

維生素B群的重要性

都市人生活壓力大，飲食多為高鹽精製，甚至擁有不良生活習慣，如吸煙、飲酒、熬夜等，令身體消耗大量的維生素B群。當身體缺乏維生素B群時，我們會容易感到疲憊、嗜睡、肌肉抽筋，甚至出現神經痛或手腳麻痺的情況；長期缺乏會令頭髮變得稀疏、引發口角炎、令人變得神經緊張，更會誘發「香港腳」。當你發現自己出現以上症狀時，就是時候需要補充能助你找回動力的維生素B群了！



素食人士更應補充維生素B

雖然蛋和奶品食物都含有維生素B12，但由於現時未發現有植物能為人提供安全和有效的維生素B12，因此建議全素食者應食用添加了維生素B12的食物或補充品，並請營養師定下切合個人需要的飲食建議，令身體攝取更全面的營養^。



維生素B不足影響腦部健康

維生素B6、B9（葉酸）和B12與大腦健康息息相關。它們可以幫助分解同半胱氨酸，一種證實會增加患上中風、認知障礙症，甚至死亡機率的物質#。每日服用維生素B群有助身體產生能量，以形成新的腦細胞。

提供全面解決方案

營養師諮詢服務

「醫療級別」營養補充品

排毒養生

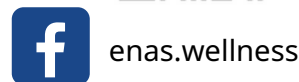
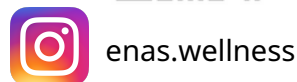
天然茶療

特選檢測項目

安全

無副作用

通過品質及安全測試



Endless

ENAS

wellness



Power B 動力B



提升細胞能量

強化腦部健康

*此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》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。

產品特色

✓ 獨有專利Metafolin®轉化技術

雖然維生素B群屬水溶性維生素，本應是很容易被身體吸收，但可惜全球大約60%的人患有基因突變，令身體難以產生足夠的5-MTHF*。



天然食物及一般市面上的維生素B9、B12



經Metafolin®轉化的維生素B9、B12

因此，Power B特別採用已轉化的維生素B9 (Metafolin® L-5-methyltetrahydrofolate) 及 B12 (methylcobalamin)，此配方能大幅提昇維生素B群的生物利用度，讓身體能更有效地吸收和運用。

市場上罕見 活性葉酸及B12

Power B 含有高效齊全的維生素B群，配合專利Metafolin®轉化技術，使成分能百分百被身體吸收，有助支持細胞能量製造、維持正常新陳代謝，以及保護心腦血管和神經系統的健康。



Power B 八大功效*

- ✓ 促進三大營養素的代謝
- ✓ 有助細胞轉化能量
- ✓ 支持心腦血管及神經系統健康
- ✓ 有助提升集中力、注意力及記憶力
- ✓ 有助平衡內分泌
- ✓ 有助促進肝臟排毒及分解脂肪
- ✓ 有助寧神及緩解壓力
- ✓ 有效保護遺傳基因，免受基因突變

懷孕後才補充葉酸?

一般成年人建議每日葉酸攝取量 = 200mcg*

衆所周知，葉酸是懷孕期間最重要的維生素B群之一，適量的葉酸可降低嬰兒患上神經管先天性畸形，例如脊柱裂的風險。

計劃懷孕的婦女應在懷孕前 3-6 個月便開始每天攝取 400mcg* 的葉酸。

而懷孕時則需每天攝取400-800mcg* 的葉酸，以減低嬰兒患有先天缺陷的風險和緩解某些懷孕症狀，如孕吐。

Power B 的成分含有活性葉酸及維生素B12，有助100%預防嬰兒患上脊柱裂的風險。



成份

維生素B1 (鹽酸硫胺素)	15毫克
維生素B2 (核黃素)	17毫克
維生素B3 (煙酰胺)	200毫克
維生素B5 (D-右旋泛酸鈣)	100毫克
維生素B6 (鹽酸吡哆辛)	20毫克
維生素B7 (右旋生物素)	300微克
維生素B8 (肌醇)	40毫克
維生素B9 (左旋-5-甲基四氫葉酸鈣)	680微克 DFE (400微克)
維生素B12 (甲基鈷胺素)	6微克
膽鹼 (重酒石酸膽鹼)	25毫克
對氨基苯甲酸 (PABA)	25毫克



特別適合人士

壓力大或睡眠質素欠佳手脚麻痺
正遵循素食人士
消化不良或已切除胃部病患者
孕婦或準備懷孕婦女
作息不定時或需要經常熬夜
有吸煙或飲酒習慣



服用方法

成人早上每日1粒
隨餐服用



*資料來源：世界衛生組織(WHO)
^香港衛生防衛中心，修訂日期：2021/01/04
#哈佛大學：醫學院2021

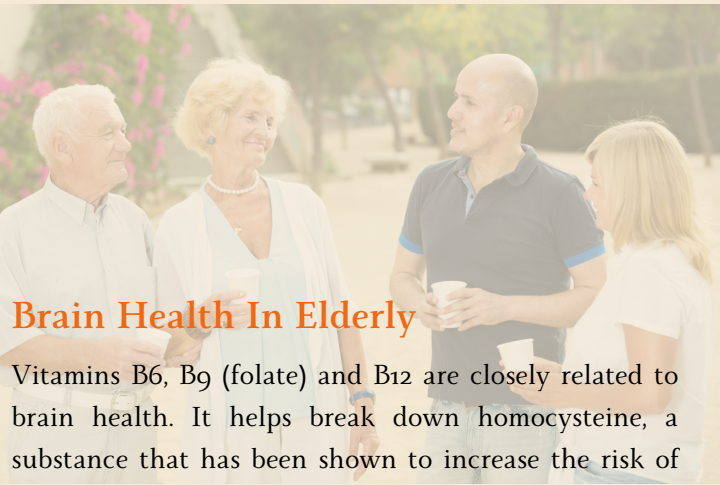
The Importance of Vitamin B



Vitamin B deficiency can cause a variety of symptoms, including, fatigue, lethargy, muscle cramps, or even neuralgia or numbness of the hands and feet. Long-term deficiency can lead to hair loss, angular stomatitis and nervousness. If you are experiencing the above symptoms, you may also be more prone to a deficiency. It's time to take a good vitamin B complex supplement that can help you regain your motivation!

The Essential Vitamin B For Vegan

Unlike some other B vitamins, B12 is not found in any plant food, but only meat, fish, egg and dairy. Therefore it is recommended that vegetarian should consume foods or supplements with added vitamin B12 to avoid clinical deficiency.



Brain Health In Elderly

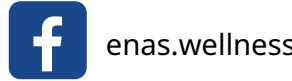
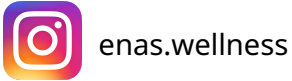
Vitamins B6, B9 (folate) and B12 are closely related to brain health. It helps break down homocysteine, a substance that has been shown to increase the risk of stroke, dementia and even death. A daily dose of B vitamins helps the body produce energy to regenerate brain cells.

We Provide Holistic Solution

- Nutritionist Service
- Pharmaceutical-Grade Supplement
- Scientific Test
- Functional Fiber Clothing
- Tea Treatment



- No Additives
- No Preservation
- Laboratory Tested Approved



Power B



B Complex
 Stress Away
 Active Folate & B12
 Methylated Metafolin®

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

Why Power B?

✓ Patented Technology Metafolin®

Vitamin B is water-soluble substance and easily absorbed by the body, unfortunately there are about 60% of the world's population suffer from genetic mutations that may lead to high levels of homocysteine in the blood and low levels of folate and other vitamins.



Vitamin B



Methylated Vitamin B

Power B has a special formula that used methylated vitamin B9 (Metafolin® L-5-methyltetrahydrofolate) and B12 (Methylcobalamin) to greatly increase the bioavailability of vitamin B complex.

Active Vitamin B Complex

Power B contains complete B vitamins, combined with the patented Metafolin® transformation technology to ensure a high-efficiency absorption rate. Methylated B vitamins are 100% absorbed by the body and help support energy production, fight aging, and protect cardiovascular health and the nervous system.



Key Functions of Power B*

- ✓ Helps energy conversion
- ✓ Support cardiovascular health and nervous system
- ✓ Promote macronutrient's metabolism
- ✓ Improve concentration and memory
- ✓ Maintain hormone balance
- ✓ Promote liver detoxification and fat breakdown
- ✓ Helps mental stability and stress relief
- ✓ Protect inherited genes from gene mutation

When Should I Take B Vitamins If I Am Pregnant?

**Recommended Daily Intake of Folic Acid
= 200 mcg**

- Folic acid is one of the most important vitamins B during pregnancy, it reduces the risk of babies suffering from congenital neural tube defects.
- Women who are planning for pregnancy should start with 400 mcg of folic acid per day for 3-6 months.
- During pregnancy, 400-800 mcg of folic acid per day is required to reduce the risk of birth defects and relieve certain pregnancy symptoms such as morning sickness.

Power B contains active folic acid and vitamin B12 to prevent the risk of spina bifida in babies.



One Capsule Daily

No fear of genetic defects, 100% absorption



Main Ingredients

Thiamin (as thiamin HCl)	15mg
Riboflavin	17mg
Niacin (as niacinamide)	200mg
Vitamin B6 (as pyridoxine HCl)	20mg
Folate (as Metafolin®† calcium L-5- methyltetrahydrofolate)	680mcg DFE (400mcg)
Vitamin B12 (as methylcobalamin)	6mcg
Biotin (D-biotin)	300mcg
Pantothenic Acid (as calcium D-pantothenate)	100mg
Choline (as choline bitartrate)	25mg
Inositol	40mg
para-Aminobenzoic Acid	25mg



Suitable For People

- Under stress or with poor sleeping quality
- With numbness in hands or feet
- Who are following vegetarian diet
- With digestive disorder or had gastrectomy
- Who are pregnant or ready to get pregnant
- With irregular lifestyle and sleeping time
- Who smoke or drink alcohol



Suggested Use

Take 1 capsule daily or as directed by a healthcare practitioner. Capsule may be pulled apart and nutrients taken separately.