

## Turmeric 黃薑粉

- ◆促進膽汁分泌 Increase bile flow
- ◆提升肝臟機能 Improve liver health
- ◆幫助排毒 Detox the body
- ◆預防癌症 Prevent cancer
- ◆對抗發炎 Reduce inflammation
- ◆抗氧化 Antioxidation

- ◆Curcumin 薑黃素



## Pumpkin seed 南瓜籽

- ◆保護男性前列腺，提高性能力 Protect the prostate and boost sexual performance
- ◆防止牙齦萎縮 Prevent gum recession
- ◆預防腎結石 Prevent kidney stones
- ◆寧神降壓 Relieve stress and anxiety
- ◆控制血糖 Maintain blood sugar level

- ◆Antioxidants 抗氧化物
- ◆Lignans 木酚素
- ◆Magnesium 鎂
- ◆Fiber 膳食纖維
- ◆Zinc 鋅
- ◆Tryptophan 色氨酸



## Spirulina powder 螺旋藻粉

- ◆幫助排毒 Detox the body
- ◆降低膽固醇 Reduce cholesterol
- ◆控制血糖 Maintain blood sugar level
- ◆對抗發炎 Reduce inflammation
- ◆改善貧血 Prevent anemia
- ◆增強免疫力 Boost immunity
- ◆預防癌症 Prevent cancer
- ◆增加運動肌耐力 Improve muscular endurance

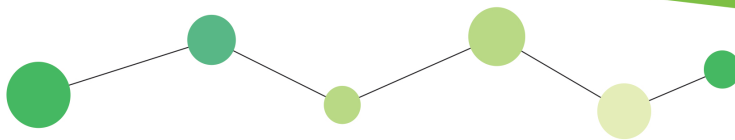
- ◆Protein 蛋白質
- ◆Antioxidants 抗氧化物
- ◆Calcium 鈣
- ◆Niacin 維他命B3
- ◆Potassium 鉀
- ◆Magnesium 鎂
- ◆Iron 鐵



## Quinoa 藜麥

- ◆減肥瘦身 Help to lose weight
- ◆控制血糖 Maintain blood sugar level
- ◆降低膽固醇 Reduce cholesterol
- ◆抗氧化 Antioxidation
- ◆舒緩經期不適 Relieve period cramps
- ◆減少胃氣 Reduce bloating

- ◆Flavonoids 黃酮類化合物
- ◆Fiber 膳食纖維
- ◆Protein 蛋白質
- ◆Magnesium 鎂
- ◆Antioxidants 抗氧化物



## Raspberry powder 覆盆子粉

- ◆預防癌症 Prevent cancer
- ◆美容養顏 Maintain skin health
- ◆促進腸道健康 Improve digestion
- ◆健腦益智 Maintain brain function
- ◆保護眼睛健康 Maintain eye health

- ◆Flavonoids 黃酮類化合物
- ◆Anthocyanins 花青素
- ◆Potassium 鉀
- ◆Antioxidants 抗氧化物
- ◆Fiber 膳食纖維
- ◆Vitamin C 維他命C



## Red pitaya powder 紅肉火龍果粉

- ◆降低血壓 Lower blood pressure
- ◆促進腸胃健康 Improve digestion
- ◆抗氧化 Antioxidation
- ◆去除水腫 Reduce edema

- ◆Vitamin C 維他命C
- ◆Antioxidants 抗氧化物
- ◆Fiber 膳食纖維
- ◆Carotenoids 類胡蘿蔔素
- ◆Iron 鐵
- ◆Magnesium 鎂



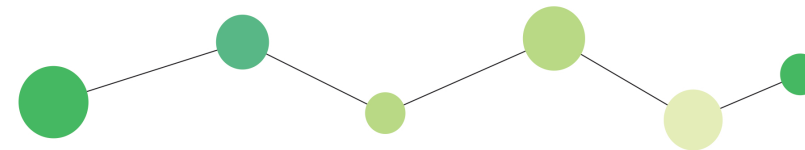
## Wheat leaf powder 小麥葉粉

- ◆清肝解毒 Detox the liver
- ◆抗氧化 Antioxidation
- ◆加速皮膚再生 Improve skin health
- ◆降低血壓 Lower blood pressure
- ◆促進消化 Promote digestion

- ◆Vitamin C 維他命C
- ◆Vitamin A 維他命A
- ◆Vitamin E 維他命E
- ◆Antioxidants 抗氧化物
- ◆Iron 鐵
- ◆Magnesium 鎂



# SUPERFOOD CHEAT SHEET



## Acai powder 巴西莓粉

- ◆改善視力 Improve vision
- ◆抗氧化 Antioxidation
- ◆維持皮膚健康 Maintain skin health
- ◆潤腸通便 Promote intestinal health and prevent constipation
- ◆增強記憶力 Improve memory
- ◆增強免疫力 Boost immunity

- ◆Anthocyanins 花青素
- ◆Antioxidants 抗氧化物
- ◆Polyphenols 多酚



## Banana powder 香蕉粉

- ◆預防動脈硬化 Prevent arteriosclerosis
- ◆補充體力 Regain strength
- ◆預防與改善高血壓 Lower high blood pressure
- ◆增強免疫力 Boost immunity
- ◆潤腸通便 Promote intestinal health and prevent constipation

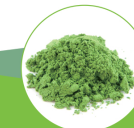
- ◆Fiber 膳食纖維
- ◆Antioxidants 抗氧化物
- ◆Potassium 鉀
- ◆Magnesium 鎂



## Barley leaf powder 大麥草粉

- ◆促進消化 Improve digestion
- ◆增強免疫力 Boost immunity
- ◆潤腸通便 Promote intestinal health and prevent constipation
- ◆清肝解毒 Detox the liver
- ◆抗氧化 Antioxidation
- ◆降低血壓 Lower blood pressure

- ◆Antioxidants 抗氧化物
- ◆Zinc 鋅
- ◆Copper 銅
- ◆Vitamin A 維他命A
- ◆Vitamin C 維他命C



## Beetroot juice powder 紅菜頭汁粉

- ◆補充體力 Regain strength
- ◆預防癌症 Prevent cancer
- ◆補血養顏 Better skin
- ◆抗氧化 Antioxidation
- ◆降低血壓 Lower blood pressure
- ◆潤腸通便 Promote intestinal health and prevent constipation

- ◆Potassium 鉀
- ◆Vitamin C 維他命C
- ◆Betaine 甜菜鹼



## Black currant powder 黑加侖子粉

- 抗氧化 Antioxidation
- 保護眼睛健康 Maintain eye health
- 延緩老化 Slow down aging
- 保護心臟血管 Prevent cardiovascular disease
- 維護肝臟健康 Maintain liver health
- 降低膽固醇 Reduce Cholesterol

- Anthocyanins 花青素
- Antioxidants 抗氧化物
- Vitamin C 維他命C
- Potassium 鉀



## Blueberry powder 藍莓粉

- 保護眼睛健康 Maintain eye health
- 延緩老化 Slow down aging
- 預防癌症 Prevent cancer
- 潤腸通便 Promote intestinal health and prevent constipation
- 增強記憶力 Improve memory
- 降低心臟病風險 Lower the risk of heart disease

- Antioxidants 抗氧化物
- Anthocyanins 花青素



## Cacao butter 生可可脂

- 抗氧化 Antioxidation
- 預防癌症 Prevent cancer
- 預防心血管疾病 Prevent cardiovascular disease
- 滋潤肌膚 Moisturize the skin
- 消除疲勞 Combat fatigue

- Vitamin E 維他命E
- Vitamin K 維他命K
- Antioxidants 抗氧化物



## Cacao nib 可可豆碎

- 提升認知能力 Improve cognitive function
- 降低血壓 Lower blood pressure
- 減輕焦慮 Relieve stress and anxiety
- 維持皮膚健康 Maintain skin health

- Serotonin 血清素
- Flavonoids 黃酮類化合物
- Polyphenols 多酚
- Fiber 膳食纖維
- Magnesium 鎂
- Potassium 鉀



## Cacao powder 可可粉

- 控制食慾 Control appetite
- 消除疲勞 Combat fatigue
- 降脂護心 Improve heart health
- 減輕焦慮 Relieve stress and anxiety
- 延緩老化 Slow down aging

- Polyphenols 多酚
- Magnesium 鎂
- Fiber 膳食纖維
- Serotonin 血清素
- Potassium 鉀



## Camu camu powder 卡姆果粉

- 維持皮膚健康 Maintain skin health
- 增強免疫力 Boost immunity
- 改善睡眠 Improve sleep
- 增強記憶力 Improve memory
- 解毒消炎 Reduce inflammation
- 減輕焦慮 Relieve stress and anxiety

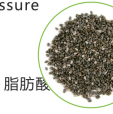
- Vitamin C 維他命C
- Antioxidants 抗氧化物
- Potassium 鉀
- Magnesium 鎂



## Chia seeds 奇亞籽

- 穩定血糖 Maintain blood sugar level
- 抑制食慾 Control appetite
- 抗氧化 Antioxidation
- 抗炎消腫 Reduce inflammation
- 促進骨骼健康 Maintain bone health
- 降低血壓 Lower blood pressure

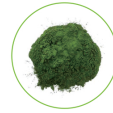
- Fiber 膳食纖維
- Protein 蛋白質
- Omega-3 fatty acids  $\omega-3$  脂肪酸
- Antioxidants 抗氧化物



## Chlorella powder 綠藻粉

- 排毒養顏 Detox body and have better skin
- 增強免疫力 Boost immunity
- 降低膽固醇及血壓 Reduce cholesterol and blood pressure
- 延緩老化 Slow down aging

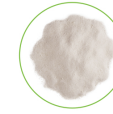
- Protein 蛋白質
- Iron 鐵
- Antioxidants 抗氧化物
- Fiber 膳食纖維



## Coconut water powder 椰青水粉

- 抑制食慾 Control appetite
- 排毒養顏 Detox body and maintain better skin
- 舒緩肌肉緊張 Relieve muscle tension
- 促進消化 Promote digestion
- 補充電解質 Maintain healthy electrolyte balance

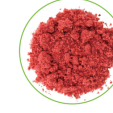
- Vitamin C 維他命C
- Fiber 膳食纖維
- Antioxidants 抗氧化物
- Magnesium 鎂



## Cranberry powder 蔓越莓粉

- 預防泌尿道感染 Prevent urinary tract infection
- 控制血糖 Maintain blood sugar level
- 增強免疫力 Boost immunity
- 抗氧化 Antioxidation

- Vitamin C 維他命C
- Antioxidants 抗氧化物
- Vitamin E 維他命E
- Vitamin K 維他命K



## Golden flax seeds 黃金亞麻籽

- 降低膽固醇 Reduce cholesterol
- 控制血糖 Maintain blood sugar level
- 促進消化 Promote digestion
- 減肥瘦身 Weight loss
- 滋潤頭髮 Make your hair glow
- 對抗發炎 Reduce inflammation

- Omega-3 fats  $\omega-3$  脂肪酸
- Lignans 木酚素
- Fiber 膳食纖維
- Protein 蛋白質



## Incan golden berries 有機黃金漿果

- 抗氧化 Antioxidation
- 殺菌消炎 Reduce inflammation
- 開胃健食 Increase appetite
- 養肝名目 Improve liver health and eyesight

- Antioxidants 抗氧化物
- Vitamin C 維他命C
- Vitamin K 維他命K
- Carotenoids 類胡蘿蔔素



## Lucuma powder 蛋黃果粉

- 促進消化 Promote digestion
- 控制血糖 Maintain blood sugar level
- 促進腸胃健康 Improve digestion
- 抗氧化 Antioxidation
- 有助細胞修復和生長 Facilitate cell growth and repair

- Flavonoids 黃酮類化合物
- Vitamin C 維他命C
- Potassium 鉀
- Calcium 鈣
- Antioxidants 抗氧化物



## Maca powder 瑪卡粉

- 增強肌肉耐力 Improve muscular endurance
- 改善睡眠 Improve sleep
- 改善生殖器官能力 Increase reproductive efficiency
- 延緩老化 Slow down aging
- 增強記憶 Improve memory
- 提升骨質密度 Increase bone density
- 刺激頭髮生長及防止脫髮 Make your hair glow and prevent hair loss

- Vitamin C 維他命C
- Copper 銅
- Iron 鐵
- Flavonoids 黃酮類化合物



## Matcha powder 抹茶粉

- 延緩老化 Slow down aging
- 排毒減肥 Help to detox and lose weight
- 預防癌症 Prevent cancer
- 減輕焦慮 Relieve stress and anxiety
- 增強免疫力 Boost immunity
- 降低膽固醇 Reduce cholesterol
- 提神醒腦 Reboot the brain and refresh focus

- Antioxidants 抗氧化物
- Caffeine 咖啡因
- L-theanine 茶胺酸



## Maqui berry powder 馬基莓粉

- 抗氧化 Antioxidation
- 改善視力 Improve vision
- 控制血糖 Maintain blood sugar level
- 改善睡眠 Improve sleep
- 控制體重 Maintain ideal body weight
- 消炎功效 Reduce inflammation

- Antioxidants 抗氧化物
- Anthocyanins 花青素



## Moringa leaf powder 辣木葉粉

- 抗氧化 Antioxidation
- 增強免疫力 Boost immunity
- 保護心臟 Protect the heart
- 預防心血管疾病 Prevent cardiovascular disease
- 排毒減肥 Help to detox and lose weight
- 治療潰瘍 Treat and prevent ulcers

- Antioxidants 抗氧化物
- Vitamin C 維生素C
- Vitamin A 維生素A
- Vitamin E 維生素E
- Protein 蛋白質

