



關節健康

紐崔萊™健絡精華



掃描QR Code觀看短片



誰需要它？

年齡較大的人士、運動員或想要保護關節
靈活性的人士。

為何選擇紐崔萊™？

提煉自天然、不受污染且礦物質豐富的海
蝦，選用穩定性極高的鹽酸葡萄糖胺，其
生物利用率遠比市面上一般用的硫酸葡萄
糖胺高近2倍，更易被人體吸收。

最強的關節保護

您的身體能夠自然分泌用於維持關節
軟骨健康的葡萄糖胺和軟骨素，但隨
著年齡增長，身體所分泌的葡萄糖胺
和軟骨素會減少，令關節退化速度加
快。已退化的關節不能還原，因此需
及早給予適當的護理。

8086 120粒

建議用量：每天2次，每次2粒。

每2粒紐崔萊™健絡精華可提供：
鹽酸葡萄糖胺 750毫克

知多點

以下各種原因都會使關節退化，導致骨頭直
接承受摩擦的壓力，引起關節發炎、痛楚。

- 保護關節的肌肉及筋腱疲弱
- 身體過重
- 職業創傷
- 不正確的姿勢



NUTRILITE™
紐 崔 萊™

運動中的關節

它們如何使您維持運動狀態

我們的身體主要依靠連接肌肉和骨骼的關節維持運動狀態。步行、跑步、跳躍，即使是在鍵盤上打字都需要能夠自由移動並為我們所有的移動部位提供支撐的健康關節。

關節由包括骨骼、軟骨、關節液、肌肉和肌腱在內的網絡構成，這些部位互相配合，為我們的正常身體功能提供所需的活動範圍。

在健康的關節中，骨骼末端包裹於光滑的軟骨之中，而滑液膜所分泌的滑液則為軟骨提供保護。滑液能夠保護軟骨、肌肉和結締組織。

關節護理小貼士

- 1 減少關節的負荷，維持健康體重，避免攜帶過重物件。
- 2 避免長期站立、步行太久或關節長時間保持同一姿勢。
- 3 注意工作與休息時間之平衡，留意及正視關節痛楚。
- 4 多做強化大腿肌肉和膝關節的運動，如太極。



營養物質有何幫助

葡萄糖胺

有助刺激關節軟骨組織之更生及修補，增加關節潤滑液形成及黏度，有助潤滑關節，減少骨頭間的摩擦。

乳香

能加強關節靈活度，舒緩痛楚，配合菠蘿酵素及針葉櫻桃濃縮素，有助修補關節，比單一成分更有效。

您知道嗎？

臨床研究顯示，每天攝取1,500毫克葡萄糖胺，能有效舒緩退化性關節炎的症狀。*





Joint Health

Nutriline™ Glucosamine



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THE MOST POWERFUL JOINT PROTECTION

Your body naturally produces glucosamine and chondroitin to help keep joint cartilage healthy, but it produces less as you age. Since the degeneration of joints is irreversible, it's important to address joint health as soon as possible.

8086 120 tablets

Suggested usage: Take 2 tablets 2 times a day.



NUTRILITE™
紐崔萊™

WHO NEEDS IT?

Older adults, athletes and those who want to support joint flexibility and mobility.

WHY NUTRILITE™?

Extracted from shrimp raised in unpolluted water, the bioavailability of highly stable Glucosamine Hydrochloride makes it twice as effective as other Glucosamine products in the market and more easily absorbed by the body.

Every two tablets of Nutriline™ Glucosamine provide:

Glucosamine Hydrochloride 750 mg

TALKING POINTS

Thinner cartilage increases the friction between bones which causes joint inflammation and pain. The reasons are as follows:

- Weakening of muscles that protect joints
- Over-weight
- Occupational injuries
- Inappropriate posture

JOINTS IN MOTION

How they keep you moving

To keep us moving, our bodies rely heavily on the joints that connect our muscles and bones. Walking, running, jumping, even typing on a keyboard requires healthy joints that move freely and provide support to all of our moving parts.

Our joints are made up of a network containing bones, cartilage, joint fluid, muscles, and tendons, which all work together to give us the range of motion our bodies need to function properly.

In healthy joints, the ends of bones are encased in smooth cartilage, which is protected by a lining that produces a synovial fluid. The fluid protects the cartilage, muscle, and connective tissues.

Tips for Joint Protection

- 1 Relieve the pressure of joints, maintain a healthy weight and avoid carrying heavy items.
- 2 Avoid prolonged standing, walking or maintaining the same posture.
- 3 Achieve a good work-life balance. Address joint pain timely.
- 4 Strengthen thigh muscles and knee joints by doing exercises, such as Tai Chi.



How Nutrients Help Glucosamine Hydrochloride

Stimulates the regeneration and repair of cartilage, providing the right blend of nutrients to boost joint health. Reducing friction between joints can relieve pain and prevent joint deterioration.

Bosweillia

Bosweillia, Bromelain and Acerola Cherry Extracts work together to enhance the flexibility of joints and relieve pain.

DID YOU KNOW?

Clinical results suggest that a daily serving of 1,500 mg Glucosamine Hydrochloride can palliate Osteoarthritis. *



* Source: The Lancet 2001;357:247-248,251-256