



西洋参

自古以来，人参就有“百草之王”的美誉，一般用以治疗身体不适，例如舒缓压力与疲劳。

人参的治疗效果主要来自于一种名为人参皂苷的稀有植物营养素。人参皂苷虽然遍布于整株人参，却以人参的根部所含的分量最为丰富。西洋参比亚洲人参含有更多的Rb1。Rb1是一种抗氧化剂，可以预防溃疡，帮助人体处理压力，提高学习效率。Rb1也具有神经再生感应功能。

研究显示西洋参可以抑制癌细胞的扩散，刺激免疫系统运作，帮助预防上呼吸道感染，预防心血管疾病。



American Ginseng Root

Ginseng has long been revered as the “king of herbs” throughout the world. It is often used to alleviate ailments such as stress and fatigue.

The therapeutic effects of ginseng are attributed to rare phytochemicals named ginsenosides. Though present throughout the plant, levels of ginsenosides are highest in the root. American ginseng has more Rb1 than Asian ginseng. An antioxidant, Rb1 can prevent ulcers, help the body to cope with stress and increase rates of learning. Rb1 also has nerve-regeneration inducing activity.

Research results suggest that American ginseng root (*Panax quinquefolii radix*) may inhibit cancer cell proliferation, stimulate the immune system, help in preventing upper respiratory tract infections, and protect against cardiovascular disorders.



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大自然的珍贵馈赠



AMERICAN GINSENG ROOT



CACTUS



ROYAL JELLY



CORDYCEPS SINENSIS



冬虫夏草

1993年，中国长跑运动员屡次刷新世界纪录，使得冬虫夏草一举吸引全球普罗大众的注意。运动员们将她们的成绩部分归功于食用冬虫夏草，冬虫夏草是一种草本植物，自古以来被认为具有强身健体，消除疲劳和改善全身健康的功效。

冬虫夏草被认为是冬的虫，夏的草，含有丰富的活性成分。它包含虫草素、虫草酸、多醣体、腺甘、氨基酸和麦角固醇。这些有效成分的协同效果使冬虫夏草成为一种功效强大的珍贵真菌。

冬虫夏草对心脏、肺和肾脏都有助益，亦可大量增加人体中的高效抗氧化剂——酶的数量。而且还可以显著地抑制肿瘤生长和刺激免疫细胞（帮助免疫系统功能的细胞）活化，保护人体对抗癌症。



Cordyceps Sinensis

Cordyceps came under international spotlight when Chinese long-distance runners broke many world records in 1993. They attributed their wins to taking Cordyceps, an herb believed to increase physical endurance, decrease fatigue and improve general health.

Cordyceps sinensis, also known as *dong cong xia cao* (winter worm, summer grass) contains many active ingredients. These include cordycepin, cordycepic acids, polysaccharides, adenosine, amino acids and ergosterol. The synergistic effects of these components make Cordyceps sinensis a potent mushroom.

Cordyceps has positive effects on the heart, lungs and kidneys. It also greatly increases the amount of powerful antioxidant enzymes in the body. In addition, it can significantly inhibit tumor growth and elevate immunocytes' (cells contributing to immune system function) activity, protecting the body against cancer.



仙人掌

仙人掌含有数千种可以在人体中产生无数功能的植物营养素。除了均衡免疫系统，还可以帮助伤口愈合。科学家们使用含有仙人掌萃取物的外敷测试，发现仙人掌所含有的植物营养素可以抑制发炎，加速组织再生，刺激纤维原细胞（帮助伤口愈合的细胞）移去受伤区域，加速胶原的形成和新血管的成长。

仙人掌中的多醣体也可以透过调整巨噬细胞（多任务免疫细胞）功能来愈合伤口和均衡免疫系统。

仙人掌富含胶质和β-胡萝卜素等营养素，可提供纤维，强化抗氧化作用。仙人掌还含有8种主要的氨基酸——组氨酸、异亮氨酸、亮氨酸、赖氨酸、蛋氨酸、苯丙氨酸、苏氨酸和缬氨酸。很少植物能够如同仙人掌般地含有如此多种氨基酸。



Cactus

Cactus contains thousands of phytochemicals that perform myriad functions in the body. Besides regulating the immune system, they also help wound healing. Scientists tested a topical application that consisted of cactus extract and found that phytochemicals in cactus accelerated tissue regeneration by inhibiting inflammation, stimulating fibroblasts (cells that aid in wound healing) to move to the wound area, speeding up collagen formation and growth of new blood vessels.

The polysaccharides in cactus also contribute to wound healing and immune system regulation through modulating macrophage (multi-tasking immune cells) function.

Cactus contributes fiber and strengthens antioxidant activity as it contains nutrients such as pectin and beta-carotene. It also has the 8 essential amino acids—histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine and valine, which is rare for any plant.



蜂皇浆

蜂皇浆是由工蜂分泌的一种物质，喂食蜂皇浆的幼虫会发育成为蜂后。蜂后的寿命长达8年，是工蜂寿命的50倍。蜂皇浆蕴含主要的氨基酸，天然糖分、不饱和脂肪和维生素B群，是完全蛋白质的优良来源。

研究者发现天然的蜂蜜产品，例如：蜂皇浆和蜂蜜可以帮助治疗和预防癌症。蜂蜜产品可直接引起癌细胞中毒，或协助免疫系统抑制肿瘤的生长。

很多研究显示，蜂皇浆可以延年益寿，延缓老化。在饮食中增添蜂皇浆的运动员，不仅耐力增加，而且整体表现良好。蜂皇浆也富含具有抗炎与抗菌功效的物质。

Royal Jelly

Royal jelly is a substance produced by worker bees and fed to the larva from which the queen bee develops. Queen bees live up to eight years, which is 50 times longer than worker bees. A rich source of complete protein, royal jelly contains all essential amino acids, natural sugars, unsaturated fats, minerals and B-vitamins.

Researchers found that natural honeybee products such as royal jelly and honey may aid in cancer treatment and prevention. The bee products may have direct effects toxic to cancer cells, or help the immune system fight tumor development.

Many studies indicate that royal jelly can prolong life and prevent aging. Athletes have reported increased stamina and general wellbeing after adding royal jelly to their diets. Royal jelly exhibits anti-inflammatory and anti-bacterial properties.

