

關心女士健康 康寶萊 女士之選

女士也十分關注
皮膚健康

來重溫「營養師話您知」
講解有關膠原蛋白！



膠原蛋白美肌飲料



大豆異黃酮

異黃酮被稱為植物雌激素或「膳食雌激素」，因為它們的化學結構與人體的雌激素相似但不相同。有許多研究顯示，可舒緩更年期症狀¹

每月周期

更年期

西洋牡荊

又稱聖潔莓，傳統上主要用於與經前症候群、更年期症狀等相關問題



野葛根

傳統中國草本上用於支援女性健康



香港主流品牌的女士健康營養補充品

Herbalife [®]		VS	品牌A	品牌B
✓	複方	✗	✗	
✓	大豆異黃酮	✓	✗	
✓	西洋牡荊	✗	✗	
✓	野葛根	✗	✗	
✓	多種維他命及礦物質	✓	✓	

資料來源：

¹Chen LR, Ko NY, Chen KH. [Isoflavone Supplements for Menopausal Women: A Systematic Review](#). *Nutrients*. 2019;11(11):2649.

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Caring about women's health

Herbalife Woman's Choice



Soy isoflavones

Isoflavones are known as phytoestrogens or dietary estrogens because their chemical structure is similar but not identical to estrogen in the human body. There are many studies that have shown that it can relieve menopausal symptoms¹



Chaste Berry

Traditionally, it has been used for premenstrual syndrome and menopausal symptoms

Women also concern about skin health

Check out about collagen in our Youtube channel!



Kudzu Root

Traditional Chinese herb to support women's health

Monthly cycles

Menopause



Women's health supplementation from major brands in Hong Kong

Herbalife

VS

Brand A

Brand B

✓	Compound formula	✗	✗
✓	Soy isoflavone	✓	✗
✓	Chaste berry	✗	✗
✓	Kudzu root	✗	✗
✓	Multivitamins & minerals	✓	✓

Source:

¹Chen LR, Ko NY, Chen KH. [Isoflavone Supplements for Menopausal Women: A Systematic Review](#). *Nutrients*. 2019;11(11):2649. Published 2019 Nov 4. doi:10.3390/nu11112649



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