

貝果 | 超級食品 | 果昔
BAGEIS | SUPERFOOD | SMOOTHIES

Blendit

START YOUR HEALTHY LIFE WITH US

一齊開展健康人生



位於太子的旗艦店售賣各種健康食品，主打手工貝果、超過40款超級食品營養粉、冷凍果昔包及植物奶機等等。我們希望能提供更多健康、方便的飲食選擇，店鋪設有試食，謝絕一切衝動性消費，歡迎大家試啖先好買！我們還鼓勵顧客自備容器購物。

A flagship store in Prince Edward sells various healthy food including signature bagels, over 40 types of superfood powder and frozen smoothie packs. We offer free trials, which can suit our customers' tastes and avoid impulsive buying. We encourage our customers to bring their own container for purchase.

旗艦店：太子荔枝角道73號地舖

Flagship Store: G/F, 73 Lai Chi Kok Road, Prince Edward

Blendithk +852 5334 0188 www.blendit.hk

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VEGAN
純素

MADE IN HK
香港製造

NO ADDITIVES
無添加

About 關於 BAGEL 貝果

我們主打紐約式手工貝果，口感煙韌，有超過 30 種口味，例如藍莓、黑芝麻、油浸番茄、紅菜頭、奇亞籽、焙茶、抹茶、墨西哥辣椒、肉桂提子等；採用天然材料，加上無油、少鹽、微糖、無添加防腐劑、全素無蛋奶成分，可以說是最健康的麵包種類之一。

We provide over 30 flavors of handmade New York style bagels, such as blueberry, black sesame, sun-dried tomato, beetroot, chia seed, hojicha, matcha, jalapeno, cinnamon raisin, etc. They are **made of natural and vegan ingredients with low sugar and salt and without eggs, oil, additives and preservatives.**

Storage 儲存方法

冷藏1-2星期，冷凍2個月

Store in the refrigerator for 1-2 weeks or the freezer for 2 months.



Homemade Spreads

自家製抹醬

貝果加上自家製抹醬，可以說是絕配！

A variety of savory spreads to enhance your bagel's flavor.



原味忌廉芝士
Plain Cream Cheese



黑松露忌廉芝士
Black Truffle
Cream Cheese



蜂蜜碧根果忌廉芝士
Honey Pecan
Cream Cheese



洋蔥韭菜忌廉芝士
Onion & Chives
Cream Cheese



鷹嘴豆泥
Hummus



辣鷹嘴豆泥
Spicy Hummus



Wholesalers Available

歡迎餐廳/商戶批發

我們供應貝果給全港近百間餐廳/咖啡室

We supply bagels to almost 100 restaurants and coffee shops in Hong Kong

歡迎致電/whatsapp 5334 0188 查詢報價

Feel Free to call / whatsapp 5334 0188 for enquiry.

或者電郵查詢 Info@blendit.hk

Or email us at Info@blendit.hk



How To Reheat

翻熱方法



焗爐 OVEN:

焗爐預熱 180 度，然後將解凍完的貝果入焗爐焗 4-8分鐘，視乎你喜歡脆或其他口感。

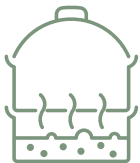
Defrost until soft enough to cut and reheat for 4-8 minutes (depends on how crunchy you want) in a pre-heated oven at 180 degrees.



多士爐 Toaster:

將解凍完的 Bagel 切開兩邊，分別擺入多士爐烤成金黃色。

Defrost until soft enough to cut and toast until golden brown.



蒸 Steam:

冷凍貝果隔水蒸10- 15分鐘，冷藏貝果蒸3-5分鐘左右。

Steam the frozen bagel for 10-15 minutes. Defrosted bagel for 3-5 minutes.



微波爐 Microwave:

在貝果表面灑小小水或直接擺一杯水一起叮大概 15-30秒，不夠熱再慢慢加熱。

Defrost until soft enough. Sprinkle the bagel with water and microwave it for 15-30 seconds. If it is not hot enough, reheat it.

Natural
天然

NUTRITIOUS
營養豐富

FUNCTIONAL
功能性

About 關於 **SUPERFOOD** 超級食品

功能性營養補充粉 Functional Nutritious Superfood Powder

超級食物為最小的卡路里提供最大的營養價值的食品，這類食物富含大量礦物質、維生素、抗氧化劑，長期使用對身體有不同的好處。

Superfood provides the greatest nutrients with minimal calories. It consists of a large amount of minerals, vitamins and antioxidants that are beneficial to our body.

我們提供超過40種來自世界各地的超級食品營養粉，切合你的日常需要，照顧你全方位的營養及健康。

Our superfood powders are sourced from over 40 countries to meet your nutritional and health requirements.

Powder Form 粉末形式



容易儲存
Easy to storage



最大程度保留營養價值
Keep the maximum degree of nutritional values



方便食用
Easy to use



食法廣泛
Many ways to consume



FAQ 常見問題



1 如何食用?
How to serve?

A 只要加入日常飲食當中即可，例如溝水、果昔、牛奶、植物奶、乳酪、麥皮、製作麵包蛋糕、煮飯等，可任意選擇適合及方便自己的食用方法，讓你堅持每日食用！

Mix it with any beverage of your choice, such as water, smoothies, milk, yogurt, oats, etc., varying the amount of liquid to achieve the desired taste. Available for baking and cooking. Choose any style you like to suit your daily needs.

2 要食用多久才能見效?
How long do I need to consume?

A 超級食品營養粉不是藥物，是天然的保健產品，需要長期食用方可見效，一般食用1個月可以見到初步成效。

Superfood powder is a kind of natural health product. We recommend to consume it continuously for a lasting result. Generally, it takes effect for a month.

3 可以同時食用/混合多種超級食品營養粉一起食用嗎?
Can I consume various kinds of superfood powder at the same time?

A 可以，只要你能接受該味道就可，加入果昔中攪拌風味更佳。As long as they suit your taste, you can mix different types of superfood powder in one go.

4 如何儲存?
How to store?

A 放置於陰涼乾燥位即可，最好用玻璃樽/密封儲存。Store in a cool and dry place. Seal tightly after use.

5 可以加熱食用嗎?
Can it be heated up?

A 有些營養粉加熱有機會破壞食物營養，尤其是水溶性維生素，例如卡姆果粉、馬基莓粉等，建議盡量避免高溫烹調。

Highly not recommended. Some nutrients may be lost under high temperatures, especially those with soluble vitamins, like camu camu and maqui berry.

How to use 常用食法

基本上加入任何日常飲食當中都可
Basically you can add into any daily diet !



果昔
Smoothies



飯/菜
Cooking



水
Water



湯中
Soup



烘培
Bakery



牛奶 / 植物奶
Milk / Plant-based milk



乳酪
Yogurt



咖啡
Coffee

Wholesaler Available 歡迎商戶批發

供應超過40款超級食品營養粉或幫客代訂**其他蔬果粉**

Provide over 40 superfood powders or even help customers purchase other imported powders



紅菜頭粉
Beetroot



士多啤梨粉
Strawberry



黑加侖子粉
Blackcurrant



紅桑子粉
Raspberry



菠菜粉
Spinach



羽衣甘藍粉
kale



南瓜粉
Pumpkin



紅肉火龍果粉
Pitaya



蔓越莓粉
Cranberry



紅蘿蔔粉
Carrot



蝶豆花粉
Butterfly Pea



榴蓮粉
Durian



薑粉
Ginger



紫薯粉
Purple Potato



橙粉
Orange



桑椹粉
Mulberry



神石榴粉
Pomegranate



藍莓粉
Blueberry

About 關於 SMOOTHIES 果昔

我們的冷凍超級食品**果昔材料包**由不同的蔬果、果仁、種子及超級食品營養粉組成，只需要加入攪拌機，倒入適量液體攪拌，只需1分鐘一杯健康營養的超級食品果昔就完成了，十分方便！

Our frozen superfood **ingredient smoothie packs** are made of different kinds of vegetables, nuts, seeds and superfood powder. Add it to the blender with your own beverage. Enjoy your healthy and nutritional superfood smoothie in a minute.



INGREDIENTS SMOOTHIE PACKS

果昔材料包



PRE-BLEND SMOOTHIE PACKS

預拌果昔包

我們的冷凍超級食品**預拌果昔包**已經加了植物奶攪拌，解凍即飲，更加方便，冷凍保存幾個月都無問題！

Our frozen superfood **pre-blend smoothie packs** has already been blended with plant-based milk, making it ready to drink once defrost. It's incredibly convenient and can be stored in the freezer for several months!

WEIGHT LOSS
減肥瘦身

DETOX
排毒

MEAL REPLACEMENT
代餐

Collaboration 活動合作



我們亦可根據客戶的需求 / 活動調配合適的果昔，歡迎查詢詳情。

We also offer tailor-made smoothie. Kindly approach us for enquiries.

Atelier Cologne
Maison de Parfum
PARIS



Bloomberg





護眼明目

有機馬基莓粉

產地 Origin: 智利 Chile

Organic Maqui Berry Powder

馬基莓的營養密度極高，抗氧化指數比巴西莓、藍莓、枸杞高2-3倍，目前被認為是ORAC（抗氧化能力）最高的超級水果；花青素更是藍莓的5倍以上。

Maqui berry is nutrient-dense and packed with up to three times more antioxidants than acai berry, blueberry and goji berry. It is also deemed to be the fruit with the highest ORAC value. Anthocyanidins is five times over blueberry.

- ✓ 保護眼睛健康
Support eye health
- ✓ 富含抗氧化劑
High antioxidant content
- ✓ 有助於治療糖尿病
Blood sugar control
- ✓ 降低膽固醇
Lower cholesterol levels
- ✓ 改善睡眠
Support rejuvenating sleep

還在吃藍莓補眼？轉食花青素極高的馬基莓粉啦！

What are you waiting for? Come and try maqui berry powder with high anthocyanidins.



有機黑瑪卡粉

Organic Black Maca Powder

產地 Origin: 秘魯 Peru

經期成日有經痛問題或不準時？經常容易感到疲憊？對性生活提不起勁？想生育但精子活動力數量低落？經歷更年期不適？睡眠質素差？如果你有以上症狀，可以嘗試食用瑪卡粉調理身體。

Suffering from menstrual pain? Feeling exhausted? Low sexual desire? Reduced sperm motility? Find unpleasant when going through menopause? Poor sleeping quality? Try to take this natural medicine that can be used to treat the above health issues.

- ✓ 改善經期不適
Relieve menstrual pain
- ✓ 平衡荷爾蒙分泌，改善女性的生育能力
Promote libido and improve fertility
- ✓ 幫助增加精子數量，改善男性生育能力
Improve sperm concentration and promote libido
- ✓ 有助抗抑鬱及減壓，改善睡眠質素
Enhance mood and improve sleeping quality
- ✓ 增強體力及肌肉耐力，尤其適合運動員
Improve energy levels and muscle functions, especially for athletes
- ✓ 舒緩更年期症狀，改善體質
Relieve symptoms of menopause
- ✓ 促進頭腦清晰，提升學習能力及增強記憶
Improve cognitive function
- ✓ 增強骨質密度，適合骨質疏鬆人士
Strengthen bones, suitable for osteoporosis

黑瑪卡又名秘魯人參，每日食用幫你調理身體！

Black maca, which is also called Peruvian ginseng, is used as a natural medicine to support your health in many ways.

增強 抵抗力



有機卡姆果粉

產地 Origin: 秘魯 Peru

Organic Camu Camu Powder

卡姆果維他命C含量極高，相當於橙和檸檬的40-60倍。一茶匙純天然卡姆果粉相當於一粒已加工的維他命C丸。此外，維生素C有助於鈣的形成，及幫助鐵質吸收。

Camu camu provides a rich amount of vitamin C compared to other fruits - 40 to 60 times that of oranges and lemon. One teaspoon of camu camu powder is equivalent to one vitamin C tablet. It also helps in the formulation of calcium and facilitates iron absorption.

- ✓ 增強免疫力
Support immune system
- ✓ 舒緩唇瘡皰疹
Alleviate Cold Sore
- ✓ 幫助消化及減重
Aid digestion and weight loss
- ✓ 抑制雀斑、黑斑、改善皮膚質素
Eliminate dark spots and pigments and keep your skin looking young and radiant

還在吃人工維他命C丸？
轉用純天然無添加而且高維他命C的卡姆果粉吧！

Try our natural food sources of vitamin C
- camu camu powder.

增肌 減脂



有機印加果粉

Organic Sacha Inchi Powder 產地 Origin: 秘魯 Peru

天然的素食蛋白質來源（在已知的植物性蛋白質中，其蛋白質和營養素是最容易消化的）；亦含有所有必需氨基酸，並保留了有益的omega-3,6,9 脂肪酸，有效對抗炎症和減少慢性疾病。

Sacha inchi is the best-known source of vegan proteins. It is as effective as the same amount of soy protein powder in supporting protein synthesis in the body. It is a good source of all essential amino acids, including omega-3,6 and 9 fatty acids, which can reduce inflammation and protect against chronic diseases.

- ✓ 預防心血管疾病
Prevent hypertensive heart disease
- ✓ 保護神經
Protect nervous system
- ✓ 幫助減肥
Contribute to weight loss
- ✓ 補充蛋白質
Restore proteins
- ✓ 強壯骨骼
Improve bone density

天然又容易吸收的植物蛋白質來源，還是花生味！

Natural source of plant-based protein and easily absorbed.

What's more, it comes with peanut butter flavor.



改善 三高

有機辣木葉粉

Organic Moringa Powder 產地 **Origin:** 印度 **India**

辣木是世上最有營養的樹，所含鈣質是牛奶的4倍，蛋白質是牛奶的2倍，鉀是香蕉的3倍，鐵是菠菜的3倍，維生素C是柑橘的7倍，維生素A是紅蘿蔔的4倍，維生素E分別是螺旋藻和黃豆粉的70倍和40倍。

Moringa is a plant that has been praised for its health benefits for thousands of years. It is rich in many important nutrients, including calcium, four times higher than milk; protein, twice higher than milk; potassium, three times higher than banana; iron, three times higher than spinach; vitamin C, seven times higher than orange; vitamin A, four times higher than carrot; and vitamin E, seventy times and forty times higher than spirulina and kinako respectively.

- ✓ 改善三高
Promote thyroid health
- ✓ 預防骨質疏鬆
Prevent osteoporosis
- ✓ 強壯骨骼
Support bones health
- ✓ 對抗疲勞
Fight fatigue
- ✓ 幫助減肥
Keep fit
- ✓ 補充營養
Restore nutrients
- ✓ 舒緩風濕關節痛
Relieve arthritis

高營養，多功效的天然綠色植物，被譽為「植物中的鑽石」

High nutrients and multi-function,
which is praised as the 'diamond of plant'

排毒 減肥



有機螺旋藻粉

Organic Spirulina Powder 產地 Origin: 中國 China

除了高含量的蛋白質（占70%），還有beta-胡蘿蔔素、藻青蛋白、微量元素（鉀、鈉、鈣、鎂、鐵、鋅）、維他命B12、維他命E、飽和脂肪酸，尤其是gamma-亞麻酸和酚類化合物；飯前30分鐘到1小時食用，能讓人有飽足感，從而抑制食慾，幫助減肥。

Plus, the quality of the protein in spirulina is considered excellent and provides all of the essential amino acids, beta-carotene, phycocyanin, micronutrients, vitamin B12, vitamin E, saturated fatty acid, gamma-alpha-Linolenic acid and phenol. When consumed half an hour to an hour before a meal, it can increase satiety by slowing stomach emptying and increasing the release of hormones that reduce hunger.

- ✓ 排毒聖手
Detoxifying
- ✓ 降低三高
Lower triglyceride levels
- ✓ 幫助減肥
Keep fit
- ✓ 改善貧血
Ease symptoms of anemia
- ✓ 舒緩敏感（轉季鼻敏感、蕁麻疹、皮膚炎症、花粉敏感等）
Relieve symptoms of allergic rhinitis, like congestion, sneezing, and itching caused by pollen, animal hair, and dust

「地上最有營食物」，太空人執行任務都吃它！

It is acclaimed as the most nutritious food in the world. Even NASA proposed that it could be grown in space for use by astronauts.

清肝 解毒



有機小麥草粉

產地 **Origin:** 印度 India

Organic Wheatgrass Powder

每10克有機小麥草粉與100克新鮮小麥草的營養成分相約。小麥草富含維生素、礦物質、酶、氨基酸、生物類黃酮、多糖體和大量的葉綠素（70%）；葉綠素有助排走積存於肝臟毒素製造紅血球。

Wheatgrass is an excellent source of many different vitamins, minerals, enzymes, amino acids, bioflavonoids, polysaccharides and 70% of chlorophyll.



降低膽固醇

Reduce cholesterol



通便解毒

Detoxifying



淨化肝臟

Detoxify liver



幫助減肥

Promote weight Loss



調節血糖

Aid in blood sugar regulation

人稱「血液清道夫」，有助提升健康及活力！

Body SOS! Get your health back!

提神醒腦



有機瓜拿納果粉

Organic Guarana Powder

產地 Origin: 巴西 Brazil

營養價值最高的植物之一，含有豐富的胺基酸、多種礦物質、維生素等而且很容易被人體吸收，同時能強化人體的組織結構，活化各部門細胞，進而達到青春與延年益壽的功效，無論各個年齡及性別均適合。

Guarana consists of a large amount of amino acids, minerals and vitamins, which are easily absorbed. It can stimulate the growth of our cells so as to bring us youth and prolonged health.

- ✓ 消除疲勞 & 刺激神經
Reduce fatigue and stimulate central nervous system
- ✓ 促進新陳代謝
Supports a healthy metabolism
- ✓ 增強學習及記憶力
Improve learning ability and memory
- ✓ 預防年老機能衰退
Prevent chronic fatigue syndrome
- ✓ 抗氧化
Antioxidant

咖啡因濃度是咖啡的兩倍!

Twice as much caffeine as coffee

比咖啡更提神而且對身體有更多好處!

Our supercharging guarana powder is a great coffee alternative.

抗癌 殺菌



有機刺果番荔枝葉粉

Organic Graviola Powder

產地 **Origin:** 秘魯 Peru

美國國家癌症研究所曾經於1976年開始，做了七年有關刺果番荔枝的治愈癌症研究，表明它的「葉和莖」對癌細胞有令人難以置信的高效破壞力。

According to the research of the National Cancer Institute, the leaves and stems of the graviola tree are used in traditional medicine for many issues, including as an alternative medicine therapy for cancer.



對抗癌症
Fight cancer



對抗細菌
Antiulcer



改善消化及舒緩便秘
Improve digestion and constipation



舒緩痛風、關節炎、風濕病
Pain-relieving effects, especially for
gout, arthritis and rheumatism

天然腫瘤細胞的剋星 + 癌症殺手
Anticancerous + 'killer of cancer'

降低 三高



有機白樺茸粉

Organic Chaga Powder

產地 Origin: 中國 China

幾個世紀以來，白樺茸在俄羅斯和其他北歐國家一直被用作傳統藥物，主要用於提高免疫力和整體健康。

For centuries, chaga has been used as a traditional medicine in Russia and other Northern European countries, mainly to boost immunity and overall health.

- ✓ 抗氧化
Antioxidants
- ✓ 對抗癌症
Fight cancer
- ✓ 提升免疫力
Boosts immune system
- ✓ 治療糖尿病，降低膽固醇
Lower blood sugar and cholesterol levels
- ✓ 改善腸胃功能，舒緩胃潰瘍
Improve gut health and relieve peptic ulcer

白樺茸 - 地球上最有價值的藥用蘑菇！

Chaga mushroom is one of the most effective natural ways for maintaining good health

治療 癌症



野生白樺茸萃取物

Wild Chaga Extracts

產地 **Origin:** 俄羅斯 **Russia**

採用雙破壁萃取技術（工藝複雜、耗時漫長，技術昂貴）以盡取白樺茸珍貴藥用生物活性成分，促進人體全效吸收，避免了未經雙破壁萃取技術提取的白樺茸其生物活性成分-如白樺酸無法被人體吸收利用這一長期問題。

Dual extract technology enables wild chaga to produce extremely high levels of phytonutrients that offer a variety of potential health benefits. Its ability to degrade wood and lignin makes the nutritional value of the host digestible to human.



多醣 **Polysaccharides** > 30%

三萜類化合物 **Triterpene** > 2%

研究顯示白樺茸含有之多醣類與三萜類化合物(Triterpenoids)等成份能有效活化免疫系統與抑制病毒的增殖而具有預防乳腺癌、肝癌、子宮癌、胃癌、糖尿病及高血壓的效果，尤其其中的三萜類化合物具有直接抑制癌細胞生長和抗氧化活性。

Both polysaccharides and triterpenoids are effective to prevent breast cancer, liver cancer, cervical cancer, stomach cancer, diabetes and high blood pressure, especially triterpene can slow the growth of cancer cells and combat free radicals.

有效對抗癌症 + 減輕化療副作用

Fight cancers + Reduce side effects of chemotherapy

強身健體



有機藍螺旋藻粉

產地 Origin: 中國 China

Organic Blue Spirulina Powder

從螺旋藻中提取而成，不但色彩鮮豔，呈蔚藍色，而且含有豐富的蛋白質，加上其胺基酸組成齊全，對抑制癌細胞生長及促進人體細胞再生具有重要作用。

Blue Spirulina is a type of blue-green algae that grows in both salt and freshwater. Being rich in protein and essential amino acids, it fills the body with energy, increases physical activity and enhances the body's recovery capabilities.



預防癌症

Reduce cancer occurrence



潤腸通便

Soften stools and stimulate bowels movement



提升運動表現

Enhance energy and performance



增強免疫力

Boost immunity



抗氧化

Antioxidants

來自深海的食物鑽石-藻藍蛋白（天然藍色蛋白質）

From the ocean of 'food diamond' - Phycocyanin

排毒 清血



有機小球藻粉

產地 **Origin:** 中國 **China**

Organic Chlorella Powder

小球藻含豐富蛋白質、18種氨基酸、纖維、B 胡蘿蔔素、維他命 C, E, K 和全部B 族維他命，在小球藻中的礦物質包括鈣、鐵、磷、鉀、鎂，及微量的錳及鋅，也含女性必須的葉酸、葉黃素等，葉綠素含量是全球綠色植物中最多的。

It contains a number of healthy nutrients, including proteins, 18 essential amino acids, fiber, b-carotene, vitamins C, E, K and B and minerals like calcium, iron, phosphorus, magnesium, potassium, manganese and zinc as well as folate, a nutrient that is crucial for women. It also has the highest concentration of chlorophyll of all green plants.

- ✓ 幫助排毒
Detoxifying
- ✓ 改善貧血、暈眩
Prevent iron deficiency anemia
- ✓ 改善三高
Promote thyroid health
- ✓ 增強免疫力
Bolster immune function
- ✓ 促進腸胃健康
Improve digestion

排毒作用比酵素、益生菌更全面！

More effective than enzymes and probiotics!

抗疲勞 抗衰老



有機杞子粉

Organic Goji Berry Powder 產地 Origin: 中國 China

杞子除了清肝明目之外，還可以增加活力和體力，而杞子粉採用冷凍乾燥的技術磨成粉，過程中沒有加熱，保留杞子中的營養，相比起杞子乾更加容易消化和吸收。杞子具有改善大腦的功能，能增強人的學習記憶能力，提高人體活力從而達到抗疲勞的功效。

Apart from maintaining eye health, it can strengthen our physical abilities. Since our powder is freeze-dried without heating, it can keep its nutrients and is easily absorbed, compared with goji berry. Goji berry extract significantly enhanced our brain, increased antioxidant levels and reduced several markers of oxidative stress.



清肝明目

Improve liver detoxification and promote eye health



增強體力

Boost energy



對抗疲勞

Fight fatigue



延緩衰老

Slow signs of aging



增強學習記憶力

Strength learning ability and memory

養生聖品，具滋補功效！

Longevity good contributes to prolonging healthy aging

穩定 血糖



有機蛋黃果粉

Organic Lucuma Powder

產地 Origin: 秘魯 Peru

蛋黃果的膳食纖維是蘋果的6倍，有助促進腸胃蠕動，預防便秘，而且含有大量抗氧化和保護眼睛的 B-胡蘿蔔素。而其低升糖指數更是天然甜味劑，能穩定血糖，是糖尿病患者的代糖之選。

The dietary fiber of lucuma is six times that of an apple. It adds bulk to your stool and prevents constipation by helping food move smoothly through your gut. It also contains a variety of antioxidants and b-carotene, which can protect your lens. Due to its sweetness, it is used as a healthier alternative to table sugar and other popular sweeteners.

- ✓ 促進消化
Facilitate digestion
- ✓ 促進腸胃健康
Promote gut health
- ✓ 控制血糖
Maintain stable blood sugar level
- ✓ 抗氧化
Antioxidants
- ✓ 有助細胞修復和生長
Stimulate growth and repair of cells

天然而且高營養價值的代糖之選

Natural and nutritional sugar substitute

潤腸通便



洋車前子殼粉

Psyllium Husk Powder

產地 Origin: 印度 India

洋車前子含有 99% 以上的膳食纖維，遇水後會膨脹50倍，形成凝膠狀，從而減少進食，達到減肥效果。它可濕潤宿便，促進腸道蠕動，包住體內多餘的養分或有害物質，減少有害物質停留體內造成疾病；還可以減緩醣類的吸收，從而有效改善糖尿病。連續服用一個月，可感覺腰腹縮小，面部出油得以控制，解決便秘問題。

Psyllium contains over 99% of dietary fiber. It soaks up water in your gut and makes bowel movements much easier, which can help promote regularity without increasing flatulence. It can be used as a one-off to ease constipation or it can be added to your diet to help promote regularity and overall digestive health.



促進腸胃蠕動

Facilitate bowel movements



減肥瘦身

Maintain a healthy weight



抑制食慾

Control the amount of food consumed



治療便秘

Prevent constipation



改善糖尿病

Improve diabetes

水溶性纖維極高，告別宿便肥胖！

High soluble fiber. Say no to constipation !

舒緩 壓力



有機南非醉茄粉

產地 **Origin:** 印度 **India**

Organic Ashwagandha Powder

南非醉茄是印度醫學三千年來常見的藥用植物，意謂具有平穩情緒、提升體能及新陳代謝效果，它含有多種植物活性成分，包括醉茄內酯、皂苷、生物鹼及胺基酸等，潛在功效包括穩定情緒、調節效果。

Ashwagandha, is a commonly used medicinal plant in Indian medicine for the past three thousand years. It is believed to have the effects of stabilizing emotions, enhancing physical strength, and improving metabolism. It contains various active compounds, including withanolides, saponins, alkaloids, and amino acids. Its potential benefits include mood stabilization and regulatory effects.

- ✓ 減輕壓力和焦慮
Reduce stress and anxiety
- ✓ 改善睡眠質素
Improve sleep quality
- ✓ 改善記憶和運作功能
Improve memory and cognitive function
- ✓ 提升心肺耐力
Enhance cardiovascular endurance
- ✓ 改善男性性功能
Improve male sexual function

被譽為「印度人參」幫你找回活力

Named as 「India Ginseng」 helps you regain vitality

強身健體

增強抵抗力混合營養粉 Immunity Booster Powder Mix

材料 Ingredients

有機白樺茸粉、有機卡姆果粉、有機蛋黃果粉
有機薑黃粉、肉桂粉、香蕉粉

Organic Chaga Powder, Organic Camu Camu Powder, Organic Lucuma Powder, Organic Turmeric Powder, Cinnamon Powder, Banana Powder

- ✓ 增強抵抗力
Boost immunity
- ✓ 有助消炎殺菌、對抗病毒入侵
Anti-inflammation and anti-viruses
- ✓ 抗氧化
Antioxidants
- ✓ 舒緩三高
Promote thyroid health
- ✓ 維持皮膚健康
Support skin health



味道偏向香料味，加入日常飲食當中，例如清水、奶、乳酪、湯、烘焙食品等每日食用2-3茶匙即可

Seasoning flavor. Either mix it with water, milk and yogurt or add 2 to 3 spoons to cooking and baking.

青春常駐混合營養粉

Young & Pretty Powder Mix

抗老 補眼

材料 Ingredients

有機馬基莓粉、有機卡姆果粉、有機杞子粉、
有機黑瑪卡粉、士多啤梨粉

Organic Maqui Berry Powder, Organic Camu Camu Powder, Organic Goji Berry Powder, Organic Black Maca Powder, Strawberry Powder

- ✓ 抗氧化
Antioxidants
- ✓ 保護眼睛健康及治療乾眼症
Support eye health and relieve dry eyes
- ✓ 維持皮膚健康，散發年輕光彩
Maintain youthful and radiant skin
- ✓ 有助抗炎
Anti-inflammation
- ✓ 預防心血管疾病
Prevent cardiovascular diseases
- ✓ 增強抵抗力
Boost immunity



味道偏向莓味，加入日常飲食當中，例如溝水、
奶、乳酪、湯、烘焙食品等每日食用2-3湯匙即可

Berries flavor. Either mix it with water, milk and
yogurt or add 2 to 3 spoons to cooking and baking.

舒緩 經痛

焙茶黑瑪卡混合營養粉 Hojicha Maca Powder Mix

材料 Ingredients

有機黑瑪卡粉、焙茶粉、有機蛋黃果粉
Organic Black Maca Powder, Hojicha Powder,
Organic Lucuma Powder

- ✓ 平衡荷爾蒙
Hormone balance
- ✓ 改善睡眠質素
Quality sleep
- ✓ 增加能量&活力
Energy & Vitality
- ✓ 增加性慾
Increase libido
- ✓ 舒緩經痛/經期不準
Regulate period /
period pain



焙茶拿鐵的味道，加入日常飲食當中，例如溝水、奶、乳酪、湯、烘焙食品等每日食用2-3茶匙即可

Hojicha latte flavor. Either mix it with water, milk and yogurt or add 2 to 3 spoons to cooking and baking.

排毒混合營養粉

Detox Protein Powder Mix

排毒 減肥

材料 Ingredients

有機辣木葉粉、有機小球藻粉、有機黑瑪卡粉、
有機印加果粉

Organic Moringa Powder, Organic Chlorella Powder,
Organic Black Maca Powder, Organic Sacha Inchi Powder

- ✓ 清腸潤便，改善便秘
Improve intestinal dysfunctions
and constipation
- ✓ 清除體內垃圾、毒素及重金屬
Remove body waste, toxins and
heavy metals
- ✓ 有助抑制食慾及增加飽腹感
Control the amount of food
consumed and increase satiety
- ✓ 幫助控制體重
Regulate body weight
- ✓ 預防心血管疾病
Prevent cardiovascular diseases
- ✓ 豐富蛋白質及奧米加 3, 6, 9
Rich in proteins and omega-3,6,9



味道偏向青汁味又帶果仁味，加入日常飲食當中，例如溝
水、奶、乳酪、湯、烘焙食品等每日食用2-3湯匙即可

Green juice and nutty flavors. Either mix it with water, milk
and yogurt or add 2 to 3 spoons to cooking and baking.

天然高蛋白營養代餐粉

High Protein Nutritious Meal Replacement

與本地營養師品牌合作共同研發超級食物營養代餐粉

Collaborate with local nutritionist brand to launch superfood nutritious meal replacement product.

可按自身營養需要額外添加不同的超級食品營養粉

Can add on different kinds of superfood to suit your body's need



Suitable For 適合:

All people, especially those concerned of overweight, diabetes, hypertension, high cholesterol, Sarcopenia, lactose intolerance. 各類人士，尤其關注肥胖、心臟病、高血壓、高膽固醇、肌少症、乳糖不耐症的人

Serving Suggestion 建議食法:

Add 300 - 400ml lukewarm water into one pack of nutritious high protein meal replacement and stir till dissolved.

將一包營養豆漿粉加入300-400ml溫水，然後攪拌至營養高蛋白代餐粉溶解。

Ohmylk

Oh mylk your own way!
自家製植物奶話咁易!

全港第一部
專為自家製
植物奶設計



Why Homemade Plant-based Mylk? 自家製植物奶好處

✓ All Natural
Healthy Goodness
純天然健康美味

✓ No Preservative &
Additives
無防腐劑添加劑

✓ Versatile - Make
Hot & Cold Beverages,
Lattes, Smoothies, etc
多功能 - 製作熱飲、
冷飲、拿鐵、果昔等

✓ Sustainable Concept -
Reduce Food Waste &
Carbon Footprint
可持續理念 - 減少
食物浪費、碳足印

Why Ohmylk Maker?

Ohmylk植物奶機賣點



Fresh & Healthy

更新鮮
更健康



Variety Recipes

不同食譜
自由配搭



Ready in Minutes

幾分鐘
完成



Auto Clean

自動
清洗



Less Carbon Footprint

減少
碳足跡

IDEAL if you are 適合以下人士



Vegan
素食者



Three-Hyper
三高人士



Lactose
Intolerance
乳糖不耐症患者



Health Conscious
關注健康人士



自家製植物奶的 多元選擇



Oat
燕麥



Almond
杏仁



Cashew
腰果



Peanut
花生



Pistachio
開心果



Hemp Seed
大麻籽



Flaxseed
亞麻籽



Sesame
芝麻



Hazelnut
榛子



Walnut
核桃



Coconut
椰子



Rice
米



Soy
黃豆



Pecan
碧根果



Macadamia
夏威夷果仁



Waiting for you to unlock!
由你親自解鎖!

Exploring the
Diversity of
Your Ohmylk Drink

Smoothie Detox Challenge 排毒果昔挑戰

3 days | 12 days | 21 days

It's all your choices! 自由選擇挑戰難度



Blendit

#排毒 #減少痘痘 #容光煥發

#潤腸通便 #減肥瘦身

#Detox #Weightloss #Better skin

#Prevent constipation

加入FB群組閱讀完整排毒計畫電子書
Enter FB Group to download detox e-book

