

Nutrition Information 營養資料

Servings Per Package / 每包裝所含食用分量數目: 60 capsules / 粒
Serving size / 食用分量: 700 mg per capsule / 每粒 700 毫克

Per Serving / 每食用分量

Energy 能量	24 Kcal 千卡	Fluorine 氟	1.06 mg 毫克
Protein 蛋白質	2.5 mg 毫克	Iron 鐵	0.62 mg 毫克
Total Fat 總脂肪	6.25 mg 毫克	Potassium 鉀	0.27 mg 毫克
Saturated Fat 飽和脂肪	0 mg 毫克	Phosphorous 磷	97 µg 微克
Trans Fat 反式脂肪	0 mg 毫克	Manganese 錳	29.7 µg 微克
Carbohydrates 碳水化合物	51 mg 毫克	Iodine 碘	16.1 µg 微克
Sugar 糖	0 mg 毫克	Boron 硼	6.41 µg 微克
Sodium 鈉	4.51 mg 毫克	Chromium 鉻	0.32 µg 微克
Calcium 鈣	253.4 mg 毫克	Copper 銅	0.25 µg 微克
Magnesium 鎂	18.84 mg 毫克	Zinc 鋅	0.24 µg 微克
Sulfur 硫磺	5.88 mg 毫克	Selenium 硒	0.02 µg 微克

Trace Element : 微量元素
Carbon 碳, Aluminum 鋁, Titanium 鈦, Gadolinium 釷,
Chloride 氯化物, Lanthanum 鐳, Lithium 鋰, Germanium 鍺,
Holmium 釹, Gallium 鎵, Indium 銦, Bismuth 鉍, Iridium 銱,
Hafnium 鈦



Life elements Mineral Balance® from the northwestern coast in Iceland.

Life elements 健絡元素®之來源地:冰島西北海岸。

Ingredients :

100% Iceland Organic Red Seaweed

Country of Origin : Iceland

Package :

60 capsules, around 700mg per capsule

Suggested daily use :

Under 1 year old :

1-2 capsules per day
(Open the capsules and mix with baby food)

12 years old and below :

2-4 capsules per day

Over 12 years old and adult :

4-6 capsules per day

Pregnant & breast-feeding mother :

6-8 capsules per day

Adjustable based on personal nutritional needs, **suitable for vegetarians**. Intake with 350ml water after meal. Maximize benefits with regular exercise and rest.

Storage :

Avoid heat, humidity and direct sunlight, store in a cool and dry place.

成份:

100%冰島有機紅海藻

原產地: 冰島

包裝:

每盒60粒, 每粒約700毫克

日常保健:

0-1歲嬰兒: 每天1-2粒

(打開膠囊後可加入嬰兒食品一起食用)

12歲或以下兒童: 每天2-4粒

12歲以上及成人: 每天4-6粒

懷孕及哺乳女士: 每天6-8粒

可依個人的營養需求增減份量

適合素食者食用

建議飽肚服用, 同時飲用350毫升清水, 有助吸收, 配合適量運動及休息更佳

保存方法:

避免高溫、潮濕及陽光直接照射, 請存放於陰涼乾爽的地方

冰島有機紅海藻 權威認證 信心保證



愛爾蘭 Organic Trust Limited 認證為有機食品



美國食品及藥物管理局(FDA)確認為安全食品(GRAS)



香港有機農業生態研究協會指定健康食品



KOSHER CERTIFICATE



Vottunarstofa TÚN ehf Certified Product

PHOELIA®
SINCE 1988
Your Health - We Care

總代理 / Sole Agent:
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生命元素
Life Elements

健絡元素®
Mineral Balance

純天然·零污染

源自珍貴海洋元素。強健骨骼

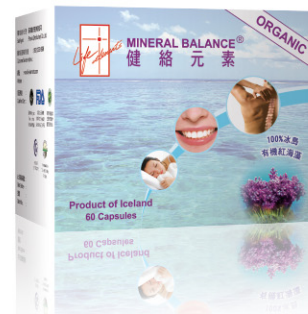
強化
骨質密度

重拾
健康活力

補充
礦物質及
微量元素

全天然有機成份
容易被人體吸收

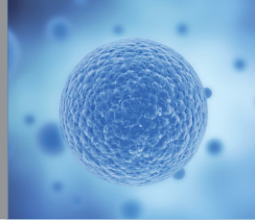
做好預防 避免骨質疏鬆症



● 原產地:冰島西北海岸



都市生活 • 健康失衡易缺鈣
Potential Health Problems brought
by Modern City Life



及早補充礦物質及微量元素 • 重拾健康活力
Sufficient Intake of Natural Minerals and
Trace Elements help maintain
Your Health and Strength



100% 天然有機源自冰島海洋精華
100% Natural and Organic Ingredients
originated in Iceland

盡早做好預防措施

遠比患上骨質疏鬆症後再治療更為有效

現代都市生活繁忙緊張，環境污染問題日益嚴重，加上食物質素下降，飲食不均衡等多種因素，容易引發種種健康與精神問題如失眠、疲倦、脫髮、精神緊張、膚色暗啞等，令不少人的健康狀況亮起紅燈。

此外，骨骼健康亦是都市人值得關心的一大問題。上班族經常久坐及缺乏運動，加上飲食不均衡及生活繁忙，容易有骨質疏鬆症的潛在風險。不少年輕人認為骨質問題與自己無關而疏於注意，很容易為日後出現骨骼問題埋下隱患。其實不論男女，大約從三十五歲起，所吸收的鈣質量便會開始逐漸下降；女性到達更年期的身體更會以其最快速度流失鈣質。要預防骨質疏鬆症，應自年輕時便注意建立有豐富鈣含量的飲食習慣，以增加骨骼強度。



It is more effective to start the prevention now than to seek treatment after getting osteoporosis.

An increasing number of people are suffering from health problems such as insomnia, tiredness, alopecia, stress, tension and dull complexion. These problems might be related to a series of factors including a stressful lifestyle, environmental pollution, processed food and an unbalanced diet.

Bone health is a major issue that people are often concerned with. Nowadays city dwellers often lack exercise and have an unbalanced diet and an urban lifestyle. These might cause a number of health issues for city dwellers, such as early-age osteoporosis.

The absorption of Calcium begins to decline after the age of 35. The Calcium loss is at its maximal when a female is at her menopausal stage. In order to prevent osteoporosis, it is essential to ensure a balanced diet which is rich in Calcium in early age so as to enhance bone health.

Life elements 健絡元素® 是一種天然保健食品，能為人體補充多種必要的礦物質及微量元素，以平衡身體各種機能之間的運作，回復身體應有的免疫力，排毒及改善情緒，過度活躍者適用，重拾青春活力。

據科學研究及實證顯示，攝取充足的鎂有助確保血液中有正常的鈣含量，而鎂缺乏是導致更年期後骨質疏鬆症的一個潛在成因¹。

因血液流失以致缺乏鐵可能導致貧血，因此所有處於育齡的女性都應注意有充足的鐵攝取及吸收²。硒亦有助預防癌症及減低患上心血管疾病風險³。鋅則是對維持健康皮膚、毛髮及正常免疫系統的重要元素⁴。

Life elements 健絡元素® 含有天然鈣質，容易被人體吸收，以補充人體鈣質流失。此外，**Life elements 健絡元素®** 亦能提供包括鐵、硒及鋅等多種人體需要的微量元素及礦物質。

Life elements Mineral Balance® provides our bodies with an appropriate amount of minerals and trace elements from natural sources that are essential for the proper functioning of the body. These natural minerals and trace elements help enhance the immune system, restore youthful looks and vitality.

According to scientific facts and studies, sufficient intake of Magnesium helps ensure a normal level of Calcium in blood. Magnesium deficiency can be a possible factor for postmenopausal osteoporosis¹.

Deficiency in Iron resulted from blood loss can result in anemia, therefore women who are at childbearing age should especially be aware of sufficient Iron intake². Trace elements such as Selenium are shown to help prevent cancers and reduce the risk of cardiovascular disease³. Zinc is essential for healthy skin and hair as well as normal immune function⁴.

Life elements Mineral Balance® contains natural Calcium that is easily absorbed to replenish Calcium loss. It also contains Iron, an essential element which ensures immunity and work performance. Besides these important elements, this product also provides Selenium, Zinc and many other essential trace elements and minerals.

獨家許可收集的紅海藻

全天然有機成份，容易被人體吸收



採用冰島西北海岸獨家許可收集的紅海藻 **Lithothamnium Calcareum** 製造，當中蘊含多種身體必須之天然礦物質及微量元素。**Life elements 健絡元素®** 為全天然有機成份，容易被人體吸收。產品之成份獲美國食品及藥物管理局 (FDA) 確認為安全食品 (GRAS)，並被香港有機農業生態研究協會指定為健康食品，安全可靠。

Life elements 健絡元素® 適合男女老幼、任何年齡人士及素食者食用。

Life elements Mineral Balance® is prepared from red seaweed (Lithothamnium Calcareum) of excellent quality collected in the northwestern coast in Iceland. It is a precious source of natural minerals and trace elements which are essential for our bodies.

Life elements Mineral Balance® is natural and organic and can be easily absorbed. The ingredient is listed as Generally Recognized As Safe (GRAS) by USFDA and listed as Healthy Food by Hong Kong Organic Agriculture & Ecological Research Association.

Life elements Mineral Balance® is a safe product and is suitable for users of all ages as well as vegetarians.

1 Dietary Supplement Fact Sheet: Magnesium (Office of Dietary Supplements, National Institutes of Health, United States) (美國國立衛生研究院)

2 Dietary Supplement Fact Sheet: Iron (Office of Dietary Supplements, National Institutes of Health, United States) (美國國立衛生研究院)

3 Dietary Supplement Fact Sheet: Selenium (Office of Dietary Supplements, National Institutes of Health, United States) (美國國立衛生研究院)

4 Dietary Supplement Fact Sheet: Zinc (Office of Dietary Supplements, National Institutes of Health, United States) (美國國立衛生研究院)