provide noticeable improvement of overall skin complexion and luminosity in just seven days^†
- Helps reduce the appearance of fine lines and wrinkles.^§§



E 盈亮緊緻眼部啫喱 Firming Eye Gel

經臨床實驗證明可以：

- 透過增加肌膚彈性改善細紋眼部區域的肌膚^§
- 含青瓜精華
- 適合白天使用

Clinically tested to:

- Improve the appearance of the delicate eye area by increasing skin's elasticity^§
- Contains cucumber extract
- Use during AM



F



G

F 深層潔淨薄荷面膜 Purifying Mint Clay Mask

經臨床實驗證明可以：

- 使用一次就可改善毛孔外觀，並且緊緻與調理肌膚^§§§
- 含有火山泥，有助清除皮膚表面死皮細胞

Clinically tested to:

- Improve the appearance of pores and tighten and tone the skin after just one use^§§§
- Help the old layer of cells to shed with Bentonite clay

G 野莓磨砂乳 Instant Reveal Berry Scrub

- 透過移除死皮細胞，讓肌膚看來更柔軟平滑，感覺更健康
- Helps reveal softer, smoother, healthy-looking skin by removing dead skin cells

H 閃亮柑橘潔面乳
Polishing Citrus Cleanser

- 適合中性到油性膚質，包括綜合性膚質
- 經臨床實驗證明可以在使用一次後就減少皮脂分泌*
- 可清除過多的油脂、污垢與化妝品
- 適合刮鬍時使用
- For normal to oily skin, including combination skin.
- Clinically tested to show a reduction in the skin's sebum after just one use*
- Removes excess oil, dirt and makeup
- Great for shaving



I 防曬日霜SPF 30/PA+++
Protective Moisturizer Broad Spectrum SPF 30 Sunscreen



- 經測試可以：
- 在8小時內讓肌膚保濕度加倍****
 - 在7天當中，讓肌膚氣色更佳，感覺更為柔軟滑順++++
 - 減少細紋與皺紋
 - 提供對UVA/UVB的SPF30保護

- Tested to:
- Double skin's moisture over eight hours****
 - Show that skin looks more glowing and feels softer and smoother in just seven days++++
 - Reduce the appearance of fine lines and wrinkles
 - Provide broad spectrum UVA/UVB protection SPF 30



J 注顏修護日霜
Daily Glow Moisturizer

- 經臨床實驗證明可以：
- 在8小時內讓肌膚保濕度加倍***
 - 7天令肌膚看變得更光彩，感覺更為柔軟與滑順+++
 - 減少細紋與皺紋+++

- Clinically tested to:
- Double skin's moisture over eight hours***
 - Reveal skin that looks more glowing and feels softer and smoother in just seven days+++
 - Helps reduce the appearance of fine lines and wrinkles+++



K 深層滋潤眼霜
Hydrating Eye Cream

- 經臨床實驗證明可以：
- 減少眼部周圍的細紋與皺紋†
 - 於8小時內讓肌膚保濕度加倍**
 - 適合晚間使用

- Clinically tested to:
- Minimize lines and wrinkles around the eyes†
 - Show a significant increase in the skin's moisture over eight hours**
 - Use during PM



^ 結果適用於抗皺精華霜、修護晚霜、注顏修護日霜、SPF 30防曬日霜、深層滋潤眼霜和盈亮緊緻眼部啫喱。

* 受試者在使用產品後立即測量皮脂含量。100%受試者顯示在使用產品一次之後，皮膚表面皮脂均有減少之情形。

† 受試者在使用第0、7和42天由Visioscan儀器進行皮膚粗糙度的臨床測試。

‡ 受試者接受肌膚平滑度、柔軟度、氣色、光澤度與亮度測試，由專家每隔兩天、四天與七天的間距進行測量評等。100%的受試者顯示肌膚在七天後五個領域均有改善。

§ 受試者接受測試，由專家在七天和四十二天的間距，針對肌膚緊緻度與彈性。85%的受試者在四十二天內的肌膚緊緻度與彈性都有所改善。

** 受試者接受測試，每隔八小時的間隔測試肌膚含水量。100%的受試者肌膚顯示八小時後的含水量顯著高於測量基準期的水準。

†† 受試者接受測試，每隔八小時的間隔測試肌膚含水量。100%的受試者肌膚顯示八小時後的含水量為測量基準期的兩倍之多。

‡‡ 受試者接受肌膚平滑度、柔軟度、氣色、光澤度與亮度測試，由專家每隔兩天、四天與七天的間距進行測量評等。100%的受試者顯示肌膚在七天後於平滑度、柔軟度和氣色等三個領域均有改善。97%的受試者顯示肌膚光澤與亮度在七天後有所改善。

§§ 受試者在使用第0、7和42天由Visioscan儀器進行皮膚粗糙度的臨床測試。

*** 受試者接受測試，每隔八小時的間隔測試肌膚含水量。100%的受試者肌膚顯示八小時後的含水量為測量基準期的兩倍之多。

††† 受試者接受測試，由專家每隔兩天、四天與七天的間距進行測量評等。96%的受試者顯示肌膚平滑度、柔軟度、氣色與光澤在七天後均有改善。93%的受試者顯示肌膚亮度在七天後有所改善。

§§§ 受試者接受測試，在使用產品之後立即由專家進行毛孔外觀的衡量評等。100%的受試者顯示使用後的毛孔外觀有立即的改善。

**** 受試者接受測試，每隔八小時的間隔測試肌膚含水量。86%的受試者肌膚顯示八小時後的含水量為測量基準期的兩倍之多。

†††† 受試者接受肌膚平滑度、柔軟度、氣色、光澤度與亮度測試，由專家每隔兩天、四天與七天的間距進行測量評等。100%的受試者顯示肌膚在七天後於平滑度、柔軟度、氣色、光澤度與亮度領域有改善。

^ Results applicable to Line Minimising Serum, Replenishing Night Cream, Daily Glow Moisturiser, SPF 30 Protective Moisturiser, Hydrating Eye Cream and Firming Eye Gel.

* Clinically tested on subjects, measuring sebum levels immediately after application. 100% of subjects showed sebum reduction on surface of skin after one use.

† Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

‡ Clinically tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in all five areas over seven days.

§ Clinically tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 85% of subjects, improvement was seen in the appearance of firmness/elasticity in skin under the eye at 42 days.

** Clinically tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed significantly higher moisture levels over baseline after eight hours.

†† Clinically tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

‡‡ Clinically tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in smoothness, softness and glow over seven days. 97% of subjects showed improvement in radiance and luminosity.

§§ Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

*** Clinically tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

††† Clinically tested on subjects measured by visual expert grading on intervals of two, four and seven days. 96% of subjects showed improvement over seven days in smoothness, softness, glow and radiance. 93% showed improvement over seven days for luminosity.

§§§ Clinically tested on subjects, measuring pore appearance by visual expert grading immediately after application. 100% showed improvement in appearance of pores immediately after use.

**** Tested on subjects, measuring skin moisture levels at 8 hour intervals. Skin of 86% of subjects showed double the moisture levels over baseline after eight hours.

†††† Tested on subjects, measured by visual expert grading on intervals of 2, 4, and 7 days. 100% of subjects showed improvement over 7 days in smoothness, softness, glow and radiance and luminosity.

天然根本 散發自然光彩 Naturally Essential



A 日日滋養蘆薈潤膚露 Herbal Aloe Everyday Soothing Hand & Body Lotion

- 蘊含優質具舒緩作用的蘆薈、金盞花及樹脂黃油
- 性質輕盈，不油不膩，讓肌膚感覺如絲般幼滑
- Enriched with high-quality soothing aloe, chamomile, calendula and shea butter
- Light, non-greasy lotion works fast, leaving skin silky soft

B 日日滋養蘆薈潤膚啫喱 Herbal Aloe Everyday Soothing Gel

- 易於被皮膚吸收的啫喱配方
- 有效舒緩肌膚
- 能緩和剃鬚 / 脫毛後的不適
- 配方溫和，適合全家使用
- Moisturizing gel absorbs quickly
- Soothes skin
- Feels great after shaving
- Safe and gentle for the entire family

C 日日潤膚蘆薈沐浴露 Herbal Aloe Everyday Body Wash

- 由全葉蘆薈提煉而成，在清潔的同時滋潤肌膚
- 含豐富的泡沫
- 性質中性、配方溫和，適合全家使用
- Formulated with beneficial, whole-leaf aloe that hydrates as it cleanses
- Wash your body with a rich, foam lather
- Safe and gentle for the entire family

D 日日強韌蘆薈洗髮露 Herbal Aloe Strengthening Shampoo

- 減少秀髮斷裂達90%*
- 無添加硫酸鹽、對羥基苯甲酸酯類。植萃配方
- 使用後能強韌髮絲，溫和清潔不刺激，可產生綿密泡沫
- Reduces hair breakage by 90%*
- No added sulfates and parabens. Contains botanicals
- Revitalizes the appearance of hair while gentle cleansers create a luxurious lather

E 日日強韌蘆薈護髮乳 Herbal Aloe Strengthening Conditioner

- 有助於修護髮質，使受損的秀髮強韌度增加10倍*
- 無添加對羥基苯甲酸酯類。植萃配方
- 護色配方*
- Revitalizes the appearance of damaged hair, and leaves damaged hair feeling 10x stronger*
- No added parabens. Contains botanicals
- Colour-preserving formula*

*使用4束頭髮作測試（作為實驗及對照實驗組別）。有關頭髮於使用日日強韌蘆薈洗髮露及護髮乳前，曾經受漂染及電髮傷害。於梳髮測試中，量度頭髮減少斷裂的次數。秀髮於使用日日強韌蘆薈洗髮露及護髮乳後，顯示減少斷裂達90%（研究參考101110-HL）。效果因人而異。

*Tested on 4 tresses of cut human hair (each for treatment and non-treatment group). Tresses were subjected to bleaching and perming damage before treated with Herbal Aloe Strengthening Shampoo and Conditioner. Improvement in hair strength was measured by the reduction of hair breakage in a combing test. Tresses treated with Herbal Aloe Strengthening Shampoo and Conditioner had shown a 90% reduction in hair breakage versus untreated tresses in the combing test (Study reference 101110-HL). Individual results may vary.

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