



紐崔萊™葉黃素視力精華  
Nutrilite™ Vision Health



調查發現<sup>1</sup>，96%港人過去1個月內，因使用電子產品習慣引起各種眼睛不適，但不會處理。

A survey<sup>1</sup> found that 96% of Hong Kong people has various eye discomforts caused by the habit of using electronic products in the past month, but they would not deal with them.



## Technology has 科技改變生活 **changed our life**

由以前閱讀報紙，轉變為現在滑手機/平板電腦

From reading newspaper to using mobile phone / tablet

資訊吸收增多，用眼亦增加

More information we receive, more often we use our eyes

隨年齡增長，眼睛對焦力減弱、晶狀體老化等

With age, the focus of the eye weakens, the lens ages

不得不放大字體，調光屏幕

Pushing us to enlarge the fonts and brighten the screen

但刺眼的強光反令雙眼不適

But the dazzling bright light makes the eyes even more uncomfortable

# 港人每日用 1/4 時間上網<sup>2</sup>

Hong Kong people spend **1/4 of their time online<sup>2</sup>**

電子屏幕會不斷釋放藍光

Electronic screens constantly emit blue light

藍光屬**高能量光線**

Blue light is **high energy light** which

產生大量自由基，加速衰老病變

produces a lot of free radicals, accelerates aging and lesions

使用電子產品，會增加眼睛暴露於藍光下的機會

The use of electronic products increases the chance of exposure to blue light of our eyes

## 如何與藍光共存？ How to coexist with blue light?

抗藍光隱形眼鏡  
Anti-Blue Light  
Contact Lenses

抗藍光鏡片\*  
Anti-Blue Light  
Lenses\*

抗藍光屏幕貼/  
應用程式  
Anti-Blue Light  
Screen Sticker /  
APPS

葉黃素視力精華  
Vision Health



一般濾藍光%  
General  
blue light  
filtering %

約20%  
Around  
20%

約40-50%  
Around  
40-50%

屏幕貼約  
30-40% APPS  
可自行調整  
Screen sticker  
around 30-40%  
APPS can be  
self-adjusted

90%👍<sup>4</sup>

影響色彩對比，影像失真  
Affect color contrast and cause image distortion

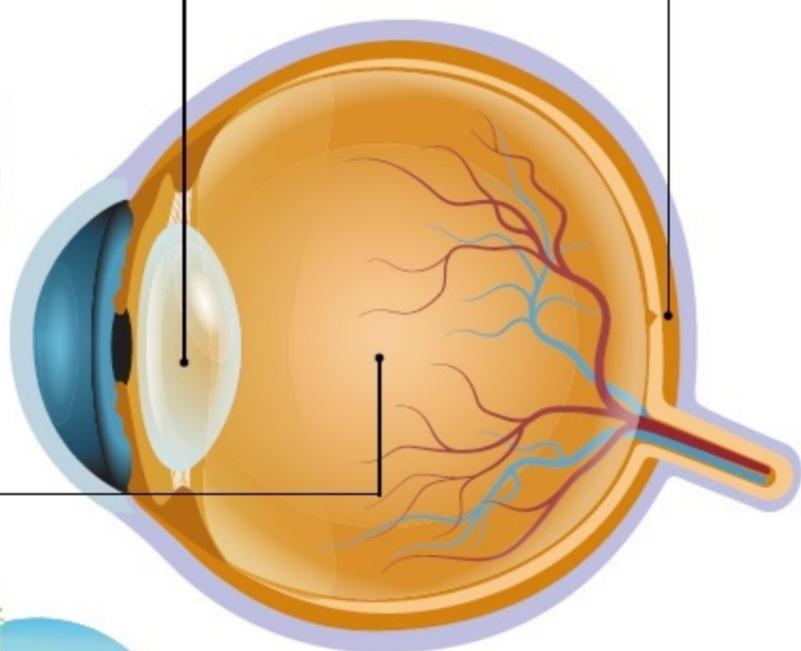
隨科技進步 護眼要進化 eye protection will advance too

# 4大護眼植物成分 更切合今天所需

major eye moisturizing plant based ingredients suit today's eye needs

## 晶狀體 Lens

- 番茄中的**茄紅素**，促進晶狀體健康  
**Lycopene** in tomatoes promotes lens health
- 改善視力對焦，視力更高清，舒緩眼睛疲勞  
Improves vision focus with higher definition, relieves eye fatigue
- 提升抗氧化力，延緩晶狀體老化  
Improves antioxidation, delays lens aging



## 視網膜 Retina

- 藻類中的**β胡蘿蔔素**，在身體需要時轉化成維他命A，毋須擔心過量攝取，促進視網膜健康  
The **beta-carotene** in algae will be converted into vitamin A when the body needs it so that you don't need to worry about excessive intake. It also promotes retinal health
- 感光細胞的關鍵營養素，提升日間、夜間視力  
Key nutrients for photoreceptor cells, improving daytime and nighttime vision
- 維他命A促進黏膜健康，調節淚液正常分泌，養潤眼睛、舒緩乾澀  
Vitamin A promotes the health of mucous membranes, regulates the normal secretion of tears, nourishes the eyes and relieves dryness



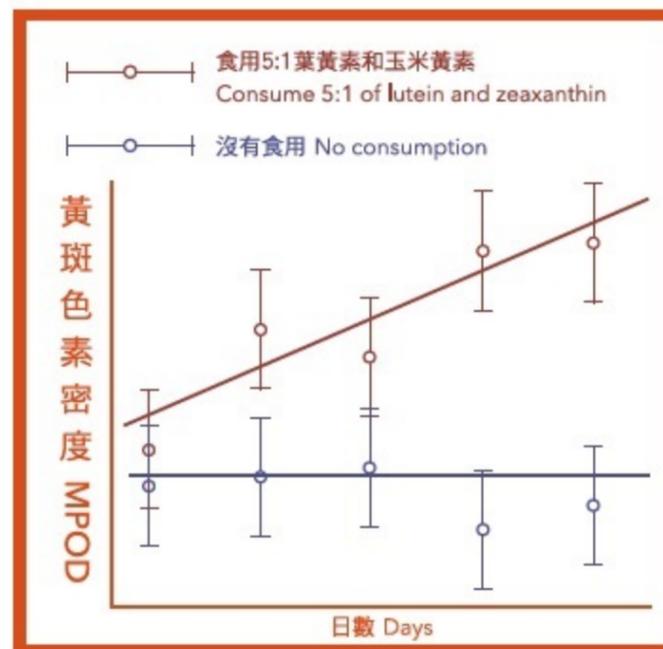
## 黃斑部 Macula

- 萬壽菊中的**葉黃素**和**玉米黃素**，促進黃斑部健康  
**Lutein** and **zeaxanthin** found in marigold can promote macular health
- 相等於20條紅蘿蔔<sup>3</sup>  
Equivalent to 20 carrots<sup>3</sup>
- 過濾90%的藍光<sup>4</sup>，保護視網膜健康  
Filters 90% of blue light<sup>4</sup>, protects retinal health
- 臨床科研指出，5:1葉黃素及玉米黃素的黃金比例，可增加黃斑色素密度(Macular Pigment Optical Density, MPOD)<sup>5</sup>  
Clinical research indicates that the golden ratio (5:1) of lutein and zeaxanthin increases Macular Pigment Optical Density (MPOD)<sup>5</sup>
- 黃斑部有充足的葉黃素及玉米黃素保護，過濾藍光，減低自由基傷害  
The macula has sufficient lutein and zeaxanthin protection to filter blue light and reduce free radical damage
- 提升視覺敏感度  
Improves visual sensitivity



配戴隱形眼鏡人士注意！眼藥水有別於自身淚液  
Attention contact lens wearers - eye drops are not the same as natural tears!

長期配戴隱形眼鏡容易導致雙眼乾澀疲勞，進一步令人依賴眼藥水。一般眼藥水含防腐劑，加上成分有別於自身天然淚液，因此不能取代淚液。Long-time use of contact lenses can easily lead to dry eyes, fatigue, which may result in a greater dependence on eye drops. Unfortunately, common eye drops contain preservatives, and the ingredients are different from natural tears - so don't view them as an alternative to tears.



\* 亦有阻隔99%的抗藍光鏡片，但不宜日常生活長期配戴，當不使用電子產品時要立即取下，否則過度阻隔藍光，會影響生理時鐘及健康。  
There are also anti-blue light lenses that block 99% of blue light, but they are not suitable for long-term wear in daily life. They should be taken off immediately when not using the electronic products. Otherwise, excessive blocking of blue light will affect the biological clock.

資料來源 Source:  
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Tung Wah Group of Hospitals, JCI Lion Rock: Survey on the Habits of Using Electronic Products and the Vision Health of Urban People.  
2 We are social & Hootsuite：數碼報告2022 Digital 2022.  
3 Lutein May Decrease Your Risk of Macular Degeneration Author George Torrey, Ph.D. All guide Food Ingredients Table 2020 Created from Jikkyo Shuppan. Calculated as 1 carrot (medium) = 200 g.  
4 Hammond et al. (1997).  
5 Hammond, et al. (2014).

# 點止護眼咁簡單

More than just eye care



由**保護眼睛**，對抗**藍光**

From protecting eyes against blue light



至**強化眼睛機能**，視力**更高清**

Boosting eye function for better vision



更切合**今天所需**

More suitable for today's needs



屈機道具

Play video game



扮工神器

Work



煲劇良伴

Watch TV drama



使用智能電話/電腦

Use smart phone / computer



KO眼睫

Reduce fatigue



佩戴隱形眼鏡

Wear contact lenses



提升日、夜間視力

Improve daytime and nighttime vision



內服的潤眼補品

Eatable eye moisturizing supplement



延緩眼睛退化

Delay eye degeneration



紐崔萊™葉黃素視力精華  
Nutrilite™ Vision Health

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