

# GO Natural

天然食品採購指南 FOOD  GUIDE

天然  
NATURAL

有機  
ORGANIC

可持續  
SUSTAINABLE



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Fall / Winter 2022

Cover photo:  
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**出版社 Publisher**  
天然生活市場推廣及公關有限公司  
Go Natural Marketing & PR Co Ltd

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## 繼續努力 Never stop! Go for it!

過去三年，一點也不好過。

受制於亞洲各地的入境限制，我們仍未能一如以往飛出香港參加亞洲各大展覽會進行宣傳及派發刊物。幸好我們自2017創刊以來已累積是一個非常龐大的買家資料庫——一個超過34,000買家的資料庫，讓我們可以透過電郵把網上揭頁版《GO Natural天然食品採購指南》送給已訂閱的全球買家。此外，我們仍保持在香港參與不同的食品展，跟香港買家保持聯繫。

其實，縱使大圍市況未明，亞洲各地區經歷新冠疫情下，消費者比以往更加重視健康，對食物來源、安全、成份及營養價值有更高要求，所以天然、有機及可持續健康食品的需求反而有增無減。

在香港，有機產品銷量於過去10年間持續增長，每年升幅至少一成<sup>1</sup>。在新加坡，80%新加坡人願意為創造低碳新加坡而承擔額外的成本<sup>2</sup>，51%受訪者願意多支付25%的費用購買有機食品<sup>3</sup>。在中國大陸，由2019至2021三年其間，於京東超市售賣的有機認證產品數量增長110%，銷售額增長了78%<sup>4</sup>。

我相信無論現在或後疫症時代，由於人口老化，新世代更著重食品質素及品牌於環保和動物福利等理念的實踐，長遠而言，亞洲天然、有機及可持續食品市場的發展趨勢將繼續向好。

無論你現在處身的環境怎樣，希望大家可堅持下去，藉此機會檢討公司業務，靈活變通，迎接未來的機會。

邁向2023年，我非常期待將我們已籌備多時的全新活動可以順利推出，更希望在活動中再次跟大家見面。

無論順境逆境，機會只會留給準備充足的人。

下期再見！

The past three years have been very challenging.

Due to immigration restrictions in Asia, we cannot fly outside Hong Kong to participate in any expos held in Asia, launch any campaigns nor distribute our publications in-person there. Fortunately, we have built up a huge database of over 34,000 buyers since the launch of our magazine in 2017. So, we can send out our online flipbook version of *Go Natural Food Guide* via email. To maintain contact with buyers, we still sign up for participation in most local food trade shows taking place in Hong Kong.

Even though uncertainty prevails in the macro-environment, consumers have been paying more attention to health than ever since the outbreak of the pandemic, and have no compromise with the origin and safety of food, and their ingredients and nutritional value. Therefore, natural, organic and sustainable health food are in higher and higher demand.

In Hong Kong, the sales of organic products have been up at least 10% per year over the last decade<sup>1</sup>. In Singapore, 80% of respondents are even willing to bear additional costs in their food choices for a low-carbon Lion City<sup>2</sup>. In another survey, 51% of respondents stated that they would pay up to 25% more than conventionally-grown food products<sup>3</sup>. In mainland China, between 2019 and 2021, the volume of certified organic products on JD Super increased by 110% and sales grew by 78% year-on-year<sup>4</sup>.

I bet on it! All chips are in this sector! Now and beyond the pandemic, in the face of aging population worldwide, new generations value more on food quality, and corporate practice in environmental protection and animal welfare. In the long run, this phenomenon will continue to spur the growth of Asia's natural, organic and sustainable food market.

It does not matter whatever situations you are undergoing, you can get through. Take this time to review your business, and flexibly adapt to catch future opportunities. A few months into 2023, it is highly anticipated that we can successfully kick off our brand-new events which have been put on hold for a long time due to the COVID, and we are looking forward to seeing you again there.

Whether a headwind or tailwind blows along your way, opportunities are attracted to the ones with full readiness.

Until next issue,

**Yvonne** 

Sources:  
1 Hong Kong Organic Resource Centre  
2 Enterprise Singapore  
3 Rakuten Insight  
4 JD.com





## 如何利用《GO Natural 天然食品採購指南》 尋找天然、有機、可持續食品食材供應商

### HOW WE HELP YOU CONNECT WITH NATURAL, ORGANIC AND SUSTAINABLE FOOD AND BEVERAGE SUPPLIERS

1

#### 印刷及網上揭頁版採購指南

從廣告找到合適產品，直接聯絡供應商。

#### Printed and online flipbook Guide

Spot the right products? Contact the  
suppliers direct.



2

#### 網站

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#### Website

You can find more exciting new products and services anytime at your fingertips.

3

#### 產品搜查專員

只需將你想要的產品關鍵字及其他資料，電郵至 [info@GoNaturalMarketing.com](mailto:info@GoNaturalMarketing.com)！我們的「產品搜查專員」會從我們涵蓋34,000+ 個本地及海外供應商的資料庫中，尋找符合你要求的供應商，收齊供應商資料及報價後，再一次過回覆你。費用全免！

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4

#### 買家試食活動

我們定期舉辦不同型式的試食活動，讓你親身品嚐各種食品，了解食品來源、製造過程和烹廚方法。

#### Buyer food sampling events

Our food tasting events are where you will have a chance to savour the unique taste of different natural, organic and sustainable foods and beverages from around the world and meet the food producers to learn first-hand about where and how the foods come from.

#### 免費索取

你可於亞洲10個規模最大的食品展覽會上到我們的展位免費索取《GO Natural 天然食品採購指南》。請留意我們 2023 的行蹤！

#### Pick Up Your Free Copy

You can pick up your free GO Natural Food Guide at our booth in 10+ leading food trade shows in Asia. Stay tuned for updates!

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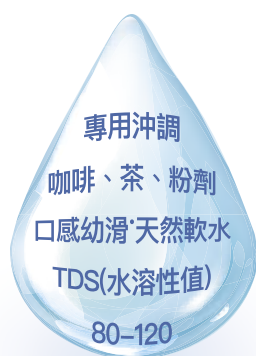
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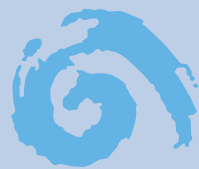
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**黑芝麻餡**



**Purple Sweet Potato Paste**  
**紫番薯餡**



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**Taro Paste**  
**香芋餡**



**Red Bean Paste (w/ Bits)**  
**紅豆餡 (帶顆粒)**



**Chestnut Paste**  
**栗子餡**

**林師傅**  
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Case: 15 x 100ml

**4 Organic Super Shot**  
Ginger, Lemon & Grape  
Case: 15 x 100ml



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Case: 12 x 500ml

**2 Flow Organic**  
Cucumber & Mint  
alkaline spring water  
Case: 12 x 500ml

**3 Flow Organic**  
Strawberry & Rose  
alkaline spring water  
Case: 12 x 500ml

**4 Flow Organic**  
Grapefruit & Elderflower  
alkaline spring water  
Case: 12 x 500ml

**5 Flow Organic**  
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Case: 12 x 500ml

**6 Flow**  
alkaline spring water  
Case: 12 x 500ml

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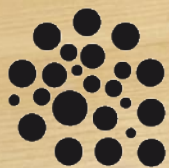
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# 如何挑選優質黑芝麻粉？

## HOW TO SELECT THE BEST BLACK SESAME POWDER?



**Jimmy Lam**  
林師傅食品有限公司  
Master Lam Foods Ltd

黑芝麻益處多，可以生吃，但研磨成粉末後更易被人體吸收其營養，所以越來越多人喜歡把黑芝麻粉加進飯、麵、穀物早餐、乳酪、沙冰等食物中。市面上黑芝麻粉產品五花八門，消費者應如何挑選優質的黑芝麻粉？

今期我們邀請到「林師傅食品有限公司」總經理 Jimmy 為大家分享有關資訊。

Black sesame seeds are a rich and healthy food and can be eaten raw, but it is easier for the human body to absorb the nutrients after grinding them into powder. Therefore, more and more people put black sesame powder in just about everything, from rice, noodles and breakfast cereals, to yogurts, smoothies and ice-cream.

With so many options available, it's honestly hard to choose the best one. Fortunately, we spoke with Jimmy, the general manager of a natural foods manufacturer, to give some useful insights to help you determine which one could work best for your health.

「在黑芝麻粉的整個生產過程中，每一步都應該精心設計和實行，以保存珍貴的芝麻油。」

*"Throughout the entire production process of black sesame powder, each step should be carefully designed and implemented to preserve the sesame oil."*

## 價值盡在芝麻油

### Sesame Oil is the King

黑芝麻含有多種豐富礦物質、天然抗氧化物、膳食纖維及多元不飽和脂肪（一種可減低心臟病風險的好脂肪），但其味道、香氣和營養價值主要來自佔黑芝麻一半成分的黑芝麻油。因此，經過一連串製作過程後仍能保留最多芝麻油的黑芝麻粉，品質就最上乘。

Black sesame seeds contain a variety of rich minerals, antioxidants, dietary fiber and polyunsaturated fats (are a type of healthy fat that include omega-3 and omega-6 fatty acids, which are essential for brain function), but its taste, aroma and nutritional value mainly come from the black sesame oil, which accounts for half of black sesame seed. Therefore, the black sesame powder that retains the most nutrient-rich sesame oil after a series of production processes is of the highest quality.





## 去殼存菁

黑芝麻有外殼，為減省成本，市面上很多黑芝麻粉都由帶殼的黑芝麻製成，有些甚至只以芝麻殼磨碎製成。但芝麻殼含有草酸，並且帶有苦味。因此，含殼量越大，油的比例就越少，味道和營養就會大打折扣。

## 烘烤技術

用大鐵鍋加熱或以火直燒都是烘炒黑芝麻的傳統方法，過程中芝麻油被炒香及蒸發，所以現場會香氣四溢，可即食用當然最好，但如果要保存日後食用，要避免黑芝麻油的精華跑掉，就需要採用專門的設備和技術了。例如，使用配備有多個加熱區的專業級隧道爐，通過傳導、對流及低溫烘烤，便可保留大部分黑芝麻油。

## 研磨粉末

消費者常覺得黑芝麻粉越幼細越好，但需知道在銑削過程中，銑削的時間越長，就越破壞黑芝麻油。因此，要找到黑芝麻粉粗幼度和芝麻油的黃金比例，需要進行許多實驗和反覆測試才可成功。

## 無添加

當然，不含糖、麥芽糊精等其他添加物，而只含百分百純正黑芝麻粉的產品就是最好。



## Hull On or Off?

Black sesame seeds naturally come with an outer coat or hull. Many black sesame powders on the market are made from hull-on black sesame seeds. Some are even made purely from ground hulls. However, the hull itself contains oxalic acid which is believed to be the substance responsible for the bitter taste. Therefore, the more ground hull content in the powders, the less oil in proportion, and its flavor and nutrients will be greatly lost.



## Toasting

Like most nuts and seeds, sesame tastes better when toasted. The traditional way to roast black sesame seeds is to heat them over a large wok or pot, sometimes over direct fire, giving off a fragrant black sesame aroma which comes from the extraction and evaporation of the sesame oil.

To preserve the black sesame oil for future consumption, some special equipment and techniques like the professional grade tunnel with multiple heating zones can help. Through conduction, convection and low-temperature roasting, most of the oil content remains intact.

## Grinding

Consumers believe that the finer the black sesame powder, the better it is. However, you need to know that the longer the milling time, the more the black sesame oil will be damaged. Therefore, it takes a lot of experimentation and repeated testing to find the golden ratio of black sesame mesh size (powder particle size) and sesame oil to achieve the best soft coarseness and texture of the black sesame powder.

## Pure

The best one should only contain 100% black sesame powder, without any additives such as sugar or maltodextrin.



香港企業「林師傅食品有限公司」有超過40年食品製造經驗，自設全資廠房，多年來為財富500強食品企業生產和供應食材，並為香港多間知名食品製造商提供天然餡料和烘焙原材料，用於餐飲、麵包、蛋糕、西餅、飲品、中式禮餅、點心、甜品、乳製品、急凍食品和預先包裝食品等。

With more than 40 years of experience in food manufacturing and a clientele ranging from fortune 500 food & beverage companies, local leading food brand owners to foodservice companies, the Hong Kong-based Master Lam Foods Ltd operates its own wholly-owned factory and supplies natural baking ingredients used in catering, breads, cakes, beverages, Chinese gift cakes, dim sums, desserts, dairy products, frozen foods and pre-packaged foods. ☀️



# 最好的瑪卡在秘魯

## PERU HAS THE FINEST MACA



居住在安第斯山脈的人們種植瑪卡已有2600年的歷史，並以瑪卡作為日常食品、天然補充劑和可改善生育、骨骼和記憶力等健康問題的傳統藥物。近年，瑪卡更成為備受男女性歡迎的超級食品。《GO Natural 天然食品採購指南》訪問了 UHTCO Corporation 的行政總裁 Jorge L. Urena 跟大家談談甚麼是瑪卡。UHTCO Corporation 是世界第一家也是唯一一家私人擁有瑪卡研究中心的秘魯瑪卡產品製造商。

「只有生長在秘魯安第斯高原，並以傳統的風乾萃取方法，才可把瑪卡的原始健康功效發揮到極致。」

*"This ancient drying method is only achievable with roots originally grown in the Junin Plateau due to the special conditions provided in this area... no other place in Peru or in the world, can replicate this incredible transformation."*

People in the Andes have cultivated maca for approximately 2,600 years. They use the maca as food, natural food supplement as well as a traditional medicine for everything from fertility problems to fragile bones and poor memory. In recent years, maca has gained newfound popularity as a superfood for men and women. GO Natural Food Guide spoke to Jorge L. Urena, President & CEO of UHTCO Corporation, a leading manufacturer of Maca products from Peru where they run the world's first and only, privately owned, Maca Research and Development Center, to explain about Maca.







**Jorge L. Urena**  
UHTCO Corporation  
Founder, President & CEO

**Q** 有問題想問問 Jorge?  
歡迎你跟他聯絡  
[requests@uhtco.eu](mailto:requests@uhtco.eu)

Do you have any questions for Jorge? Please drop him a line at [requests@uhtco.eu](mailto:requests@uhtco.eu).

秘魯瑪卡 (Peruvian Maca) 學名 *Lepidium Meyenii Walp*，又稱為秘魯人蔘，是原產於秘魯安第斯高原地區海拔 14,000 英尺的高原植物。該處陽光強烈、風大且溫度低於冰點，除特質強韌的瑪卡外，根本沒有其他農作物可以生存。

瑪卡有黃色、紫色和黑色三種顏色，營養成分和益處各有差異，但以深色的最好。瑪卡可以從新鮮或自然凍乾的根中萃取而成，其好處各不相同。

新鮮瑪卡根粉的味道和香氣通常與辣根或芥末相似，濃郁、美味，營養價值相較已加工的瑪卡少，有舒緩、治愈和修復的效用。

乾燥瑪卡根的味道和香氣有濃烈的堅果味，健康價值高，能平衡荷爾蒙、抗疲勞和改善整體健康等。

原因很簡單，利用傳統的風乾方法將新鮮瑪卡根透過天然冷凍及風乾，過程中會使瑪卡轉化成完全不同的東西。由於高海拔的嚴峻氣候，日夜溫差，令瑪卡根部產生新的複雜化合物，而這些化合物是新鮮瑪卡根沒有的。

因此，加工和萃取方法對瑪卡的質素非常重要。高溫下(包括擠壓和糊化方法)會破壞瑪卡的營養份，因此購買瑪卡時必須注意其製造方法及瑪卡含量。

Peruvian Maca (*Lepidium Meyenii Walp*) is native to the high plateaus of the Peruvian Andean highlander at altitudes of 14,000 ft – a mountain range of intense sunlight, winds and below freezing temperatures, where no other crops can survive.

Cultivated as a root vegetable for over thousands of years, Maca comes in three colors, yellow, purple and black, being the darker roots the best due to its nutritional profile and benefits. Maca can be processed from fresh or naturally freeze-dried roots, where benefits differ one to another.

**Fresh Maca Roots** powders are usually similar in taste and aroma to a Horse Radish or Wasabi, intense, flavourful, and nutritious, but with very little health related advantages - in ancestral medicine, fresh maca roots are used for *soothing, healing and repairing*.

**Dried Maca Roots** are nuttier in taste and aroma, strong but pleasant. Recent studies on dried maca roots showed a huge potential for other benefits though, including hormonal balance, energy, and overall well-being among many more.

The reason is simple - this traditional and ancient drying method turns the fresh maca root into a completely different product, after a natural freeze-drying process. High pressure due to the altitude where is done, natural sunlight during the day and freezing overnight temperatures transform the roots and generates new complex bio-chemical compounds that are not present on the fresh harvested roots.

Another important element is related to the process used to obtain the product - high heat processes, including extrusion or gelatinization methods, can destroy the properties of maca products, for that reason, look always for "raw" processes and highly concentrated products in your formulations.

## 改善生理機能 Maca in the Bedroom



需注意原材料來源，因為任何由新鮮瑪卡製成的產品都無法提供任何預期的效果。此外，不同顏色的瑪卡含有不同礦物質含量、蛋白質和氨基酸、複合碳水化合物和其他營養成分，所以效果亦不一樣。

黑瑪卡可增強能量、耐力和活力，並可提高性慾；紫色瑪卡有平衡、放鬆及舒緩作用。

When it comes to sexual health and libido, it is important to distinguish the source of raw material being used as any product made from *fresh maca roots* cannot deliver any of the desired benefits. Dried maca roots are best for sexual health.

The colours of the maca roots will determine the way it works on the system and highlight some of the benefits as well. Each colour has a different nutritional profile therefore the mineral content, protein and amino acids, complex carbohydrates and other nutrients differ one from another.

**Black maca roots** will deliver excellent benefits for energy, stamina, vigour, endurance, and performance, it is the best for sexual health and to increase libido or sex drive.

**Purple maca roots** will deliver excellent results for balance, relaxation and calmness, its action focuses on soothing, healing, and repairing. ☀️



# 給所有喜歡亞洲菜餚人士的植物性食物品牌

## PLANT-BASED FOODS FOR ANYONE WHO LOVES ASIAN DISHES

台灣植物肉品牌「VégéBon 時尚素」各款植物肉，以專利的植物性蛋白技術，採用非基因改造豌豆和大豆蛋白製成，低脂低油，無激素、無抗生素、無防腐劑，不含膽固醇。所有產品獲SGS驗測認證。

Formulated with non-genetically modified protein-rich base like soy isolate and pea protein, the Taiwanese plant-based food brand VégéBon uses the company's patented soybean processing technology to create a range of low-fat plant-based food products without any hormones, antibiotics, preservatives and cholesterol. All products are certified by SGS.



### VÉGÉBON U植漢堡排 (純素)

肉質豐富，味道濃郁

### VÉGÉBON U-Plant Bon Burger (Vegan) Plant-based Burger Patties

These patties have a meaty texture, rich and fully flavored that are an absolute pleasure to eat.

### 台灣是植物性食品生產的領導者

作為全球第三大素食市場，彈性素食者人數不斷增加，台灣的植物性市場價值達 220 億美元。素食產業在台灣已經發展相當成熟，因此近年吸引眾多傳統食品製造商及食品初創公司加速開發新食品。\* 台灣「VégéBon 時尚素」便是一個好例子。

### Taiwan is the leader in plant-based food production

As the world's third largest vegetarian market with an increasing flexitarian population, Taiwan bodes well for the ingredients that address low fat, high fiber, and plant-based protein. The plant-based market in Taiwan is valued at US\$22 billion, attracting numerous traditional food manufacturers to rev up new food product developments.\* Taiwan based VégéBon is a good example.

\* 資料來源 Source: USDA report: Taiwan: New Consumers Embrace Plant-based Trends in Taiwan





### VÉGÉBON U植雞塊

仿真肉纖維，絲絲雞肉口感。放進焗爐或氣炸鍋，10分鐘內變出幾可亂真的金黃香脆植物雞塊。

6種口味：原味（純素）、黑胡椒（純素）、咖喱（純素）、椒麻（純素）、麻辣（蛋素）及酷辣（蛋素）。

### VÉGÉBON U-Plant Bon Chicken Plant-based Chicken Nuggets

Not only do VégéBon Chicken Nuggets look the part, they're also nicely seasoned, smell great, and successfully brown in the oven and air fryer. They perfectly mimic the texture of the real deal that you could barely tell they weren't chicken.

6 flavors: Original (Vegan), Black Pepper (Vegan), Curry (Vegan), Sichuan Pepper (Vegan), Spicy (Ovo Vegetarian) and Crazy Spicy (Ovo Vegetarian).

### U 植料理包系列 即食亞洲經典菜譜

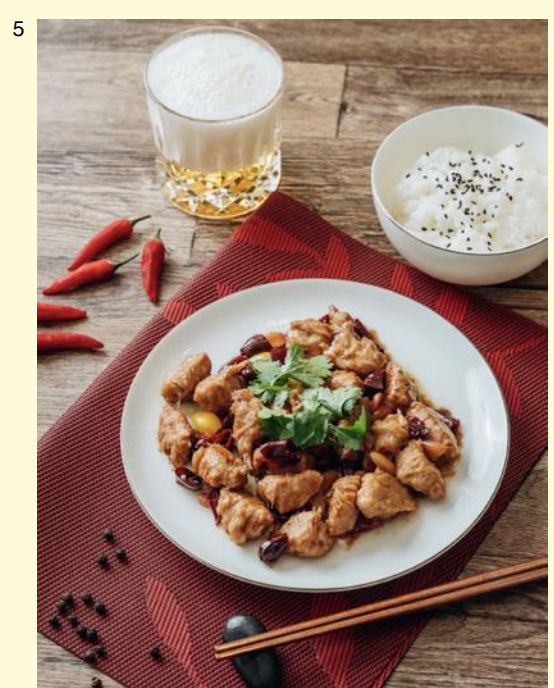
1. U植咕咾肉（蛋素）
2. U植泰式海鮮綠咖喱（純素）
3. U植麻婆豆腐醬（純素）
4. U植麻辣臭豆腐鍋（純素）
5. U植宮保雞丁（蛋素）

「VégéBon 時尚素」更有其他產品系列，詳情請參閱第48頁。

### VÉGÉBON Gourmet Series A ready to eat plant-based Asian classic dishes

1. U-Plant Sweet and Sour Pork (Ovo Vegetarian)
2. U-Plant Thai Seafood Green Curry (Vegan)
3. U-Plant Mapo Tofu Sauce (Vegan)
4. U-Plant Hot Stinky Tofu Pot (Vegan)
5. U-Plant Kung Pao Chicken (Ovo Vegetarian)

For more details on a full range of the products by VégéBon, please go to page 48. ☀️





# 疫情下企業對營養及健康從業員需求殷切

## Nutrition and Health Professionals in High Corporate Demand amid COVID

### 新冠疫情令健康產品及營養膳食需求大升

香港人在經歷疫情下，比以往更加重視健康飲食，營養膳食外送服務公司 Eatology 自2019年訂單增幅100%，天然健康食品品牌CATALO 年初獲創新科技署「再工業化資助計劃」批出790萬港元資助額，設置全新智能生產線，以推出逾百款新產品。因應市場需要，更多新產品將推出市場，令企業對營養及健康顧問有極大需求。

今次我們訪問了過去12年為超過200家國際知名企業和中小企提供專業營養顧問服務及健康教育推廣的資深營養學家伍雅芬 Arlene-Frances Wu 及香港有機產品連鎖店 Organic Plus 創辦人陳廷章 Michael Chan，分別為大家分析營養及健康從業員的行業前景及企業如何透過他們提升內部管理及顧客服務質素。

### Surge in Demand for Healthy Products and Nutritious Meals on Covid Pandemic

Amid the pandemic, Hongkongers have been eyeing more on healthy diets than ever. Since 2019, the nutritious meal delivery service company Eatology has seen big jump in orders by 100%. Among other natural health food brands, CATALO was granted a subsidy of HK\$7.9 million from the Innovation and Technology Commission's "Reindustrialisation Funding Scheme" early this year for setting up a new smart production line to launch over 100 brand-new products. In response to the market's needs, more new products will be rolled out soon, which in turn creates a huge corporate demand for nutrition and health professionals.

This time, GO Natural Food Guide has dived into this topic with Arlene-Frances Wu and Michael Chan in an interview. As an experienced nutritionist, Arlene has offered professional nutrition consulting services and run health education campaigns for over 200 internationally renowned companies and SMEs in the past 12 years. In our chat, Arlene gives us an analysis on the business prospects of nutrition and health professionals, while Michael, the founder of Organic Plus, a local retail chain selling organic products, tells us how enterprises can attain higher quality of internal management and customer service through nutrition and health consultancy.







## 為企業全方位增值

Arlene認為，無論現在或疫後，人口老化，世界潮流只會越來越著重健康飲食。如果目標是面向一般人的營養飲食工作，例如相關的教育、食品公司研發或顧問，以及於私營營養公司執業等，成為營養學家 (nutritionist) 就已足夠。

作為資深的營養學家，Arlene見證近10年的行業發展，認為營養及健康從業員可為不同的企業提供多元化的專業顧問服務，由新產品研發或改善現有產品配方，直至產品推出市場，都可為企業不斷增值。

隨著健康產業將繼續蓬勃發展，Arlene相信營養及健康從業員的重要性於不同企業會不斷提升。而營養學家亦可為以下不同企業提供多方面的專業服務。

### 食品製造商、品牌持有者、分銷商/進口商和零售商

- 食品前期開發和配方諮詢
- 營養成分、食品標籤和健康聲明諮詢
- 食品或飲料分類
- 為銷售及推廣小冊子、文章、網站撰寫實用資訊
- 為內部員工、前線員工和銷售團隊策劃及主持培訓計劃
- 營養分析和食譜撰寫
- 食品安全及生產監控

### 餐飲業及食肆

- 營養膳食及有營養式食譜設計
- 特殊飲食問題和食物過敏諮詢
- 例行審計和檢查以確保廚房工作人員和管理人員符合食品安全標準 (例如：HACCP and ISO 22000 Series)

### 其他企業、機構、學校、安老院舍

- 駐公司營養及體適能計劃諮詢和評估
- 設計員工健康增值計劃，提升工作效率
- 主持健康講座及推廣活動
- 設計學童、院友、員工營養膳食



## Adding Value on All Fronts

In the face of an aging population, Arlene foresees the worldwide trend on healthy diets during the pandemic will go on further and even grow more popular after the pandemic. If your business areas just cover general nutritional diet work, such as relevant education, R&D or consultation service within a food company or professional practice in any private company, becoming a nutritionist is enough to get the work done.

Being a nutritionist, Arlene has witnessed the growth of the industry for nearly a decade. She believes that nutrition and health professionals can provide diversified professional consulting services for a variety of companies; thereby, adding corporate value through new product development or improvement of existing formulations until the products are launched into the market.

As the health and wellness industry continues to flourish, Arlene believes that nutrition and health professionals will be playing a more important role in different businesses. Below is an overview of what nutritionists can provide for different businesses.

### Food manufacturers, brand owners, distributors/importers and retailers

- Reformulation or formulation advice
- Nutrition content, food label and health claims development

- Food or beverage classification
- Writing and reviewing copy for brochures, articles, websites, point-of-sale and resources
- Developing and presenting tailor-made nutrition training programs and seminars internally staff, frontline staff and marketing team
- Recipe development, including nutrition analysis and recipe make-overs
- Food safety monitoring for food production

### Foodservice companies

- Nutrition meal plan and healthy menu development
- Special dietary concerns and food allergies consultation
- Routine audits and inspections to ensure kitchen staff and managers are in compliance with food safety system (such as HACCP and ISO 22000 Series)

### Other enterprises, institutions, schools and nursing homes

- Private nutrition and fitness coaching at workplace
- Employee wellness programs
- Nutrition seminars, webinars and cooking classes
- Nutrition meal plan and healthy menu development to address the individual's special needs



「作為代理商，我們由外地引入的品牌有30多個，營養及健康顧問幫我們做好營養標籤及檢視相關法規，讓我們可以安心和合法地在香港進行批發及零售工作。而我們跟部分品牌合作已超過十年，為品牌全年帶來超過數百萬港元的營業額。」

*Organic Plus 創辦人 陳廷章*

**“As a distributor, we have imported products from 30 overseas brands. Our nutrition and health consultants help us to prepare nutrition labeling in compliance with regulations and seek legal advice if necessary, so for our peace of mind, we can legally do our wholesale and retail business in Hong Kong. Some of the brands we carry have been with us for over a decade. we bring them an annual turnover of millions of Hong Kong dollars.”**

*Michael Chan, Founder of Organic Plus*



## 經驗分享 CASE STUDY

### 香港有機產品連鎖店 Organic Plus 透過營養及健康顧問 不斷提升服務質素

於港澳開設8間分店的Organic Plus創辦人陳廷章 Michael 表示，過去曾經聘請的營養及健康顧問超過10個，主要涉及的工作包括：

#### 提供專業營養及健康資訊 加強顧客信心

我們代理及銷售超過500種產品，這對我們撰寫宣傳物料非常重要，正確專業的資訊令顧客更了解自身需要，更易選購到合適的產品，減省浪費，回購率高。

#### 專家推薦 刺激銷量

經由營養及健康顧問介紹的品牌，都深得顧客信任，市場反應熱烈。

#### 提升內部員工專業知識

為前線銷售、市場部人員及採購部同事提供培訓，有助公司引入更適合客人需求的產品；亦幫助市場部同事更能捕捉各產品的優點及顧客群的需要，而前線銷售人員亦更有信心、更精準地為客人介紹合適產品。

### Hong Kong's Organic Chain Level-up: Organic Plus Looks to Higher Service Quality via Nutrition and Health Consultancy

With 8 outlets in Hong Kong and Macao, Michael Chan, the founder of Organic Plus has engaged over 10 nutrition and health consultants primarily for the following tasks:

#### Boosting customer trust

We are the distributor and retailer of over 500 different products. This is very important for our promotional copywriting. Providing accurate professional information allows customers to better understand their needs, make right purchases, and avoid wrong buying decisions, resulting in a higher customer return rate.

#### Experts' positive reviews shoot up sales

Brands recommended by nutrition and health consultants are always hot sales items, as their recommendation is an assurance to customers.

#### Upskilling staff with expertise knowledge

Training provision for sales, marketing and purchasing co-workers enables the company to introduce more best-fit products for customers. It helps marketing colleagues to grasp the edges of each product and explore the needs of different consumer groups as well. Sales staff are empowered to precisely introduce more suitable products to customers.





## 推廣天然療法 + 中醫藥膳 + 運動健身 就是最佳良藥

Arlene為過百家國際知名企業和中小企提供全面專業營養顧問服務，由研發新產品、推廣、教育消費者，以至設計員工健康增值計劃，全方位為企業增值。

由小時候的大肥妹，經歷家人因不良飲食習慣而早逝，到長大婚後懷孕、成為兩兒女之母，Arlene深明健康飲食於人生不同階段的重要性。

Arlene希望透過西方的天然療法，配合中醫藥膳、運動健身，推廣“Food is the Best Medicine”的可持續健康生活方式，為不同企業及市民大眾帶來健康。

Arlene在加拿大完成營養學學位並獲得自然療法醫師認證後返港，並於2010年創辦「健康概念」(Health Concept)，多年來為多家企業提供全面的營養諮詢服務，累積過千場講座經驗，受惠人士超過20,000人。

## Food is the Best Medicine: Natural Therapy + Chinese Medicinal Diet + Sports & Fitness

Arlene offers comprehensive professional nutrition consultancy services to internationally famous corporations and SMEs. From launching new products, promotional campaigns, and consumer education to designing value-added health plans for employees, she adds value to enterprises on all fronts.

Once a chubby girl, Arlene in her childhood experienced the premature death of her family members due to poor eating habits. Now she is a mother of two. Through marriage and pregnancy, Arlene understands the importance of healthy

eating at different stages of life.

Arlene looks to champion a sustainable and healthy lifestyle based on “Food is the Best Medicine” through Western natural therapies, Chinese medicinal diets alongside sports and fitness, hoping to add health value to different enterprises and the general public.

After completing a nutrition degree in Canada and earning a naturopathic physician certification, Arlene returned to Hong Kong and established “Health Concept” in 2010. Over the years, she has been providing comprehensive nutrition consulting services for many companies and benefiting more than 20,000 participants.



「營養學家是一份相當有意義和充滿使命感的工作，既能守護家人健康，也能讓一般市民大眾重拾健康！」

Health Concept 創辦人伍雅芬

**“Being a nutritionist with mission is super meaningful. Not only can my role guard the health of my family, but also revive the health of the general public!”**

Arlene-Frances Wu, Founder of Health Concept

## 網上健康資訊咪亂信！

### 由專業人士提供的先好信！！

網上充斥大量健康謬誤，其中包括：「瘦身必定要戒掉脂肪」、「奇異果連皮吃有效維持腸道健康」、「吃了維他命C就不會生病」、「生酮飲食只需大量食肉而不需做運動」……

很多時候，你在網上搜索到的資訊，好大可能來自「內容農場」

內容農場 (Content Farm) 是指為了吸引點擊率、取得網絡流量、增加廣告收益，內容東拼西湊，欠缺專業人士 (例如醫生、營養師)、營養學家或中醫等) 撰文、署名或被引述，來歷不明的所謂醫學或健康文章。

如果食品公司想提供正確健康資訊作內部培訓及顧客服務，我們建議必須辨識內容的出處，營運網站的是甚麼機構、背後由誰人提供資訊，自稱專業人士的資訊提供者是否擁有相關資格，並諮詢專業人士意見。

## Online Health Tips Credible or Not?

The Internet is awash with health misinformation, including “stop eating fats for slimming”, “eating kiwi fruits with skin is good for intestine health”, “intake of vitamin C frees you from illness”, “no exercise for meaty ketogenic diet”...

In many cases, much of the information you have searched online may come from “content farms”.

In order to obtain more clicks, drive higher online traffic, and increase advertising revenue, content farms always provide a patchwork of content from unidentified sources rather than articles or quotes from professionals like doctors, dietitians, nutritionists and Chinese medicine practitioners.

Any food company which intends to provide accurate health information for inhouse training and customer's reference is advised to identify the source of the content, especially finding out what organization is running the website, who are the information providers as well as their relevant qualifications if they claim to be experts. Seek professional advice in case of need.







## 自我增值 世界通行

### 專業營養學課程

今年9月Arlene將開辦Health Concept Training Academy，聯合外國專業機構，為有志投身營養及健康產業人士而設，學員完成課程後將有資格獲得IPHM (International Practitioners of Holistic Medicine) 國際專業認證。課程打破地域限制，不需遠赴海外，以實體及網上同步進行授課，配合學生需要。

### Self-fulfilling:

### Taking Internationally Accredited Professional Nutrition Course

To set up Health Concept Training Academy this September, Arlene has co-organized accredited courses in collaboration with overseas professional institutions for aspirational learners who intend to work in the nutrition and health industry. After completing the course, learners will be eligible to obtain the international professional certification from IPHM (International Practitioners of Holistic Medicine). Without geographical boundaries, the course does not require overseas traveling, and is delivered simultaneously in-person and online to meet the needs of students.



### 專業課程包括 Professional Courses

素食營養基礎證書課程

Certificate in Vegetarian Nutrition and Cooking (Foundation Level)

素食營養進階證書課程

Certificate in Vegetarian Nutrition and Cooking (Advanced Level)

自然療法健康顧問文憑課程

Diploma in Natural Health Consultant

營養補充品顧問文憑課程

Diploma in Dietary Supplement Advisor

食物安全與衛生課程(Level 1) 及 (Level 2)

Food Safety and Hygiene Food Catering Courses (Level 1 and Level 2)

### Arlene 專業資格 Professional Qualifications

加拿大營養科學學士

BSc. Food, Nutrition & Health (Canada)

英國認證素食營養治療師

Dip. in Vegetarian & Vegan Nutritional Therapy (UK)

加拿大認證自然療法醫師

PGDip. in Naturopathic Medicine (Canada)

英國認證糖尿病教育家

Certificate in Diabetes Education (UK)

澳洲體適能學院私人體適能運動教練

Certificate in Personal Trainer (Australia)

食物安全管理學碩士

MSc. Food Safety Management (UK)

國家認證中醫藥膳製作師

Certified Traditional Chinese Medicine Chef

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[www.healthConceptTrainingAcademy.com](http://www.healthConceptTrainingAcademy.com)



# 全新天然糖果 添點甜及615 Plus 創造健康零食新潮流

## Melting Sweet & 615 Plus The Snacking Revolution



薑不只是廚房裡的配料，更是近年熱爆全球的「超級食物」。

「新亞薑糖」始創於1935年，一早洞悉先機，多年來以印尼的鮮薑研發和生產優質的薑製食品，年產量超過 2000 噸，產品行銷30多個國家，亦是美國、德國、瑞典、新加坡、泰國和韓國等地多間知名薑糖品牌的製造商，是全球業界公認的品質典範。

銷售總部位於香港的新亞薑糖於印尼擁有三家現代化廠房，員工近千人，每年投入過百萬元作產品研發，八成科研技術人員更擁有食品科學專業碩士及以上學歷。

今年新亞薑糖推出兩大全突破性健康零食系列－添點甜 Melting Sweet 及 615 Plus，採用來自印尼爪哇婆羅摩火山區附近高海拔山區出產的小黃薑，憑著超過八十年薑製食品經驗，配以現代化設備，推出獨步全球的健康食品。

新亞薑糖注重質量，嚴格監控每個生產環節；廠房符合 HACCP、GMP、ISO 22000、FSSC 22000等質量標準。產品取得 HALAL 清真認證、Kosher 猶太認證、Vegan 素食認證等，亦是 Non-GMO 非轉基因食品。

繼2019年獲印尼 Frontier Group 和 Majalah Marketing 頒發 Top Brand Award 後，新亞薑糖於2020年榮獲香港品牌發展局頒發「香港名牌」獎，以表彰其多年來的努力。

More than a popular flavoring in your kitchen, gingers have recently become a world-hit *superfood*.

Established in 1935, SINA GINGER has based its sales operation in Hong Kong. Over the years, with business insights into product innovation, the venture has been engaging in the R&D on Indonesia's emprit gingers for the manufacture of ginger products unique to the world. As of now, its annual production sold in 30 countries and regions reaches 2,000-plus tons. Being a model of success, the company has been the ginger product manufacturer for numerous household brands in the US, Germany, Sweden, Singapore, Thailand and Korea, and its quality has been widely recognized within the industry.

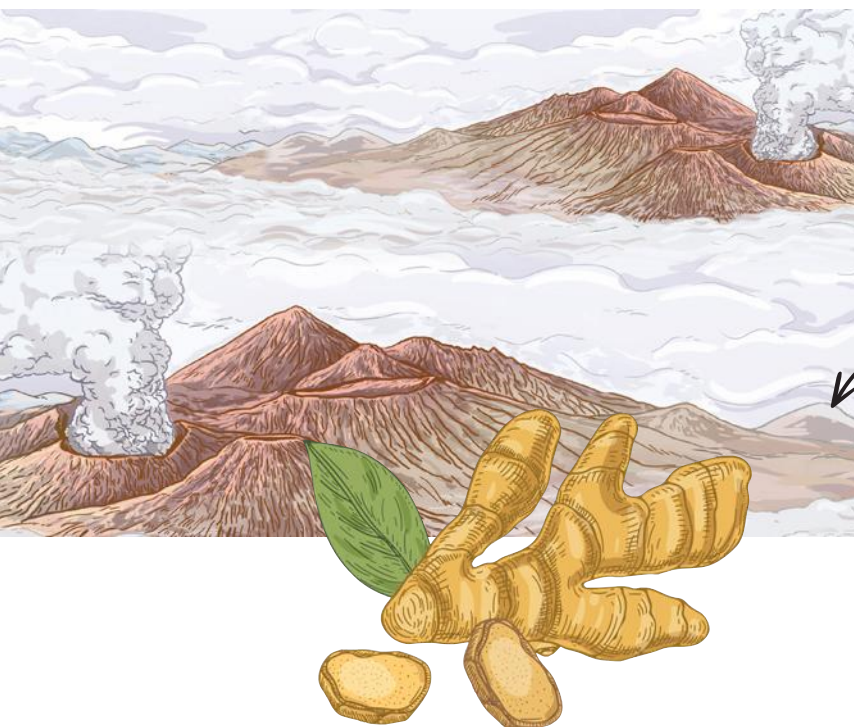
SINA GINGER owns three modernized plants in Indonesia with a staff of nearly 1,000 members, around 80% of its employees working in product development own a food science master's degree or above. Annually, over a million dollars are put into R&D for product advancement.

This year, SINA GINGER has launched *Melting Sweet* and *615 Plus*. These two lines of ground-breaking healthy snacks are produced with the emprit gingers grown in the mountain regions above sea level near Mount Bromo (aka Gunung Bromo). With over 8 decades of ginger food manufacturing experience coupled with the use of modern production equipment, the company has been able to formulate new health snacks unique to the world.

SINA GINGER places much importance on quality and adopts strict measures to monitor every step of the production process. Its manufacturing facilities have attained HACCP, GMP, ISO 22000 and FSSC 22000 certifications, and the products are compliant with HALAL, Kosher, Vegan and Non-GMO standards.

After receiving "2019 Top Brand Award" from Frontier Group and Majalah Marketing in Indonesia, SINA GINGER was honored with "Hong Kong Top Brand" by Hong Kong Brand Development Council in 2020, as a testimony to its strenuous efforts over the years.





## 拆解生薑對女士的 5 大益處

### 防止皮膚老化

含高抗氧化物，阻止自由基破壞皮膚，預防皺紋。

### 消脂減肥

含薑烯酚，提升體內燃燒脂肪和糖分的速度。

### 增強血液循環

薑辣素令微絲細血管擴張，增加皮膚血流，驅寒保暖。

### 降膽固醇

降低低密度脂蛋白膽固醇、總膽固醇和甘油三酯，降低患心血管疾病風險。

### 減少孕吐

幫助孕婦舒緩孕吐和噁心。

## THE INCREDIBLE HEALTH BENEFITS OF EATING GINGER FOR WOMEN

### Reduce signs of aging

Ginger is an impressive superfood with high content of antioxidants which help stave off free radical damage. Free radical is responsible for unflattering skin blemishes like wrinkling, dark spots, fine lines and loose, saggy skin.

### Lose weight

Gingerol is the main ingredient that helps in weight loss. Due to this lipid, the food is digested faster in our body and it also enhances the metabolic rate.

### Improve blood circulation

Ginger improves blood flow to the scalp which contributes to making the hair silky and the skin shiny.

### Lower cholesterol levels

Ginger helps reduce not only LDL cholesterol but also total cholesterol and triglycerides. This could help lower the risk of heart problems and other cholesterol-related health issues.

### Reduce morning sickness

Ginger traditionally has helped many women quell morning sickness and nausea.

婆羅摩火山是印尼最活躍的火山之一，頻密的火山爆發帶來礦物質豐富的火山灰黑色土壤，孕育出富饒的農產作物。添點甜 Melting Sweet 和 615 Plus 選用的是種植超過一年的特種小黃薑，棵棵肥美碩大，養分充足，薑味特濃，甜而不辣。

Being one of the most active volcanos in Indonesia, Mount Bromo frequently erupts and spews tons of ashes to enrich and darken the soils with minerals, making the surrounding land productive for agriculture. Both Melting Sweet and 615 Plus use the emprit gingers harvested shortly after one year of planting. It features a big, juicy and nutritious root with an exceptionally strong ginger flavor.



# 誰說食糖無益？ EVEN CANDY CAN BE HEALTHY



## 添點甜 Melting Sweet Better-for-you Candy

以小黃薑配搭不同花蜜或熱帶水果製成，成分天然簡單，不含防腐劑、色素或人工合成香精，是老少咸宜及素食者健康零食首選。

Melting Sweet incorporates the emprit ginger with various honey and tropical fruits. Made with a simple list of ingredients, it is free of preservatives, colors and artificial flavors.



### 無糖軟糖系列

無糖 • 低卡路里

甜中帶辣 口感煙韌

- 添點甜 檸檬口味薑糖
- 添點甜 薄荷口味薑糖
- 添點甜 酸角口味薑糖

### Melting Sweet Ginger Chew Series Sugar Free • Low Calorie

Sweet, spicy, and smoky

- Melting Sweet Lemon Ginger Chew
- Melting Sweet Peppermint Ginger Chew
- Melting Sweet Tamarind Ginger Chew



### 無糖硬糖系列

零脂肪 • 無糖

慢嘗耐吃 細味糖香

- 添點甜 葡萄蔓越莓口味
- 添點甜 酸角血橙口味
- 添點甜 薑黃姜口味

### Hard Candy Sugar Free Series

Zero Fat • Sugar Free

Slow tasting and durable

- Melting Sweet Grape and Cranberry
- Melting Sweet Tamarind and Blood Orange
- Melting Sweet Turmeric and Ginger



## 615 Plus Superfood Candy

### 615 Plus 軟糖系列

615 PLUS 軟糖系列分別以三種近年全球熱爆的超級食物 - 秘魯瑪卡、薑黃以及燕麥，加上小黃薑製成，是開創健康食品先河的「超級薑糖」！

### 615 Plus Chewy Candy Series

You can get two types of superfoods in just one candy! Made with three different superfood ingredients - Peruvian maca, turmeric, and oatmeal, 615 Plus is the "Supercandy" that you can indulge with guilt-free.



### 615 Plus 瑪卡薑糖 615 Plus Maca Ginger Chew

全球首創，以印尼火山小黃薑可增強血液循環的特點，將秘魯純正瑪卡能提升體力、調理身體的效用加倍，瞬間減退疲倦，615 PLUS 瑪卡薑糖是新一代不含咖啡因的天然能量小食。

615 Plus Maca Ginger Chew is the world's first maca-ginger energy candy that is 100% caffeine-free. This energy snack is a blend of vigor-boosting Peruvian pure maca and Indonesia's volcanic emprit ginger, which is a natural blood circulation enhancer. Together, they multiply your vitality, both physically and mentally.



### 615 Plus 焦糖燕麥薑糖 615 Plus Caramel Oat Ginger Chew



### 615 Plus 薑黃薑糖 615 Plus Turmeric Ginger Chew





## 甚麼是椰子花糖？ What is Coconut Sugar?

### 純天然健康糖

椰子花糖，簡稱為「椰糖」，是椰子花蜜經過加溫蒸發水分後而得來的天然晶糖，顏色為棕色，味道清香，相比於蔗糖，甜度相若，但營養價值較高，升糖指數 (GI) 則低很多，是新一代較健康的天然甜味劑，適合關注健康及高血糖人士食用。

椰子花糖帶有焦糖香氣，但無椰子味，口感不會過於強烈，可保留食材的原味。

用椰子花糖來烹調也很簡單，只需按1:1的比例替換食糖即可，用於茶、咖啡、烘焙和各式料理中，甜度恰到好處，而又更健康。

### Healthier natural sweeteners for all age groups

Coconut sugar is the natural crystals of boiled and dehydrated nectar of coconut tree. It is being touted as a healthier alternative to cane sugars. Why? Because it has a comparatively low-GI, fewer carbohydrates, more minerals, and a taste that is nothing like the coconut fruit itself. It's slightly nutty, a little bit caramel, but not nearly as sweet as refined white sugar.

You can use coconut sugar 1:1 in any way you would with regular sugar, including in tea or coffee or baking and cooking.



## 椰子花糖的益處

### 更多礦物質及維他命

白糖和紅糖是精煉產品，礦物質會於加工過程中流失。椰子花糖是以慢火熬煮椰子花蜜所凝結的糖粒，過程中僅除去水分，保留下許多精製糖所沒有的礦物質。

椰子花糖含有鐵、鋅、鈣、氮、17種氨基酸、維他命B1、B2、B3、B6、C、可溶性纖維和抗氧化物。與紅糖相比，椰子花糖鐵質多2倍、鎂多4倍、鋅多超過10倍。

### 更健康

黑糖、紅糖、砂糖、冰糖原料都是百分百蔗糖，但椰子花糖僅含有約75%的蔗糖，餘下的25%就是由礦物質及維他命組成。因此以相同份量計算，使用椰子花糖就更健康。

### 運動時防止脫水

椰子花糖有天然電解質，含有鉀、鎂和鈉。鉀含量是普通糖的近400倍，電解質有助維持血容量和心臟健康，以及運動時防止脫水。

## WHY COCONUT SUGAR

### More minerals and vitamins

White sugar and brown sugar are refined products, and minerals are lost during processing. Coconut sugar is the condensed sugar granules of coconut nectar that are boiled slowly, only the water is removed in the process, leaving many minerals that are not found in refined sugars.

Coconut sugar contains iron, zinc, calcium, nitrogen, 17 amino acids, vitamins B1, B2, B3, B6, C, soluble fiber and antioxidants. Compared with brown sugar, coconut sugar has 2 times more iron, 4 times more magnesium, and more than 10 times more zinc.

### Less sucrose

While regular table sugar is pure sucrose, coconut sugar only contains about 75 percent sucrose. The other 25 percent is composed of nutrients and fiber. So for the same amount of sugar, coconut sugar is healthier.

### Electrolytes

Coconut sugar contains potassium, magnesium, and sodium. With nearly 400 times more potassium than regular sugar, electrolytes are useful for maintaining blood volume, heart health,

### 適合糖尿病人士

普通食糖的升糖指數 (GI) 為 65，而椰子花糖則為 35，即更接近水果中天然存在的 GI 值 (約25)。

### 有益心血管

椰子花糖的短鏈脂肪酸，是一種有助於預防高膽固醇和心臟病的健康脂肪。

### 不含動物成分

提煉白糖的過程中，通常會使用骨炭來作漂白和調整稠度。而骨炭就是動物骨骼 (通常是牛骨) 高溫燒焦而成的純碳物體。椰子花糖來自椰子樹，不含任何動物成分。

### 更環保

椰子樹每英畝的產糖量平均比甘蔗多75%，而所需的土壤養分和水少五分之一。聯合國糧食及農業組織在2014年將椰子花糖評為世界上最可持續的單一甜味劑。

and preventing dehydration during exercise.

### Low glycemic index

Regular table sugar has a glycemic index (GI) of 65, while coconut sugar has a GI of 35, which is closer to the GI value naturally found in fruit (about 25).

### Cardiovascular

The short-chain fatty acids in coconut sugar are healthy fats that help prevent high cholesterol and heart disease.

### No animal ingredients

In the process of refining regular table sugar, bone char from animals is often used to produce its white color and fine consistency. Coconut sugar comes directly from the coconut tree and does not contain any animal ingredients.

### More sustainable

A coconut tree can produce an average of 75% more sugar per acre than sugar cane but use less than one fifth of the soil nutrients and water. The United Nations' Food and Agriculture Organization named coconut sugar the single most sustainable sweetener in the world in 2014.



615有機椰子花糖為「新亞薑糖」旗下品牌  
615 Organic Coconut Sugar is a brand under  
SINA GINGER

視頻 – 帶你參觀「新亞薑糖」  
在印尼的農場和工廠

Video – An Inside Look at Sina Ginger's  
Farms and Factories in Indonesia

WATCH  
VIDEO





# 615有機椰子花糖製作過程

## How 615 Organic Coconut Sugar is Made

7公斤的椰子花蜜才可製成1公斤615椰子花糖

It takes 7 kg of coconut nectar to make 1 kg of 615 organic coconut sugar

### 第 1 步 – 挑選椰樹

椰子花糖來自椰子樹花苞裏的椰子花蜜。椰子樹平均壽命有60至80年，要成長到8年以上的椰子樹才能開花結果。農夫需靠經驗去挑選健康而未開放花結果的椰子樹進行採蜜。

### Step 1 – Selection of tree

Coconut sugar comes from the rich coconut nectar in the buds of the coconut tree. The average lifespan of coconut trees is 60 to 80 years, and it takes more than 8 years for coconut trees to bloom and bear fruit. Coconut sugar farmers have to rely on their experience to select bearing trees with healthy unopened inflorescence for tapping.

### 第 2 步 – 採蜜

農夫每天必須在椰子樹開花前 (通常在早晚) 以人手方式採蜜一次，爬上樹上把椰子花苞 (即還沒盛開的花) 切開，在切口套上竹筒，讓半透明粘稠的椰子花蜜從切口自然滴出。一棵椰子樹每天只能滴出0.5至1公斤的椰子花蜜，所以非常珍貴。

### Step 2 – Coconut nectar collection

To tap the tree for the nectar, the farmers climb to the top, then make a cut into the stem below the flowers. The milky nectar drips into a bamboo tube, ready to be emptied on the next climb. The farmers will typically climb each tree, before the coconut tree blooms, twice a day normally in the morning and evening. A coconut tree can only provide 0.5 to 1 kg of coconut nectar per day, which is very precious.

### 第 3 步 – 過濾

椰子花蜜運到工廠後進行多重過濾，以去除雜質和沉澱物。

### Step 3 – Filtering

Collected nectar will go through multiple filtration process to remove the impurities and sediments.

### 第 4 步 – 蒸發

用慢火經4小時熬煮，直至大部分水分蒸發，糖漿濃稠得像融化的朱古力時離火。

### Step 4 – Heat evaporation

The nectar is then heated to a boil in a stainless wok for 4 hours to evaporate the moisture. During this process, the nectar is continuously boiled with slow fire and stirred to avoid burning.

### 第 5 步 – 冷卻

椰子花蜜冷卻結晶後，花蜜被分解成顆粒。

### Step 5 – Cooling down

After it has been dried and crystallized, the nectar is broken apart into granules that resemble regular sugar.

椰子花糖由採摘到提煉，全賴農民和製糖人員的經驗和技術，依循傳統古法製造，純手工長時間精煉而成，而並非機器能大量生產的天然食材。以慢火熬煮而成的椰子花糖，過程中保留絕大部分椰子花蜜糖原始自然的風味和營養，天然又健康。

The production of coconut sugar sticks to traditional methods, from coconut nectar collection by farmers to refining by sugar makers, thanks to their expertise and skills. Sugar refinement by pure handiwork takes a long duration. The fact is coconut sugar is a kind of natural ingredient that is evaporated from nectar and cannot be mass-produced by machinery. Throughout the entire process, most of its original flavor and nutrients are well-preserved, making the sugar output natural and good for health. ☀️



615 有機椰子花糖  
615 Organic Coconut Sugar Pouch  
454g x 12 bags (per carton)



615 有機椰子花糖  
615 Organic Coconut Sugar  
5kg x 1 bag



有機椰子花糖  
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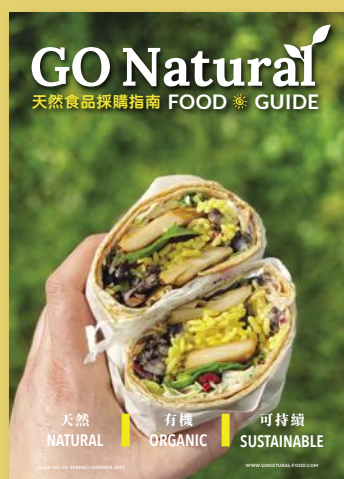
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**NEXT ISSUE No. 08**  
**Spring / Summer 2023**  
**March 2023**



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# 大棧秘魯瑪卡

精挑細選 · 款式齊備原粒、切片、打粉

秘魯瑪卡獨特之處是它不含任何激素，卻能提升男士精力及耐力，有助女士改善各種分泌及養宮，舒緩情緒改善睡眠質素等。

大棧引入瑪卡已八年，時刻堅守品質，更積極創新，由原粒發展出多款粉劑，滿足市場需要。專注成就專業，大棧致力打造全港最全面的瑪卡保健系列。

達至「你的健康 是我們的目標！」



補腎養胃



石斛黑瑪卡粉

提升男士精力



秘魯山頂  
純正黑瑪卡粉

有助血管年輕



三七黑瑪卡粉



100%純正秘魯  
皇族黑瑪卡



## 新亞薑糖

## 全球首創

大棧聯同傳統名牌——新亞薑糖，推出全新無糖薑糖。瑪卡、蜂膠、強薑3款口味、3種功效、3種驚喜，其中超級食物——全天然秘魯瑪卡，更是全球首次引入薑糖，開創市場先河，致力為近百年歷史的傳統薑糖注入新活力，同時兼顧口感、味道和健康，送禮自用同樣出色。

獨家發售



每盒3款口味  
共240克

新亞特色  
無糖薑糖



每樽3款口味  
共240克



每包3款口味  
10粒裝



瑪卡  
提升精力  
調理身體

蜂膠  
增強免疫  
驅寒暖身

強薑  
薑味辛辣  
止量必備

歡迎零售批發



大棧有限公司

地址：香港黃竹坑道33-35號創協坊17樓

(852)3976-3888  
www.hknest.com  
buy.hknest.com



WhatsApp查詢





## 以高達40%新西蘭草飼牛油製造的手工曲奇

新西蘭 Lowrey Cookies 主打零添加全天然優質材料，用上至少 40% 新西蘭草飼牛油，以最基本的成分(小麥粉、糖霜和鹽)，沿用1921年流傳至今的家傳秘製配方，精心炮製超濃牛油香，口感酥脆的手工曲奇。

不含人工香料或防腐劑，有6種口味可供選擇：原味、紅桑子、咖啡、抹茶、巧克力和黑芝麻。

### Lowrey 紅桑子牛油曲奇

成分：新西蘭草飼牛油 (41%)、小麥粉、糖霜、粟粉、紅桑子粉、天然胭脂紅酸。

### 什麼是草飼牛油？

現代農業講求效率，牛隻的飼料多為大豆、粟米等穀物，草飼牛油則來自草原上放牧並以草為飼料的牛隻。

與普通牛油相比，草飼牛油奶香更濃郁，質感更幼滑，具有更高比例的不飽和脂肪酸和共軛亞油酸。

## The Secret Behind This Premium Butter Cookies

Boasting a uniform golden color and smooth mouth feel, the hand-crafted cookies brand Lowrey Cookies contains only the best natural ingredients – at least 40% of New Zealand cultured grass-fed butter, wheat flour, icing sugar and salt – with no artificial flavors or preservatives. With six delicious flavors - Original, Raspberry, Coffee, Matcha, Chocolate and Black sesame seeds - to choose from, you're certain to find one that will have you hooked.

### Lowrey Raspberry Butter Cookies

Ingredients: New Zealand Butter (41%), Wheat Flour, Icing Sugar, Maize Starch, Raspberry Powder, Natural Caraminic Acid.

### What is Grass-fed Butter?

Grass-fed butter is made from the milk of cows that are ranged on grasslands instead of being fed high-grain diets. Featuring a distinctive taste, creamier and softer texture, grass-fed butter has a higher proportion of healthy, unsaturated fats and conjugated linoleic acid than regular butter.

### Hong Kong Distributor

*KH Cookies Limited*

*RM B6, 22/F, Gold King Industrial Building,*

*No 35-41 Tai Lin Pai Rd, Kwai Chung, N.T. Hong Kong*

*Tel: (852) 9359-6086*



## 只需加水攪拌！

無需加牛奶或忌廉！冷凍後即可享用。

### Suki Bakery 雪糕粉

Lowrey Cookies的母公司Suki Bakery提供多種無麩質雪糕粉，只需加水，即開即用。零售包裝（每包200克）可製作約1公升全脂牛奶雪糕，餐飲業包裝（1公斤）可供雪糕店、餐廳、咖啡店、甜品店使用。

備有多種口味：抹茶、蜜桃、芒果、士多啤梨、雲喱拿、朱古力、南瓜、椰子

### Suki Bakery 乳酪粉

新西蘭製造，僅由4種成分製成 - 新西蘭全脂奶粉、糖、天然香料和乳酸菌製成，蘊含4種活性益生菌和AB益生菌。零售包裝（每包200克）可製作約1公升新鮮希臘風味乳酪。

備有多種口味：原味、椰奶、芒果、士多啤梨、藍莓、蜂蜜、雲喱拿、香蕉

### 銀蕨品質認證

Suki Bakery於2019年通過新西蘭政府的銀蕨品質認證 (the New Zealand Fernmark Licence Program)。通過認證的企業必須為新西蘭註冊公司，遵守所有新西蘭法律和相關法規及有良好的操守。

## Just Mix!

No need to add milk or cream! Just dissolve the powder in water, freeze and enjoy the whole-milk treats.

### Suki Bakery Gourmet Ice Cream Mix

Suki Bakery, the brand owner of Lowrey Cookies, also offers a wide variety of gluten-free ice cream powder for the consumer and foodservice markets. The retail packaging (200g) can make an approximate of 1 litre of fresh Premium New Zealand ice cream. The foodservice packaging (1kg) is designed for the use in the ice cream shops or soft serve machines in restaurants, cafes and dessert parlors.

Flavors available: Matcha, Peach, Mango, Strawberry, Vanilla, Chocolate, Pumpkin, Coconut



### Suki Bakery Gourmet Yoghurt Powder

Made with only 4 ingredients - New Zealand whole milk powder, sugar, natural flavour and Lactic Cultures, it contains 4 active cultures and A+B probiotics. The retail packaging (200g per pack) can make an approximate of 1 litre of fresh Greek style yoghurt.

Flavors available: Sweet Greek, Coconut, Mango, Strawberry, Blueberry, Manuka Honey, Vanilla, Banana



### A FernMark Licensee

Suki Bakery has attained the New Zealand government's Fernmark since 2019.

To become a FernMark licensee, a company must fulfil a list of requirements, including having a substantial lever of New Zealand ownership, governance, and employees. ☀️









# 日本文化與食品之間的緊密關係

## The Deep Bond between the People of Japan and Foods

採用傳統配方製作，Clearspring提供不同種類的精選日本有機美食。Clearspring行政總裁Christopher Dawson認為日本文化對於其於1993創辦的Clearspring有著非常緊密的聯繫和影響。

1979年當他前往日本研究日本飲食文化時，發現日本食物多元化的魅力。1603至1868年間德川及江戶的鎖國時期，日本人學會如何在內陸和沿海地帶以可持續方式種植食物。加上日本人熱情好客，多元化的飲食文化，令他決定在日本定居下來，並在其後的18年，幫助傳統農民和食品生產商將當地食品提升為有機食品。

及後Dawson遷回英國，把日本的優質有機產品介紹給更廣大的海外消費者認識。

時至今日，Clearspring創立近30年，擁有來自日本和歐洲300多種有機或Demeter認證的產品，為16個國家90家有機食品生產商代為加工生產，並出口至全球60多個國家。

Clearspring offers an extensive selection of the finest authentic Japanese and Organic Fine Foods, made to traditional recipes. Christopher Dawson, Clearspring CEO tells us the deep bond between the people of Japan and foods offered by Clearspring since 1993.

Wanting to learn more about sustainable agriculture, I spent several years studying Organic and Biodynamic farming in New Zealand and the UK. It was in 1979, when I travelled to Japan to study their food culture that I discovered something fascinating about their food diversity. During the Edo period or Tokugawa period between 1603 and 1868 of self-imposed isolation, they had learnt how to sustainably cultivate foods both on the land and on the coastal seas. With this, the hospitality of the people, their diverse food culture, I decided to make Japan my home and spent the next 18 years there, helping to convert conventional farmers and food producers into Organic.

Then I decided to move back to the UK and take what I had learnt from Japan and the plant-based products I had helped convert to Organic status and bring them to a much wider international audience.

Today, nearly 30 years since I started Clearspring in 1993, we have over 300 certified Organic and Demeter products from across Japan and Europe, contract-produced by 90 organic food producers in 16 countries and exported to over 60 countries worldwide.



Clearspring@Marks & Spencer,  
Hong Kong



2007年5月25日，在東京於前首相小泉純一郎見證下，已故農業大臣松岡敏勝將農業部頒發的日本食品海外推廣獎狀授予 Dawson 先生，以表彰他於海外推廣日本食品所作出的貢獻。

On 25 May 2007 at a special ceremony in Tokyo, the Award for the Overseas Promotion of Japanese Food from the Ministry of

Agriculture was presented to Mr Dawson by the late Minister of Agriculture, Mr Toshikatsu Matsuoka, and in the presence of ex-prime minister, Mr. Junichiro Koizumi, in recognition of his contribution to promoting awareness of Japanese food abroad. ☀️

### Clearspring Ltd

19A Acton Park Estate,  
London, UK  
[info@clearspring.co.uk](mailto:info@clearspring.co.uk)  
[www.clearspring.co.uk](http://www.clearspring.co.uk)

### 亞洲獨家經銷商 Asia's Sole Distributors

Hong Kong  
Awesome Foods  
[stephen@awesomefoods.hk](mailto:stephen@awesomefoods.hk)

Malaysia  
Radiant Whole Food  
[gm@radiantwholefood.com.my](mailto:gm@radiantwholefood.com.my)

Singapore  
Wholesome Harvest Pte Ltd  
[enquiry@wholesome-harvest.com](mailto:enquiry@wholesome-harvest.com)

Vietnam  
NHK Foods  
[kham@vnfitfoods.com](mailto:kham@vnfitfoods.com)  
[www.vnfitfoods.com](http://www.vnfitfoods.com)





## 美國著名蘋果汁品牌 150多年歷史，信心保證 *Martinelli's - Over 150 Years of Brand Excellence*

### Martinelli's 馬天尼

馬天尼，擁有超過150年歷史的知名品牌。

自1868年創立以來，一直使用加州肥沃土壤的山谷所種植的蘋果，生產出100%金牌優質果汁。產品更在不同博覽會上獲得超過50面金牌，商標獲冠以「金牌馬天尼」的稱號。

#### 產品特點：

- ✓ 原裝美國進口，產地盛產優質蘋果
- ✓ 採用美國優質品種蘋果，調製出完美香純的果味
- ✓ 無添加糖、色素、防腐劑等添加劑

Since 1868, Martinelli's has been producing Gold Medal premium 100% juices from apples grown in the fertile valley in CA. Its products have been honored with more than fifty gold medals for excellence at a variety of expositions, leading to the adoption of the brand trademark, "Martinelli's Gold Medal®".

#### Product features:

- ✓ Made from U.S. Grown Fresh Apples (Not from Concentrate)
- ✓ A unique combination of the finest varieties of U.S. grown apples
- ✓ No added sugar, coloring, and preservatives

#### 產品生產地 Country of Origin

美國 USA

#### 產品種類 We are Offering

純果汁、有機果汁及有汽果汁

Pure Apple Juice, Organic Apple Juice, Sparkling Apple Cider & Juice

#### 服務以下國家及地區顧客 Target Regions

香港及澳門

Hong Kong & Macau

#### 目標顧客 Target Customers

零售商、批發商及餐飲業

Retailers, Wholesalers & Foodservices

#### 採購及查詢聯絡 Company & Contact Information

東秀有限公司

Assure Company Limited

Tel : (852) 2388 8839

Email : [info@assure.com.hk](mailto:info@assure.com.hk)

URL : [www.assure.com.hk](http://www.assure.com.hk)





Sparkling Apple Cider  
有汽蘋果汁 (不含酒精)  
Pkg: 750ml x 12



Pure Apple Juice  
純蘋果汁  
Pkg: 296ml x 24



Sparkling Blush  
Apple-Raspberry Juice  
有汽蘋果紅桑莓汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling  
Apple-Grape Juice  
有汽蘋果葡萄汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling  
Apple-Cranberry Juice  
有汽蘋果紅莓汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling Blush  
Apple-Pomegranate Juice  
有汽蘋果石榴汁 (不含酒精)  
Pkg: 750ml x 12



Organic Pure Apple Juice  
有機純蘋果汁  
Pkg: 296ml x 12



Sparkling Blush  
Apple-Raspberry Juice  
有汽蘋果紅桑莓汁  
Pkg: 296ml x 12



Sparkling Apple Juice  
有汽蘋果汁  
Pkg: 296ml x 12





## 美味、健康又方便的零食小吃 Delicious, Healthy, and Convenient Snack Packs

### SnackMate 新仕美

新仕美SnackMate嚴選世界各地優質的原材料，為追求健康生活的您提供多種健康、方便和美味的零食選擇。

#### 產品特點：

- ✓ 非切片的原粒果乾，大顆圓潤，口感飽滿
- ✓ 豐富膳食纖維及維他命
- ✓ 不含膽固醇
- ✓ 不含人造色素
- ✓ 獨立小包裝，一開即食，隨時隨地隨心享用

SnackMate selects superior quality raw materials around the world and brings you a delicious, healthy, and smart way to snack. It offers great choices of convenient snack packs that can help you to pursue a healthy lifestyle.

#### Product features:

- ✓ Whole fruit (Non-sliced), large size with rich texture
- ✓ Good source of fiber and vitamin
- ✓ Cholesterol free
- ✓ No artificial colours
- ✓ Convenient pocket packs

#### 產品種類 We are Offering

原粒藍莓乾、原粒紅莓乾、去核西梅及杏脯乾

Whole Dried Blueberries, Whole Dried Cranberries, Pitted Prunes and Dried Apricots

#### 服務以下國家及地區顧客 Target Regions

香港、澳門及中國

Hong Kong, Macau and China

#### 目標顧客 Target Customers

零售商及批發商

Retailers & Wholesalers

#### 採購及查詢聯絡 Company & Contact Information

東秀有限公司

Assure Company Limited

Tel : (852) 2388 8839

Email : [info@assure.com.hk](mailto:info@assure.com.hk)

URL : [www.assure.com.hk](http://www.assure.com.hk)



Whole Dried  
Cranberries 7's  
原粒紅莓乾 (7包裝)  
Pkg: (25g x 7) x 12



Whole Dried Cranberries  
Zipper Bag  
原粒紅莓乾  
(密實保鮮裝)  
Pkg: 200g x 8

#### 泌尿系統健康 Maintain Urinary System Health

含多酚、獨特的原花青素、纖維、維他命C和槲皮素，預防尿道細菌性感染，提升免疫力。

Rich in polyphenols, proanthocyanidins, fiber, vitamin C, and quercetin, it prevents urinary tract infections and strengthens the immune system.



Whole Dried  
Blueberries 7's  
原粒藍莓乾 (7包裝)  
Pkg: (15g x 7) x 12

#### 護眼補腦 Promote Eyes and Brain Health

含有天然花青素，護眼明目，增強夜間視力，促進眼部血液循環。豐富抗氧化物，防止自由基攻擊腦部和神經細胞，減緩腦部退化，有助維持記憶力。

Anthocyanins protect eye health, improve eyesight, and enhance night vision. Rich in antioxidants, it prevents free radicals from attacking the brain and nerve cells, may slow down the degeneration of the brain, and helps maintain a memory.



Pitted Prunes 7's  
去核西梅 7小包  
Pkg: (24g x 7) x 12

#### 腸道健康 Improve Gut Health

含豐富食用纖維及山梨糖醇，幫助排便，保持腸道健康。水溶性纖維，能有助降低體內膽固醇，減輕心血管負擔，更有助預防骨質疏鬆。

Rich in dietary fiber and sorbitol, it normalizes bowel movements and helps maintain gut health. Water-soluble fiber helps lower cholesterol levels, reduces the burden on cardiovascular and helps prevent osteoporosis.



Dried Apricots 6's  
杏脯乾 6小包  
Pkg: (20g x 6) x 12

#### 抗氧美肌 Boost Skin Health

含天然維他命E、維他命C及β胡蘿蔔素，抗氧美肌，保護皮膚細胞免受紫外線的損害，預防皺紋。

Rich in natural vitamin E, vitamin C, and β-carotene, and with antioxidant effect, it protects skin cells from UV damage and prevent wrinkles.



## 48





#### U植雞塊

VégéBon U-Plant Bon Chicken  
Plant-based Chicken Nuggets

6種口味：原味(純素)、黑胡椒(純素)、咖哩(純素)、椒麻(純素)、麻辣(蛋素)及酷辣(蛋素)

6 flavors: Original (Vegan), Black Pepper (Vegan), Curry (Vegan), Sichuan Pepper (Vegan), Spicy (Ovo Vegetarian) and Crazy Spicy (Ovo Vegetarian)

Pkg: 450g (18 pcs)/box; 8 boxes/inner box; 4 inner boxes/carton



#### U 植明蝦(純素)

VégéBon U-Plant Bon Shrimp (Vegan)  
Plant-based Shrimp

Pkg: 600g/box; 6 boxes/inner box;  
4 inner boxes/carton



#### U植絞肉(純素)

VégéBon U-Plant Bon Pork (Vegan)  
Plant-based Minced Meat

Pkg: 250g/bag; 16 bags/inner box;  
4 inner boxes/carton



#### U植漢堡排(純素)

VégéBon U-Plant Bon Burger (Vegan)  
Plant-based Burger Patties

Pkg: 220g (2pcs) /box; 8 boxes/inner box;  
4 inner boxes/carton  
1100g (10pcs) /box; 15 boxes/inner box;  
4 inner boxes/carton

### U 植料理包系列 VÉGÉBON GOURMET SERIES



#### U植咕咾肉(蛋素)

VégéBon U-Plant Sweet and Sour Pork (Ovo Vegetarian)  
Pkg: 250g/box; 16 boxes/inner box; 4 inner boxes/carton

#### U植宮保雞丁(蛋素)

VégéBon U-Plant Kung Pao Chicken (Ovo Vegetarian)  
Pkg: 250g/box; 16 boxes/inner box; 4 inner boxes/carton

#### U植泰式海鮮綠咖哩(純素)

VégéBon U-Plant Thai Seafood Green Curry (Vegan)  
Pkg: 250g/box; 16 boxes/inner box; 4 inner boxes/carton

#### U植麻婆豆腐醬(純素)

VégéBon U-Plant Mapo Tofu Sauce (Vegan)  
Pkg: 250g/box; 16 boxes/inner box; 4 inner boxes/carton

#### U植麻辣臭豆腐鍋(純素)

VégéBon U-Plant Hot Stinky Tofu Pot (Vegan)  
Pkg: 920g/box; 6 boxes/inner box; 4 inner boxes/carton





## 秘魯超級食品供應商 A Leading Peruvian Superfoods Supplier

### UHTCO Corporation

UHTCO Corporation 成立於 2003 年，是一家源自秘魯的加拿大公司，以來自亞馬遜和秘魯安第斯山脈獨特的天然成分，研發和製造各種優質產品及原材料。

我們不使用熱量、放射、粘合劑、填充劑、賦形劑或添加劑，以保存瑪卡和其他秘魯原生植物的純度和營養價值。

集團於秘魯胡寧地區開設專屬瑪卡研發中心，致力提升瑪卡用於不同保健產品的最高效用。

Founded in 2003, UHTCO Corporation is a Canadian company of Peruvian origins dedicated to the design, development and manufacturing of unique premium quality natural products and ingredients from the Amazon and the Andes of Peru.

The company doesn't use heat, radiation, binders, fillers, excipients or additives to preserve the pureness and nutrition values of maca and other native Peruvian herbs.



UHTCO Corporation has a *Maca Research and Development Center* (photo above), which is the first and only of its kind. It is located in the Junin area in Peru and pioneers and synthesizes community, education and research efforts in the development of Maca products.

### 公司註冊國家 **Company's Registered Country**

在秘魯、加拿大、奧地利和美國設有辦事處和倉庫  
Offices and warehouses in Peru, Canada, Austria and USA

### 產品種類 **We are Offering**

自家品牌產品：MacaPro、Camu Camu C++、Cacao XP、YaconPro、Purple Corn C3G++、Wira Sacha Inchi、Peruvian Harvest等

其他：原材料/配料、非品牌成品、散裝半成品、自有品牌/OEM

**Brand products:** MacaPro, Camu Camu C++, Cacao XP, YaconPro, Purple Corn C3G++, Wira Sacha Inchi, Peruvian Harvest and other brands more

**Others:** Raw materials/Ingredients, non-branded finished goods, semi-finished goods for bulk, private Label/OEM

### 服務以下國家及地區顧客 **Target Regions**

全亞洲 All Asia

### 目標顧客 **Target Customers**

分銷商、進口商、零售商和製造商

Distributors, importers, retailers and manufacturers

### 採購及查詢聯絡 **Company & Contact Information**

UHTCO Corporation GmbH

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Email : [requests@uhtco.eu](mailto:requests@uhtco.eu)

URL : [www.uhtco.com/en](http://www.uhtco.com/en)



## MACAPRO

來自秘魯胡寧的傳統種植瑪卡根；以獨特的製造技術，保持純正，發揮最佳效果

Traditionally grown Maca roots from Junin, Peru, using a unique manufacturing process to ensure the best possible effects.



MacaPro Concentrated Maca Powder 6:1

以有機認證瑪卡根 (80% 黑色、15% 紫色、5% 黃色) 製成 6:1濃度，即每1kg瑪卡粉含有6kg幹根

Made from selected certified organic dried maca roots (80% black, 15% purple, 5% yellow) 6:1 concentration, that means 6kg of dried roots per 1kg of Maca powder

Pkg: 120g



MacaPro Concentrated Maca Powder 6:1 (Vegetarian Capsules)

成分：100% 瑪卡 (80% 黑色、15% 紫色、5% 黃色)

Ingredients: 100% Maca (80% black, 15% purple, 5% yellow)

Pkg: 90 capsules



MacaPro XP Purple Liquid Maca Extract

紫瑪卡根的比例為 20:1

成分：100% 紫瑪卡根萃取物、水、酒精

With purple Maca roots in a ratio of 20:1

Ingredients: Maca-extract from 100% purple Maca-Roots, water, alcohol

Pkg: 90 ml



MacaPro XP Black Liquid Maca Extract

黑瑪卡根的比例為 18:1

成分：100% 黑瑪卡根萃取物、水、酒精

With black Maca roots in a ratio of 18:1

Ingredients: Maca-extract from 100% black Maca-Roots, water, alcohol

Pkg: 90 ml

## CAMU CAMU C++

卡姆果是來自亞馬遜雨林的超級水果，含有豐富的維他命C。我們的 Camu Camu C++ 以手工採摘。要用上30公斤的新鮮卡姆果才可提煉出1公斤的 Camu Camu C++果粉。

拼棄傳統加熱或放射製法，保存最高天然維他命C值 (>15%, Ø 16% - 18%)，抗氧化和抗病毒能力。

Camu Camu C ++ is an extraordinary source of natural vitamin C. Our camu camu berries are hand-harvested from the Amazon rainforest of Peru.

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Camu Camu Organic Fruit Powder from the Whole Berry

成分：100% 卡姆果

Ingredients: 100% Camu Camu

Pkg: 100g



Camu Camu Organic Fruit Powder from the Whole Berry (Vegetarian Capsules)

成分：100% 卡姆果

Ingredients: 100% Camu Camu

Pkg: 90 capsules



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