

Put the power of **Heart Health** in your hands.

将您的**心脏健康**掌握在自己手中。



Heart Health's Ingredients List

Ingredients 成份	Ingredient Benefits 成份益处	Food Source Examples 食物来源 (例子)	Herbalife Heart Health Product(s) Herbalife 心脏保健产品
Astaxanthin 虾红 (青) 素	<ul style="list-style-type: none"> -Provides antioxidant protection -Help Protects the heart and other organs from oxidant stress • 提供抗氧化保护 • 保护心脏和其它器官免受氧化压力伤害* 	Salmon, rainbow trout, shrimp, lobster 鲑鱼、虹鳟鱼、虾、龙虾	Core Complex Tri-Shield
Alpha Lipoic Acid 硫辛酸	<ul style="list-style-type: none"> • Assists in dilation or expansion of vessels* • Required for energy production, such as the energy required to support the heart* • 协助血管扩张或扩展* • 生产能量 (如支撑心脏所需的能量) 所需* 	Beef kidney, beef liver, beef heart, spinach, broccoli 牛肾、牛肝、牛心、菠菜、西兰花	Core Complex Niteworks®
Folic Acid 叶酸	<ul style="list-style-type: none"> • Protects the vascular system* • 保护脉管系统* 	Asparagus, broccoli, avacados, brussels sprouts, orange juice, spinach, fortified cereals 芦笋、西兰花、鳄梨、球芽甘蓝、橙汁、菠菜、强化谷类	Niteworks®
L-Arginine L-精氨酸	<ul style="list-style-type: none"> • Used by the body to make Nitric Oxide which may help blood vessels to widen or dilate and enhances blood flow* • Nitric oxide, produced L-Arginine, helps support cardiovascular health • 被人体用来制造一氧化氮, 能够帮助血管扩大或扩张并且促进血液流通* • L-精氨酸制造的一氧化氮帮助心脏维持健康* 	Whole-wheat, nuts, seeds, peanuts, brown rice, meat, poultry, dairy 全麦、果仁、种子、花生、糙米、肉类、家禽类、乳制品	Niteworks®
L-Citrulline L-瓜氨酸	<ul style="list-style-type: none"> • Supports the production of additional L-Arginine • 帮助制造额外的 L-精氨酸 	Melons, fish, meat, poultry, dairy 瓜类、鱼类、肉类、家禽类、乳酪制品	Niteworks®
L-Taurine L-牛磺酸	<ul style="list-style-type: none"> • Supports energy production* • Supports Nitric Oxide production • 支持能量生产* • 支持一氧化氮的制造 	Organ meats, fish, oysters 内脏肉、鱼类、蚝	Niteworks®
Neptune Krill Oil (NKO®) 海王星磷虾油 (NKO®)	<ul style="list-style-type: none"> • Provides 3 heart-healthy compounds: Omega-3 fatty acids, phospholipids and antioxidants for enhanced nutrients absorption and antioxidant effect* • 提供三种有益心脏健康的化合物: 奥美加三脂肪酸、磷脂和抗氧化剂, 可促进营养吸收和加强抗氧化保护 	—————	Core Complex Tri-Shield™
Omega-3 fatty acids 奥美加三脂肪酸	<ul style="list-style-type: none"> • Help maintain healthy cardiovascular system by maintaining healthy cholesterol. • 通过维持健康胆固醇来帮助保持心血管系统健康* 	Salmon and other fatty fish, flax seeds, walnuts 鲑鱼和其它高脂肪鱼、亚麻子、胡桃	Core Complex, Tri-Shield™, Herbalifeline
Quercetin 槲皮素	<ul style="list-style-type: none"> • Antioxidant that help protects cells from oxidant stress* • 一种保护细胞免受氧化压力伤害的抗氧化物质* 	Cabbage, cranberries, kale, pears, grapes, apples 包心菜、红莓、芥兰、梨子、葡萄、苹果	Core Complex
Plant Sterols 植物甾醇	<ul style="list-style-type: none"> • Shown to reduce LDL ("bad cholesterol") and total cholesterol by blocking cholesterol absorption* • 研究显示能够通过阻止体内吸收胆固醇来降低 LDL ("坏胆固醇") 和总胆固醇* 	Whole soybeans, whole grains, healthy vegetable oils (ex: soy) 全粒黄豆、全谷类、健康植物油 (例如黄豆)	Core Complex
Vitamin A (beta carotene, mixed carotenoids) 维生素 A (β 胡萝卜素、混合性类胡萝卜素)	<ul style="list-style-type: none"> • Antioxidant that helps protect the heart and other organs from oxidant stress* • 一种保护心脏和其它器官免受氧化压力伤害的抗氧化物质* 	Deep green or deep yellow vegetables, carrots, spinach, kale, cantaloupe, apricots 深绿色或深黄色蔬菜、红萝卜、菠菜、芥兰、哈密瓜、杏子	Core Complex
Vitamin C (ascorbic acid) 维生素 C	<ul style="list-style-type: none"> • Antioxidant that helps protect the heart and other organs from oxidant stress* • 一种保护心脏和其它器官免受氧化压力伤害的抗氧化物质* 	Papaya, red bell peppers, broccoli, brussel sprouts, strawberries, oranges 木瓜、红椒、西兰花、球芽甘蓝、草莓、橘子	Core Complex, Niteworks®

<p>Vitamin E (D-alpha tocopherol, mixed tocopherols) 维生素E (D-α 生育酚、混合生育酚)</p>	<ul style="list-style-type: none"> • Antioxidant that protects the heart and other organs from oxidant stress* • Helps preserve Nitric Oxide in the body • Supports circulation and strengthens blood vessels* • 一种保护心脏和其它器官免受氧化压力伤害的抗氧化物质* • 帮助保存体内的一氧化氮 • 支持循环和强化血管* 	<p>Wheat germ oil, almonds, sunflower oil, safflower oil, hazlenuts 麦胚油、杏仁、葵花油、红花油、榛果</p>	<p>Core Complex, Niteworks®, Tri-Shield™、Herbalifeline®</p>
<p>Vitamin B-6 维生素B6</p>	<ul style="list-style-type: none"> • Promotes healthy homocysteine • 促进同半胱氨酸达到健康水平* 	<p>Fortified cereals, beans, meat, poultry, fish, bananas, garbanzo beans 强化谷类、豆子、肉类、家禽类、鱼类、香蕉、鹰嘴豆</p>	<p>Core Complex</p>
<p>Vitamin B-12 维生素B12</p>	<ul style="list-style-type: none"> • Promotes healthy homocysteine levels. • 促进同半胱氨酸达到健康水平* 	<p>Fish, meat, poultry, eggs, milk, and milk products 鱼类、肉类、家禽类、蛋、奶、以及牛乳制品</p>	<p>Core Complex</p>

This product is not intended to diagnose, treat, cure or prevent any disease. 此产品并非用来诊断、治疗、治愈或防止任何疾病。

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