



# 視力健康

## 紐崔萊™天然多種胡蘿蔔素



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### 保護健康的夜間視力

維他命A能夠改善視力，但明亮的光線會損耗眼部的這一基本營養物質。紐崔萊™天然多種胡蘿蔔素結合β-胡蘿蔔素、α-胡蘿蔔素、葉黃素和玉米黃素，能夠確保您獲取足夠的維他命A，有助您的眼睛適應光線變化。它們具抗氧化功效，有助保護微絲血管密集的器官，如肺部。

7304 90粒

建議用量：每天1次，每次1至3粒。

### 誰需要它？

想抗氧化和維持正常視力的人士。

### 為何選擇紐崔萊™？

β-胡蘿蔔素是提取自源於澳洲、經NutriCert™認證的水產養殖場的杜氏鹽藻。研究指，源自藻類的天然胡蘿蔔素所含的植物營養素種類較合成的β-胡蘿蔔素多。

每粒紐崔萊™天然多種胡蘿蔔素可提供：

β-胡蘿蔔素 .....	4.5毫克
α-胡蘿蔔素 .....	1.1毫克
葉黃素 .....	1.1毫克
玉米黃素 .....	45微克

### 知多點

維他命A對視力非常重要，但如果您攝入過量的維他命A，亦可能對身體造成負擔。β-胡蘿蔔素僅在身體需要時，方會轉化成維他命A，提供所需的分量。



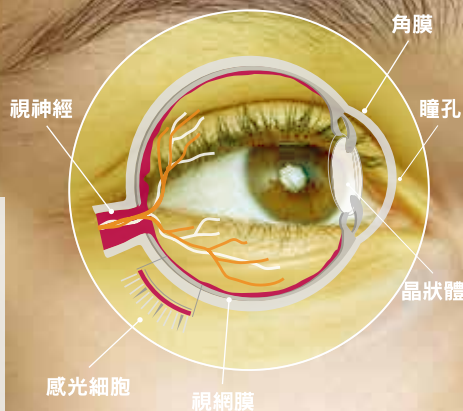
**NUTRILITE™**  
**紐崔萊™**

## 看到更多 健康視力和眼睛

人類的眼睛堪比照相機，可聚光、對焦和經鏡頭傳輸光線，形成環境的影像。

眼睛由以下結構組成：

- **角膜**傳送進入眼睛的光線。
- **瞳孔**確定進入眼睛的光線量。
- **虹膜**控制瞳孔的大小。
- **晶狀體**聚焦光線。
- **視網膜**轉換神經衝動並將其傳送至視神經。
- **視桿細胞**輔助夜視覺和外圍視覺。
- **視錐細胞**有助於提高分辨率和聚焦度。
- **視神經**將每隻眼睛的圖像傳送至大腦。



## 營養物質有何幫助

- 視網膜中的維他命A有助於將光線轉換成神經脈衝，觸發傳送至大腦的視覺信號。
- $\beta$ -胡蘿蔔素能夠防止眼部組織受到游離基的損傷。
- 集中在視網膜中央區域的葉黃素和玉米黃素限制吸收藍光所導致的視網膜氧化，並抵禦游離基引發的損傷。

## 您知道嗎？

- 葉黃素應於用餐時服用，因為脂肪可促進葉黃素的吸收。
- 人們常說「一眨眼的工夫」，因為眼部肌肉是人體上最快速的肌肉。



# Vision Health

## Nutriline™ Natural Multi-Carotene



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to watch video



### SUPPORT HEALTHY NIGHT VISION

Vitamin A promotes healthy vision, but bright light can deplete this essential nutrient from your eyes. Using a blend of beta carotene, alpha carotene, lutein, and zeaxanthine, Nutriline™ Natural Multi-Carotene ensures you get adequate vitamin A, which helps your eyes to adjust to changes in light. These anti-oxidative ingredients can help to protect organs with a high density of capillaries, such as lungs.

7304 90 softgels

Suggested usage: Take 1 to 3 softgels 1 time per day.

### WHO NEEDS IT?

Those who want to obtain antioxidants and support healthy, normal vision.

### WHY NUTRILITE™?

Our beta carotene comes from D. Salina Algae grown on a NutriCert™ Certified Aquafarm in Australia. Studies have shown natural carotene from algae has more phytonutrient diversity than synthetic beta carotene.

One softgel of Nutriline™ Natural Multi-Carotene provides:

Beta carotene .....	4.5 mg
Alpha carotene .....	1.1 mg
Lutein .....	1.1 mg
Zeaxanthine .....	45 mcg

### TALKING POINTS

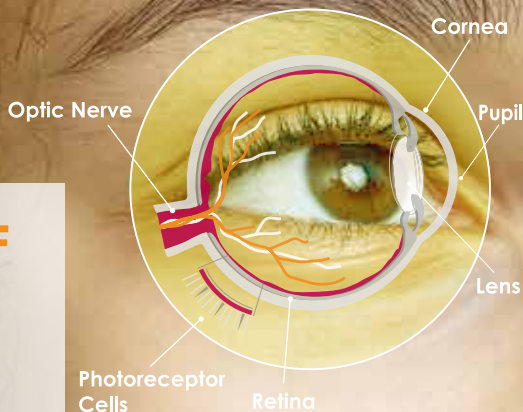
**Vitamin A** is very important to vision, but if you take too much, it can have adverse effects. That's what's great about beta carotene, which is converted to vitamin A by your body only when it needs.



**NUTRILITE™**  
**紐崔萊™**

# SEE ALL SIDES OF THE STORY

## Healthy Vision and the Eye



The human eye can be compared to a camera which gathers, focuses, and transmits light through a lens to create an image of the environment.

The eye is made up of the following structures:

- **CORNEAS** transmit incoming light.
- **PUPILS** determine the amount of incoming light.
- **IRISES** control the size of the pupil.
- **LENSES** focus light rays.
- **RETINAS** convert and send nerve impulses to the optic nerve.
- **RODS** aid night and peripheral vision.
- **CONES** help with detail and focus.
- **OPTIC NERVES** carry images from each eye to your brain.

### How Nutrients Help

- Vitamin A in the retina helps transform light into a nervous impulse to trigger the visual signal to the brain.
- Beta carotene prevents damage to eye tissue from free radicals.
- Lutein and zeaxanthin concentrated in the central region of the retina limit retinal oxidative damage by absorbing incoming blue light and fighting damage caused by free radicals.

### DID YOU KNOW?

- Lutein should be consumed with meals, because fat improves absorption of lutein.
- People say "in the blink of an eye" because it's the fastest muscle in the body.