

Protein 蛋白質

- Reduce appetite and allow you eat less calories 減少飢餓感和有助減低卡路里攝取
- Gain muscle mass and strength without muscle loss during weight loss 有助增加肌肉質量和性能，同時能在減重時減少肌肉流失
- Maintain bone health and prevent osteoporosis and fracture 維持骨骼健康和防止骨質疏鬆和骨折
- Boost metabolism and help to burn more calories 加速生陳代謝和卡路里燃燒
- Reduce blood pressure 降低血壓

Serotonin 血清素

- Reduce depression and regulate anxiety 減少抑鬱調節焦慮
- Accelerate wound healing 加速疤痕痊癒
- Maintain bone health 維持骨骼健康

Tryptophan 色氨酸

- Promote healthy and high-quality sleep 有助更健康及良好的睡眠質素
- Help prevent and treat depression and anxiety 幫助預防和治療抑鬱和焦慮
- Enhance emotional well-being 增加情緒幸福感
- Manage pain tolerance 控制疼痛耐受力

Vitamin A 維他命A

- Prevent the development of night blindness 防止夜盲症
- Slow down the age-related decline of eyesight 防止老年性視力減退
- Boost immunity 增強免疫力
- Reduce acne 減少暗瘡
- Maintain bone health 維持骨骼健康

Vitamin C 維他命C

- Reduce the risk of chronic diseases like heart disease 減少患上慢性疾病風險，如心臟病
- Strong antioxidant 強大的抗氧化劑
- Lower blood pressure 降低血壓
- Reduce the risk of heart disease 減低患心臟疾病風險
- Reduce blood uric acid levels and the risk of gout 降低尿酸（血液）和患上痛風的風險
- Boost immunity 增強免疫力
- Improve memory and prevent dementia 增強記憶力，防止癡呆症

Vitamin E 維他命E

- Strong antioxidant 強大的抗氧化劑
- Maintain skin elasticity and smooth appearance 維持皮膚彈性和表皮光滑
- Reduced the risk of heart attack 減少心臟病發危機
- Boost immunity and maintain hormone balance 增強免疫力和荷爾蒙平衡

Vitamin K 維他命K

- Maintain bone health and prevent osteoporosis and fracture 維持骨骼健康和防止骨質疏鬆和骨折
- Improve memory and cognitive health 增強記憶力，維持認知健康

Zinc 鋅

- Boost immunity 增強免疫力
- Accelerate wound healing 加速疤痕痊癒
- Reduce the risk of age-related diseases, such as pneumonia, infection and age-related macular degeneration (AMD) 減少患上老年性疾病的風險，例如肺炎、感染和老年性黃斑部病變
- Reduce acne symptoms 改善暗瘡症狀



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Nutrition Cheat Sheet

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Anthocyanins 花青素

- Anti-aging 防止衰老
- Lower cholesterol levels and improve blood sugar metabolism 降低血糖及膽固醇
- Prevent cardiovascular disease 預防心血管疾病
- Enhance memory, coordination, neural functions and cognitive performance 保護記憶、協調及神經功能，從而改善認知能力
- Improve physical performance 改善身體表現

Antioxidants 抗氧化物

- Boost cardiovascular health 維持心血管健康
- Improve memory and prevent dementia 增強記憶力，防止癡呆症
- Help prevent cancer and aid cancer treatment 幫助預防癌症和協助癌症治療
- Prevent age-related macular degeneration and other vision problems 防止老年性黃斑部病變和其他視力問題
- Boost immunity 增強免疫力

Betaine 甜菜鹼

- Boost cardiovascular health 維持心血管健康
- Support liver function and liver detoxification 有助肝臟排毒，維持健康的肝功能
- Build muscle mass and facilitate fat loss 增強肌肉性能和有助脂肪燃燒

Bvitamins 維生素B

- Reduce fatigue and improve mood 減少疲勞和改善心境
- Reduce symptoms of anxiety or depression 減少焦慮和抑鬱的症狀

Caffeine 咖啡因

- Improve energy levels, mood and various aspects of brain functions 改善能量水平、情緒和各種腦功能
- Facilitate fat burning and increase metabolic rate 加速脂肪燃燒和生陳代謝
- Improve physical performance 改善身體表現
- Lower the risk of type 2 diabetes 減低二型糖尿病風險
- Strong antioxidant 強大的抗氧化劑

Calcium 鈣

- Prevent bone loss in postmenopausal women 防止更年期女性骨質流失
- Help with fat loss 幫助脂肪燃燒
- Lower the risk of colon cancer 減低患大腸癌風險
- Improve metabolic markers 改善骨代謝標誌物

Carotenoids 類胡蘿蔔素

- Improve eye health 提升眼部健康
- Boost cardiovascular health 維持心血管健康
- Help prevent cancer and aid cancer treatment 幫助預防癌症和協助癌症治療

Copper 銅

- Prevent cardiovascular disease 預防心血管疾病
- Maintain bone health and prevent osteoporosis 維持骨骼健康和防止骨質疏鬆
- Reduce free radicals and prevent cancer 減少自由基產生從而預防癌症

Curcumin 薑黃素

- Has anti-inflammatory effects 具抗炎作用
- Strong antioxidant 強大的抗氧化劑

Dietary Fiber 膳食纖維

- Promote digestive health 促進腸道健康
- Slow down the absorption of sugar and lower the risk for diabetes 減慢糖份攝取及減少肥胖
- Reduce constipation 減少便秘
- Lower the risk of colon cancer 減低患大腸癌風險

Flavonoids 黃酮類化合物

- Has anti-inflammatory effects 具抗炎作用
- Strong antioxidant 強大的抗氧化劑
- Lower blood pressure and cholesterol 減低血壓和膽固醇
- Reduce the risk of heart disease 減低患心臟疾病風險

Iron 鐵

- Maintain healthy pregnancy, prevent the risks of premature birth and low birth weight 維持健康懷孕，防止早產和嬰兒低出生體重的風險
- Improve mental and physical performance, enhance concentration and stamina and decrease irritability 維持生理和心理質素，提高集中力和忍耐力，減少發怒
- Better athletic performance 較好的運動員表現

Lignans 木酚素

- Fight breast cancer and other estrogen-related malignancies 對抗乳癌和其他與雌激素相關的惡性腫瘤
- Help reduce hypertension and cardiovascular risk 幫助降低患高血壓和心血管疾病
- Maintain bone health and prevent osteoporosis 維持骨骼健康和防止骨質疏鬆

L-theanine 茶胺酸

- Reduce stress and anxiety 減少壓力和焦慮症狀
- Increase focus and attention 幫助加強專注力和注意力
- Boost immunity 增強免疫力
- Improve sleep quality 改善睡眠質素

Magnesium 鎂

- Enhance exercise performance 增強運動表現
- Reduce symptoms of depression 減少抑鬱症狀
- Lower the risk of type 2 diabetes 減低二型糖尿病風險
- Lower blood pressure in people with elevated levels 降低高血壓
- Has anti-inflammatory effects 具抗炎作用

Niacin 維他命B3

- Decrease bad cholesterol and increase good cholesterol 降低低密度膽固醇，提升高密度膽固醇
- Lower triglycerides 降低三酸甘油酯
- Lower the risk of heart disease 減低心臟病風險
- Lower the risk of type 1 diabetes 減低一型糖尿病風險
- Boost brain functions 提升腦部能力
- Protect skin cells from sun damage 保護皮膚免受太陽傷害

Omega-3 fats ω-3脂肪酸

- Help prevent and treat depression and anxiety 幫助預防和治療抑鬱和焦慮
- Improve eye health 提升眼部健康
- Crucial for babies' health during pregnancy, leading to higher intelligence, better communication and social skills and fewer behavioral problems 對孕婦寶貴的健康十分重要，讓寶貴更聰明、更善於社交溝通和減少行為問題
- Improve the duration and quality of your sleep 提高睡眠質素
- Prevent premature aging and protect skin from sun damage 對皮膚有益，能防止提早衰老及令皮膚在陽光下免受傷害

Polyphenols 多酚

- Lower the risk of type 2 diabetes 減低二型糖尿病風險
- Lower the risk of heart disease 減低心臟病風險
- Decrease bad cholesterol and increase good cholesterol 降低低密度膽固醇，提升高密度膽固醇
- Control body weight 控制體重

Potassium 鉀

- Maintain a good fluid balance 維持體液平衡
- Activate nerve impulses and help regulate muscle contraction and heartbeat 刺激神經脈衝，有助調節肌肉收縮和心跳
- Reduce blood pressure 降低血壓
- Prevent strokes, osteoporosis and kidney stones 防止中風、骨質疏鬆和腎結石

