

# Nutrition

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HANDBOOK

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# VITALITY

Constantly under stress and pressure.

Long-term staying up late to work or study, stressed, often lacking energy and poor immunity.

Long term fatigue resulting in liver function overload.

Engaged in long-distance driving or labor work. Want to enhance ability to stay focused and improve work efficiency.

Frequent socializing and drinking resulting in damage to the liver.

Congenital physical weakness and poor physical fitness.

Lack of iron intake leading to iron deficiency anemia and constantly feeling unwell.

# QUALITY OF SLEEP

Suffering constant insomnia

# HAIR

Desire to decrease the growth of white hair



# CONDITIONS AND NUTRITIONS

# #1

Vitamin B Complex

Vitamin C, Ginseng, Bee Pollen, Acerola

Schisandra, Bee Pollen, Aloe Vera

Vitamin B Complex, Ginseng

Schisandra, Bee Pollen, Aloe Vera

Ganoderma lucidum, Royal jelly, Ginseng, Bee pollen

Iron

Royal Jelly, Passionflower

He shou wu, Black beans

# BRAIN POWER

Desire to activate the brain in order to enhance learning ability.

Constant forgetfulness.

# EYES

Stressed eyes from staying up all late. Eyes feel tired and painful.

Myopia prevention for children that read or use computers excessively.

Dry eyes from lack of vitamin A in unbalanced diet.

Prolonged exposure to ultraviolet rays due to lack of eye protection when outdoors. Fear damage of macula and the lens of eyes affecting vision.

# ORAL

Bleeding gums due to vitamin deficiency. Picky eaters who do not eat fruits and vegetables.

Angular cheilitis due to long term stress or nervous system disorders.

Persistent bad breath.

# CONDITIONS AND NUTRITIONS

# #2

Ginseng, Fish oil, Zinc

Fish Oil, Gingko Biloba

Lutein, Bilberry, Blueberry, Blackberry, Fish oil

Lutein, Bilberry, Fish oil

Bilberry, Fish oil, Blueberry

Bilberry, Blueberry, Marigold, Astaxanthin

Vitamin C, Acerola

Vitamin C, Vitamin B complex

Alfalfa, Wheat grass, Barley grass, Green tea



# RESPIRATORY TRACT

Colds prevention.

Coughs caused by colds or allergies.

Chronic bronchitis.

Allergic asthma.

# STOMACH

Stomach pains and indigestion.

Stomach ulcer pains caused by inflammation.

Protection from ulcer wounds and for avoiding sustained damage.

# URINARY SYSTEM

Inflammation of the urethra due to long-term sedentary and holding urine.

# CONDITIONS AND NUTRITIONS

# #3

Garlic, Vitamin C, Bee propolis, Acerola

American ginseng, Bee propolis, Garlic

Ganoderma lucidum, Garlic

Ganoderma lucidum, American ginseng

Aloe vera, Probiotics

Aloe vera, Honey

Aloe vera

Cranberry, Bee propolis



# SKIN

Dandruff and dry scalp.

Clogged pores and acne due exuberant scalp glands during puberty.

Dermatitis.

Constantly staying in air-conditioned rooms or cold and dry climate environments, poor skin water retention and dry skin.

Skin whitening and excessive UV rays exposure.

Long-term UV exposure. Prevention of skin aging and diseases.

Skin lacking nutrients from uneven micronutrient intake

Poor body water metabolism.

Poor skin condition due to insomnia and lack of sleep

Poor skin elasticity and insufficient protein intake.

Promote wound healing and prevent inflammation.

Protect skin collagen and prevent skin sagging.



# CONDITIONS AND NUTRITIONS

# #4

Fish oil, Aloe vera

Fish oil

Fish oil, Aloe vera

Royal Jelly, Fish oil

Vitamin E, Vitamin C, Bee propolis, Acerola, Astaxanthin,  
Coenzyme Q10, Grape seed

Grape seed, Resveratrol

Soy protein, Aloe vera

Vitamin C, Pomegranate

Royal jelly

Soy protein, Vitamin C

Vitamin C, Zinc, Soy protein, Grape seed

Grape seed, Vitamin C

# SKIN

Assist scar repair.

Improving skin moisture.

Improve eczema condition.

# METABOLISM

Poor diet and lack of exercise resulting in poor metabolism.

Detox

Prevention of body fat oxidation, oxidative stress and accelerated aging.

# LIVER

High liver index and liver cell injury.

# CONDITIONS AND NUTRITIONS

# #5

Soy protein, Zinc, Aloe Vera, Vitamin C

Fish oil

Fish oil, Vitamin C

Zinc, Chromium, Selenium, Bee pollen

Ganoderma, Aloe vera

Fish oil

Ganoderma lucidum, Ginseng, Bee propolis,  
Schisandra, Aloe vera



# ANEMIA

Pregnancy, menstruation, postpartum, hemorrhoids and other physiological conditions that need to produce sufficient red blood cells

Iron deficiency anemia

Loss of appetite and less consume green vegetables and citrus fruits

# BLOOD SUGAR

Drinking or consume high-starch foods causes high blood sugar

Slow metabolism, lack of exercise leads to high blood sugar

Irregular meal or obesity causes high blood sugar

# DEGENERATION

Prevention of prostate enlargement

Prevention of memory degradation

Eye (lens) skills degradation or disease (cataracts)

# CONDITIONS AND NUTRITIONS

# #6

Iron, Vitamin B12, Folic acid, Bee pollen

Iron, Bee Pollen

Folic acid, Vitamin B complex

Aloe Vera

Chromium, Bee Pollen

Aloe vera, Fish oil

Pumpkin seed oil, Lycopene

Fish oil, Turmeric, Coenzyme Q10

Lutein, Fish oil, Bilberry, Marigold



# INTESTINAL

Bowel problems due to Insufficient intake of dietary fiber.

Constant constipation and slow gastrointestinal motility.

Indigestion and poor gastrointestinal motility.

Prevention of enterovirus infection.

Insufficient probiotics for intestines, bacteria-ecological imbalance and poor intestinal immunity.

# BODY WEIGHT

Obesity due to excessive body water retention.

Middle-aged obesity.

Repeated weight loss and yo-yo weight.

Obesity due to excessive intake of starchy food.

Obesity due to excessive intake of greasy food.

Overeating and unable to control body weight.



# CONDITIONS AND NUTRITIONS

# #7

Dietary fiber, Aloe vera, Probiotics

Bee pollen, Dietary fiber, Aloe Vera

Garlic, Dietary fiber, Honey

Probiotics

Probiotics, Aloe Vera

Capsaicin, Green tea extract

Fish oil, Green tea extract

Fish oil, Green tea extract, Green coffee bean extract

White kidney beans, Garcinia cambogia

Garcinia cambogia, Green tea extract, Green coffee bean extract

Garcinia cambogia



# CARDIOVASCULAR

High salt diet or suffering from high blood pressure.

Long-term smoking, drinking and lack of exercise.

High blood cholesterol (hyperlipidemia).

High triglyceride.

Atherosclerosis due to often staying up late and high-calorie diet.

Long-term diabetes resulting in poor fat metabolism.

Thrombosis prevention and prevention of cardiovascular diseases.

# IMMUNE SYSTEM

Congenital physical weakness, poor immunity, poor body resistance and falling sick easily.

Poor appetite, thin and poor body resistance. Desire to strengthen children's physical fitness.

Inhibit the growth of bacteria *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Mycobacterium tuberculosis*, *E. coli*, *Streptococcus*, *Candida*, etc.

# CONDITIONS AND NUTRITIONS

# #8

Fish oil, Resveratrol

Vitamin C, Resveratrol

Aloe vera, Fish oil, Garlic

Aloe vera, Fish oil, Garlic

Aloe vera, Coenzyme Q10, Pomegranate

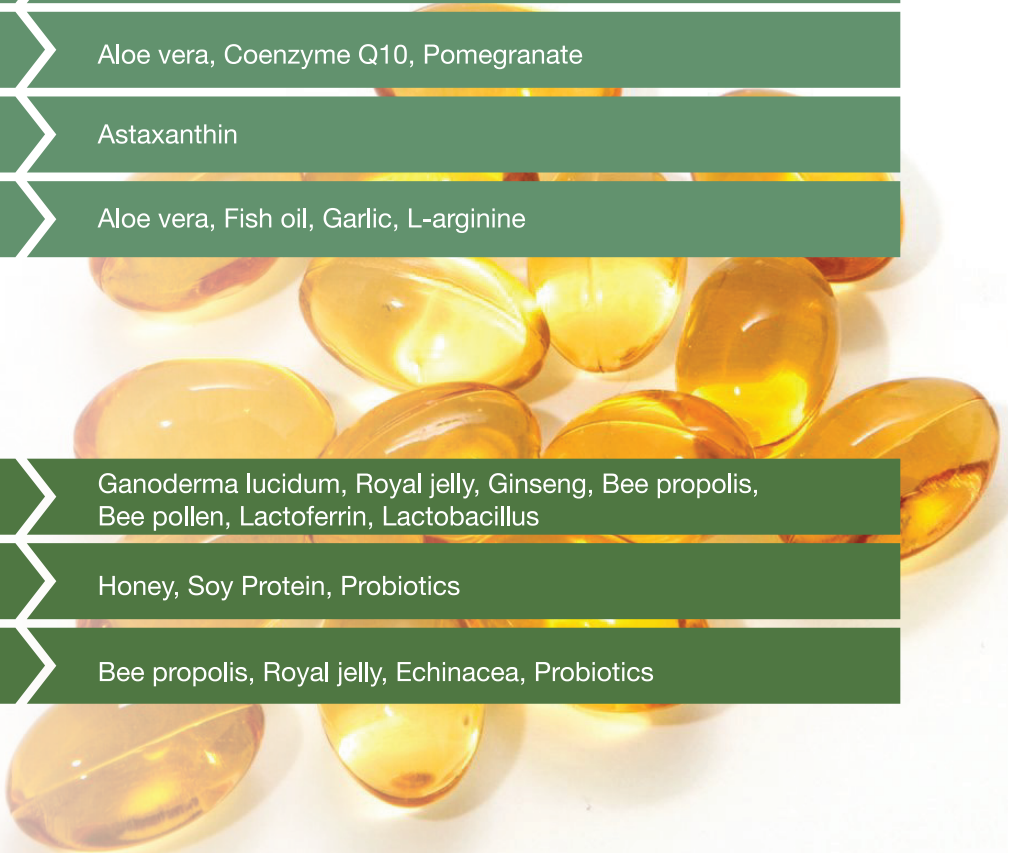
Astaxanthin

Aloe vera, Fish oil, Garlic, L-arginine

Ganoderma lucidum, Royal jelly, Ginseng, Bee propolis,  
Bee pollen, Lactoferrin, Lactobacillus

Honey, Soy Protein, Probiotics

Bee propolis, Royal jelly, Echinacea, Probiotics



# MUSCULOSKELETAL

Osteoporosis prevention due to hormone deficiency and calcium depletion during menopause.

Calcium loss due to long-term consumption of stimulating beverages such as coffee, wine and liquor.

Arthritis. Articular cartilage wear and tear resulting in swelling and inflammation.

Muscle cramps.

Aging joints, long-term long standing and athletic injury.

Lack of sun exposure.

# PRESSURE IMPROVEMENT

Imbalance of endocrine serotonin in brain, norepinephrine, dopamine and others.

Often feel pressure and mental tension.

Extreme weight loss and excessive intake of vegetables leading to endocrine disorders.

# CONDITIONS AND NUTRITIONS

# #9

Soy isoflavones, Calcium, Vitamin D, Magnesium

Calcium, Vitamin D, Magnesium

Glucosamine, Chondroitin, Turmeric

Calcium, Magnesium

Glucosamine, Chondroitin

Vitamin D, Calcium, Magnesium

Vitamin B complex, Vitamin B6, Vitamin C

Vitamin B group, Bee pollen, Ginseng

Vitamin B complex



# WOMEN RECUPERATION

Pregnancy nutrient requirements, improve specific nutrient needs, and promoting fetal development during pregnancy.

Premenstrual syndrome, mood swings and feeling edema.

Irregular menstruation, menstrual pain or weakness.

Menopause syndrome. Women over the age of 45 feeling easily depressed, palpitations, sweating, hot flashes, and being unable to sleep well.

# ANTIOXIDANT

Long-term staying up late for work or school and stress resulting in increased oxidative stress in body.

Prolonged exposure to UV rays resulting in more free radicals that easily damaged skin and accelerated aging.

Staying outdoors without sunglasses and long exposed to ultraviolet radiation resulting in free radical damage to the eyes and affecting vision.



# CONDITIONS AND NUTRITIONS

# #10

Calcium, Iron, Vitamin B12, Folic acid, Lecithin, Fish oil

Royal jelly, Soy isoflavones

Royal jelly, Soy isoflavones, Fish oil

Soy isoflavones, Royal jelly

Vitamin C, Ginseng, Bee pollen

Green tea, Grape seed, Resveratrol

Bilberry, Blueberry, Marigold, Black currant, Astaxanthin

# *Nutrients Function*

QUICK GUIDE



## GINSENG



- Enhance physical strength, reduce fatigue
- Improve anemia, strengthen brain function
- Improve attention, enhance immunity
- Improve poor blood circulation
- Lowering blood lipids and blood sugar

## BEE POLLEN



- Boost the immune system, prevent colds
- Improve anemia; stabilize nerves,
- Improve sleep quality and constipation
- Prevention of angular cheilitis, beriberi
- Anti-aging

## ALOE VERA



- Prevent constipation that can lead to rough skin and acne problem
- Protects the stomach

## TURMERIC



- Reduces joint pain
- Promote blood circulation
- Improve cold hands and feet
- Prevent degeneration of brain function
- Protect the gastric mucosa, antioxidant and anti-wrinkle
- Protects the liver



# NUTRIENTS FUNCTION QUICK GUIDE

# #11

## BLUEBERRY



- Prevention of myopia, night blindness and cataract

## GREEN TEA EXTRACT



- Antioxidant, anti-aging
- Eliminate bad breath
- Reduce plaque and gum disease
- Helps maintain intestinal health

## GRAPE SEED



- Antioxidant
- Prevention of cardiovascular disease, anti-aging
- Improve visual acuity

## MULTIVITAMINS



- Basic nutrition supplement

## VITAMIN B COMPLEX



- Basic nutrition supplement

## FOLIC ACID



- Basic nutrition supplement.
- Maintenance of fetal neural tube development.
- Prevention of anemia.

## VITAMIN C



- Basic nutrition supplement, antioxidant.
- Assists the synthesis of collagen.



# NUTRIENTS FUNCTION QUICK GUIDE

# #12

## VITAMIN D



- Basic nutrition supplement
- Helps calcium absorption
- Aids the prevention of osteoporosis.

## VITAMIN E



- Basic nutrition supplement, antioxidant.
- Eases hormonal imbalance.

## IRON



- Basic nutrition supplement.
- Prevention of anemia

## ZINC



- Basic nutrition supplement.
- Supports normal fetal development.
- Boosts immune system.
- Accelerates wound healing.

## CHROMIUM



- Basic nutrition supplement
- Regulates blood sugar.

## CALCIUM



- Basic nutrition supplement.
- Prevention of osteoporosis.

## SELENIUM



- Basic nutrition supplement, antioxidant.
- Prevention of atherosclerosis and stroke.

# NUTRIENTS FUNCTION QUICK GUIDE

# #13

## CRANBERRY



- Antioxidant, improves urinary tract infections.

## SCHISANDRA



- Protects against liver damage.
- Enhances liver function.

## PUMPKIN SEED OIL



- Maintains prostate function.
- Regulates blood lipids and blood cholesterol.

## FISH OIL



- Provides basic nutrition needed by brain.
- Improves learning & memory and prevents Alzheimer's disease.

## BILBERRY



- Antioxidant, provides eye nutrition.
- Prevents night blindness.

## MARIGOLD



- Antioxidant, provides eye protection.
- Prevention of age-related macular degeneration.

## BLACKCURRANT



- Relieves eye fatigue, anti-aging.

# NUTRIENTS FUNCTION QUICK GUIDE

# #14

## LACTOBACILLUS



- Improves bloating and diarrhea
- Maintains intestinal health.
- Strengthens the immune system.
- Helps to lower blood pressure and blood cholesterol.

## OLIGOSACCHARIDES



- Stimulates intestinal peristalsis.
- Improves constipation, protects liver.
- Lowers cholesterol, lowers blood pressure.

## CHLORELLA



- Maintains intestinal health.
- Improves immune function.
- Removes toxin, adjusts body pH constitution.

## DIETARY FIBER



- Promotes bowel movements
- Improves intestinal microflora, lowers cholesterol, stabilizes blood sugar, aids weight control.

## SOY ISOFLAVONES



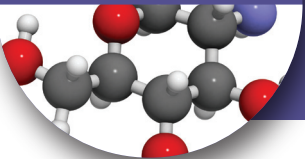
- Improves menopausal symptoms.
- Aids bone and joint health, skincare, maintains skin elasticity.

## ROYAL JELLY



- Improves discomfort of menopause and premenstrual syndrome, anti-wrinkles.
- Reduces fatigue, boosts immune system.

## GLUCOSAMINE

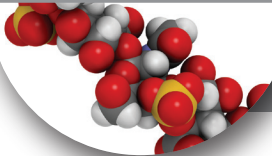


- Protects joints.
- Slows down arthritis.

# NUTRIENTS FUNCTION QUICK GUIDE

# #15

## CHONDROITIN



- Delays joint degeneration.
- Slows down arthritis.

## LYCOPENE



- Antioxidant, aids in prevention of cardiovascular disease and UV rays effects.
- Lowers cholesterol, prevents prostate hypertrophy, improves urinary disorders.

## COENZYME Q10



- Antioxidant, aids in the maintenance of cardiovascular system.
- Avoids high blood pressure.
- Prevents skin aging, slows down Parkinson's disease.



## RESVERATROL



- Antioxidant, lowers blood lipids, aids cardiovascular protection.
- Fights against skin aging, reduces the formation of melanin.

## ASTAXANTHIN



- Protects against UV damage, skin moisturizer, antioxidant, aids eye protection.
- Helps prevent cataracts, relieves stomach ulcers, aids stomach inflammation, helps the prevention of cardiovascular disease.

## ACEROLA



- Helps vitamin C intake, antioxidant, anti-aging.

## POLYGONUM (HE SHOU WU)



- Helps prevent grey hairs
- Reduces hair loss
- Improves constipation.

# NUTRIENTS FUNCTION QUICK GUIDE

# #16

## BLACK BEANS



- Lowers triglycerides, inhibits cholesterol absorption helps in the prevention of cardiovascular diseases antioxidant, protects the heart, enhances skincare, promotes bowel movements, improves constipation, protects brain cells, prevent Alzheimer's, maintains black hair.

## GARLIC



- Improves immune system
- Lowers blood cholesterol
- Helps in the prevention of cardiovascular diseases.

## BEE PROPOLIS



- Boosts the immune system, reduces the chances of colds, relieves sore throat and stuffy nose, anti-aging, anti-wrinkles, maintains liver function, reduces urinary tract infections, aids the prevention of dental caries.

## ECHINACEA



- Relieves cold symptoms, accelerates flu recovery.
- Adjuvant treatment of bacterial infections.
- Boosts the immune system.

## GANODERMA



- Enhances immunity, maintains cardiovascular health, anti-aging.
- Improves a variety of symptoms of diseases.

## LACTOFERRIN



- Reduces intestinal virus infections, adjusts allergic reactions.
- Helps maintain intestinal health.

## WHITE KIDNEY BEAN EXTRACT



- Aids in weight control.

# NUTRIENTS FUNCTION QUICK GUIDE

# #17

## CAPSAICIN



- Aids in weight control.
- Improves poor blood circulation.

## GREEN COFFEE BEAN EXTRACT



- Inhibits fat accumulation.
- Modulates glucose metabolism.

## GARCINIA CAMBOGIA



- Aids in weight control
- Improves appetite control.

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