

Longevity Fruit 生命之果

100% ORGANIC PRUNE 有机黑枣精



<http://www.greens.my>

100% Organic Prune is certified by QAI of U.S.A. and JAS of Japan. It is produced from organically grown California prunes. The finished product does not contain any food additives and preservative at all. It is a very virgin and top quality of prune puree.

- Prune assist in balance of blood sugar and pressure, protect cardiovascular system and improve digestive system
- The abundant minerals and phytonutrients of prune prevent kids from being malnourished
- Puberty needs more calcium, iron and vitamin A. Prune offer these materials and help to solve the skin problem such as pimples and acne
- Vitamin B of prune alleviate problem such as working pressure, halitosis, etc. and helps in constipation. It is the best iron supplement for women too
- Help in menopause discomforts and reduce cholesterol level. Research proves it completely stopped and were able to reverse bone loss in an animal model of post-menopausal osteoporosis
- Its phytonutrients prevent oxidation and hence slow down aging and improve immune system

采用经过美国QAI与日本的JAS鉴定，由完全没使用农药或化肥的美国加利福尼亚的黑枣制成，成品也绝无人工添加物或防腐剂，是顶级的黑枣精华。

- 黑枣精华，能平衡血糖及血压，保护心血管系统和改善消化道
- 丰富矿物质及植物精华能防止小儿营养不良
- 含钙、铁与高维生素A，供发育期需要的原料，帮助解决发育期的青春痘，改善皮肤
- 维生素B群可缓解工作压力、口臭等问题，对便秘很有帮助。是女性绝佳的天然铁质补充剂
- 缓和妇女更年期的不适，降低血脂胆固醇，抑制骨质疏松症
- 所含的抗氧化成份能缓和老化问题，提升免疫力



生命之果

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【果类抗氧指数】 Fruit Antioxidant Score

黑枣 Prune	5770	
葡萄干 Raisins	2830	
蓝莓 Blueberries	2400	
黑莓 Blackberries	2036	
草莓 Strawberries	1540	
树莓 Raspberries	1220	
李子 Plum	949	
橙 Orange	750	
葡萄柚 Pink Grapefruit	483	
罗马甜瓜 Cantaloupe	252	
苹果 Apples	218	
梨 Pears	134	



OASIS HERBS SDN BHD (605437-D)



养生小站.....吃出健康
A healthy lifebegins with a balance diet

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What is California Prune

The California prune is an offshoot of La Petite D'Agen, a prune plum native of Southwest France. Its origin country is the longevity village of Caucasus in Western Asia. The local people intake prunes frequently and that is the reason why their average life span is obvious higher. Hence, it is also called "Longevity Fruit".

【生命之果的来源】

黑枣属梅李科，一种生于法国西南方的植物果。其原产地是西亚的高加索长寿村。由于当地人民长久以来大量食用黑枣，该地区人民平均寿命明显的较其他地区为高。因此黑枣又有《长寿果》之称。

As a nourishing fruit, prune improve intestines function, promoting immune system. Its complete nutrient has its benefits to different age levels:

Kid The abundant minerals and phytonutrients of prune prevent kids from being malnourished. Kids can stay smarter and healthier.

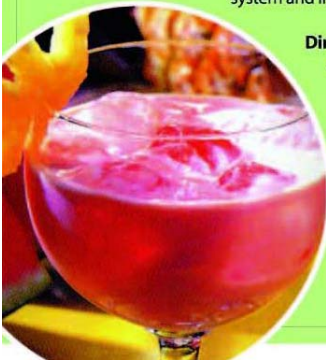
Teenager Puberty needs more calcium, iron and vitamin A. Prune offer these materials and help to solve the skin problem such as pimples and acne.

Youth Vitamin B of prune alleviate problem such as working pressure, halitosis, etc. Its water-soluble fibre help in constipation. It is the best iron supplement for women too.

Middle Age Prune help in menopause discomforts, reduce cholesterol level. Research proves it completely stopped and were able to reverse bone loss in an animal model of ovarian deficiency (a model for post-menopausal osteoporosis)

Old Age Its phytonutrients prevent oxidation and hence slow down aging and improve immune system. It also assists in balance of blood sugar and pressure, protect cardiovascular system and improve digestive system.

Directions >> consume directly or mix with water, as spread for bread or as relish for pastry. After mix with fruit juice, prune reduces the oxidation process that causes the nutrient loss in fruit juice.



【保健效能】 主要功能有补血、清肠、提升免疫系统。它完备的营养素对不同的年龄层都有其效用：

儿童 黑枣的丰富矿物质及植物精华能防止小儿营养不良，让儿童活泼聪明，改善体质。

少年 含钙、铁与维生素A高的黑枣，提供发育期需要的原料，帮助解决发育期的青春痘，改善皮肤。

青年 黑枣的维生素B群可缓解工作压力、口臭等问题，其天然水溶性高纤维对便秘很有帮助。黑枣是女性绝佳的天然铁质补充剂。

中年 黑枣能缓和妇女更年期的不适，降低血脂胆固醇，研究证明它抑制更年期引起的骨质疏松症，提升骨质密度。

老年 黑枣所含的抗氧化成份能缓和老化问题，提升免疫力。而整体的黑枣精华，能平衡血糖及血压，保护心血管系统和改善消化道。

服法>>可直接享用，也可冲水，涂面包，成为烘焙糕饼的佐料。与其他果汁冲调后，黑枣的抗氧化功能能让果汁的营养不易流失。



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