



大自然的 健康献礼

我们的身体每天暴露在重金属、防腐剂、空气悬浮微粒和化学毒素中，这些有害物质日积月累的堆积在人体细胞内，会侵害人体，对健康造成不利的影响。

抗氧化剂可以有效地对抗有害自由基，帮助延缓老化。也有助于加速新陈代谢，更快地清除有毒物质，使身体的各个机能得到改善。因此，日常饮用富含抗氧化剂的植物饮品，对我们的身体极有助益。每天饮茶，从完整和自然植物中获取抗氧化剂，尽情享受美好的健康生活。



the Bouquet of Health

Our body is exposed to heavy metals, preservatives, air pollution and toxic chemicals daily. The accumulation of these harmful substances in our body cells will have an adverse effect on our health.

Antioxidants, which counter harmful free radicals, help to prevent the effects of aging caused by these substances that enter the body. This may help to improve metabolism, which helps to flush out toxins and enables the body to function better. Hence, it is beneficial to regularly drink tea made from antioxidant-rich plant foods. Enjoy your daily cup of good health with these wholesome and natural sources of antioxidants.



如需要更多的资讯，请联络：
For enquiries, please contact:

本手册可能包含了多种草本植物的科学研究资料，丞燕产品的配方中或许含有一些本手册所提及的草本植物，但并不表示丞燕认同其产品具有以上文献所述之功效。或长期使用丞燕产品即可达到其中所述的某些特定功效。任何作此疗效声明的人与本公司无关。

This brochure may contain references to scientific research that has been performed with herbs, but E. Excel makes no claim that since its products contain herbs mentioned in these studies, the regular use of its products will achieve the specific results described in these studies. Any such claim made by any person is expressly disavowed and disclaimed by the Company.

The Bouquet OF HEALTH



▶▶▶ 大自然的 健康献礼



▶▶▶ **绿茶**可以减少低密度胆固醇，从而降低罹患心脏病的风险。在一项科学研究中，人们饮用绿茶后，患上心脏病风险的指数降低。绿茶茶叶富含多酚——一种具有抗氧化功能的植物营养素，可以预防各种疾病，如：癌症、糖尿病和肾脏方面的疾病。在低温中烘烤绿茶茶叶，以及用二氧化碳和水来处理绿茶茶叶，可以有效地去除绿茶中的咖啡因。饮用不含咖啡因的绿茶，不仅可以免去咖啡因的各种副作用，还能享受绿茶为身体带来的各种健康益处。



Green Tea Leaf

Green tea may lower the risk of heart disease by reducing low-density cholesterol. In a scientific study, people showed lower indicators of heart disease risk after drinking green tea. Leaves of the green tea bush contain polyphenols—phytochemicals with antioxidant properties that may prevent diseases such as cancer, diabetes and renal disease. Green tea leaves can be decaffeinated by slight roasting at low temperatures and treating them with carbon dioxide and water, so that their health benefits can be enjoyed without the adverse side effects of caffeine.

▶▶▶ **五叶参**的叶子自然芬芳，不含咖啡因和刺激物质。一项科学研究显示，五叶参可以减少气道敏感，从而对哮喘气道炎症有帮助。研究者也发现，五叶参萃取物具有显著的抗炎功效，可以对抗由液体组织引起的肿痛。五叶参的一个特性是含有绞股甙皂苷。这组植物营养素可以抑制癌症和心血管疾病，抵抗疲劳，强化免疫系统，并具有抗老化作用。



Sweet Tea Vine

The leaves of sweet tea vine naturally have no caffeine or stimulants. A scientific study has suggested that it may be beneficial for asthma airway inflammation by reducing airway hyperresponsiveness. Researchers have also found that sweet tea vine extract has significant anti-inflammatory activity against swelling due to buildup of fluid. A feature of sweet tea vine is its gypenoside content. This group of phytochemicals may inhibit cancer and cardiovascular disease, prevent fatigue, strengthen the immune system and has antioxidant activity.

▶▶▶ **桂花**的诱人芳香可以令人放松心情和提神醒脑，具有舒缓压力、安抚精神的神奇功效。这是因为桂花的香味降低食欲激素（一种可以影响灵敏度和食欲的缩氨酸）的水平。这种娇小的花朵含有丰富的营养。它富含多酚、类黄酮和木脂素类化合物，具有抗癌，抗氧化、抗菌和雌激素作用。研究也显示桂花可以帮助保护神经系统。



Osmanthus

The exquisite fragrance of the osmanthus flower is relaxing and uplifting, and does wonders for soothing away stress. This is because the aroma of osmanthus reduces the level of orexin, a peptide that affects alertness and appetite. This small flower certainly packs a powerful punch when it comes to nutrients. High in polyphenols, flavonoids and lignan compounds, osmanthus has anti-cancer, antioxidation, anti-bacterial and estrogenic effects. Studies also show that osmanthus may help protect the nervous system.

▶▶▶ **菊花**是清热消炎的最佳圣品。它具有抗菌和抗病毒的功效，被认为可以为身体清毒和净化血液。菊花也可以明目，对很多眼睛问题，比如眼睛疼痛和眼睛疲劳都有帮助。菊花含有丰富多样的植物营养素，具有强效的抗炎、抗氧化和抗癌等作用，所以它具有多种健康价值。在试管实验中，菊花也含有酸性多醣体，可以促进产生T和B细胞。



Chrysanthemum

Chrysanthemum is considered excellent for dispelling heat and counteracting inflammation. It has anti-bacterial and anti-viral properties and is believed to detoxify the body and purify blood. The flower, said to improve vision, is used for eye problems such as sore eyes and eye strain. Chrysanthemum's health benefits may be due to its high levels of phytochemicals with powerful anti-inflammatory, antioxidant and anti-cancer effects. It also contains acidic polysaccharides that increase production of T and B cells in vitro.

▶▶▶ **茉莉**可以舒缓压力，令您远离忧郁。它的淡雅清香具有平复心情和放松神经的作用。用少量揉碎的茉莉花按摩太阳穴可以减轻紧张悸动性头痛。研究显示，在学习和复习过程中嗅闻茉莉可以加强记忆。茉莉具有安神和杀菌的作用，所以在沐浴中加入茉莉可以松弛神经，在精油和乳液中加入茉莉可以滋润干燥和敏感的皮肤。茉莉也被用来治疗月经紊乱和消化不良。



Jasmine

Melt away your stress and blues with jasmine. Its exquisite fragrance has calming and relaxing effects. Rubbing a few crushed jasmine flowers into the temples may ease a tight throbbing headache. Studies have shown that memory can be enhanced by the scent of jasmine during learning and relearning sessions. Jasmine is added to baths to release tension, and to oils and creams for dry and sensitive skins because of its soothing, antiseptic properties. Jasmine flowers are also used in the treatment of menstrual disorders and weak digestion.

