



腸道健康

紐崔萊™多種纖維素



維持腸道健康

研究指出成人每天需攝取25至30克的膳食纖維。新鮮蔬果含有非水溶性及水溶性膳食纖維，建議每天應最少進食5份蔬果；然而都市人工作繁忙且習慣多肉少菜，平均每天進食不到20克的膳食纖維，容易損害腸道健康。

4283 30片

建議用量：每天1至3片，嚼碎服用。每服食1片後喝一杯250毫升的飲料。

誰需要它？

每天無法進食5份或以上蔬果的人士。

為何選擇紐崔萊™？

紐崔萊™多種纖維素提煉自蘋果、甘蔗、小麥、燕麥等13種蔬果，提供3種纖維素，當中包括水溶、非水溶性纖維素及果寡糖(FOS)，有助促進腸道益菌生長。

每片紐崔萊™多種纖維素可提供：

膳食纖維 1.7克

知多點

水溶性纖維有助維持血糖及膽固醇水平，並減慢胃部消化食物的速度，增加飽肚感；**非水溶性纖維**能幫助維持消化系統健康，有助促進腸道蠕動。**果寡糖**可溶於水中，能幫助消化，令排便順暢，並有助益菌在腸道內繁殖，促進腸道健康。



Intestinal Health

Nutriline™ Nutri Fibre Blend Chewable Tablet



PROMOTE INTESTINAL HEALTH

Studies show that adults need 25 to 30 grams of dietary fiber per day. Fresh fruits and vegetables contain soluble and insoluble fiber. The recommended intake of fruits and vegetables per day is 5 servings, but most of us are used to a diet with more meat and less vegetables because of our busy lives, and thus consume less than 20 grams of dietary fiber per day, which may affect our intestinal health.

4283 30 tablets

Suggested usage: 1 to 3 tablets a day. Chewable. Drink at least a full glass (250ml) of liquid with each tablet.

WHO NEEDS IT?

Those who cannot consume 5 or more servings of fruits and vegetables per day.

WHY NUTRILITE™?

Nutriline™ Nutri Fibre Blend Chewable Tablet contains dietary fiber from 13 natural sources, such as apples, sugar cane, wheat and oat, and provide 3 types of fiber, including soluble, insoluble and fructooligosaccharide (FOS) that help encourage the growth of probiotic bacteria in the gut.

Every tablet of Nutrilite™ Nutri Fibre Blend Chewable Tablet can provide:

Dietary Fiber 1.7 g

TALKING POINTS

Soluble fiber can maintain blood glucose and cholesterol levels, and slow down digestion to help you feel full. **Insoluble fiber** can maintain digestive health, and promote bowel regularity. **FOS** is soluble and can improve digestion for normal bowel movements, and boost the growth of probiotic bacteria to support intestinal health.