

Coffee - Surprising Health Facts! 咖啡的惊人健康益处!



Improves Heart Health | 改善心脏健康

Coffee consumption at all levels is associated with a significant reduction in the risk of congestive cardiac failure, with the lowest risk observed in those who consumed 2-3 cups per day. (Article-UK Biobank, 2023)

所有饮用量的咖啡皆与降低充血性心力衰竭风险相关，最佳效益出现在每日饮用2至3杯的人群。(英国生物样本库，2023)

Reduces Risk of Type 2 Diabetes | 降低2型糖尿病风险

Studies show that coffee drinkers have a lower risk of developing Type 2 diabetes. For instance, individuals who drink four or more cups of coffee daily have up to a 50% lower risk. (Harvard.edu, 2004)

研究显示，常喝咖啡者患2型糖尿病的风险较低，每天喝4杯以上，风险可减少高达50%。(Harvard.edu, 2004)



Supports Brain Health | 支持脑部健康

Drinking coffee regularly may lower the risk of brain diseases like Alzheimer's and Parkinson's. Studies show that caffeine can help protect the brain, especially against Parkinson's.

常饮咖啡可能降低阿尔茨海默症和帕金森病的风险，咖啡因有助于保护脑部，尤其防止帕金森病。

Protects Liver Health | 保护肝脏健康

A UK study of 500,000 people found that drinking coffee may lower liver disease risk. Four cups a day can reduce chronic liver disease by 21% and death from it by 49%. (UK Biobank)

英国50万人研究发现，每日饮用4杯咖啡可将慢性肝病风险降低21%，肝病死亡风险降低49%。(UK Biobank)



Supports Healthy Aging in Women | 呵护女性健康老化

A 30-year study of over 47,000 women found that drinking about 3 cups of coffee a day in midlife is linked to healthier aging, with better physical, mental, and brain health later in life.

一项为期30年的研究(逾47,000名女性)发现，进入中年每日喝约3杯咖啡，有助于维持身体、心理和认知功能的健康老化。

Longevity | 延长寿命

A review of 21 studies with over 10 million people found that drinking coffee may help you live longer—one cup a day lowers the risk of death by 3%, and three cups by 13%. 21项研究(逾1,000万人)综述发现，每天喝一杯咖啡可将死亡风险降低3%，三杯可降低13%。



May Lower Risk of Depression | 可能降低抑郁风险

Some studies show that drinking coffee may reduce the risk of depression. Each cup per day is linked to an 8% lower risk.

部分研究发现，每日喝一杯咖啡，抑郁风险降低约8%。



The only health coffee beverage with
combination of Soybeans and
Seabuckthorn Essence
唯一结合大豆与沙棘精华的
健康咖啡饮品



Now! without
refined sugar!
如今! 无添加精制糖!



All-time
favourite coffee!
全天候最受欢迎的
咖啡!



Approved by
coffee lovers!
咖啡爱好者认证!



Pour contents into coffee cup.
Add in 150ml hot water.

Stir until dissolve and serve.

将咖啡倒入杯中，加入150毫升热水，
稍加搅拌便可饮用。



Product By **SNE**

www.snemarketing.com (237161-U) (AJL93248)

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Royal
**Seabuck
Soyfee**

12 in 1
with 8 Essence

1 Seabuckthorn Essence
沙棘精华

2 Green Coffee Beans
绿咖啡豆

3 Black Coffee Beans
黑咖啡豆

4 White Coffee Beans
白咖啡豆

5 Astragalus Essence
黄芪精华

12 Sucralose (Does not affect blood sugar)
三氯蔗糖 (不影响血糖)

6 Bitter melon Essence
苦瓜精华

7 Grape seed Essence
葡萄籽精华

8 Hawthorn Essence
山楂果精华

9 Soy Powder
大豆粉

10 Soy Essence
大豆精华

11 Non-Dairy Creamer
非乳制奶精

A Warm, Caring & Healthy Beverage~
温馨、关爱与健康兼具的饮品~





Essence = 8 Super Benefits! 精华 = 8大超能益处!



Super Antioxidant | 超强抗氧化

- Seabuckthorn is high in Vitamin C, E, A, and omega 3-6-7-9 – rare combination for total cell protection.
- 沙棘富含维他命C、E、A，以及Omega 3-6-7-9，珍贵组合提供全面细胞保护。



Seabuckthorn Essence
沙棘

- Helps protect cells from daily stress, support heart, skin, eye, and immune health, fight free radicals, and promote anti-aging, inner beauty, and lasting energy.
- 有助于抵御每日压力，支持心脏、皮肤、眼睛及免疫系统健康，对抗自由基，促进抗衰老、内在美及持久能量。



Grapeseed
葡萄籽

- Grapeseed rich in OPCs (Oligomeric Proanthocyanidins) – powerful antioxidants 20x stronger than Vitamin C and 50x stronger than Vitamin E.
- 葡萄籽富含OPCs（低聚原花青素）— 抗氧化能力比维生素C强20倍，比维生素E强50倍。

Lower Caffeine | 较低咖啡因

- Green coffee beans (natural, unroasted) contain lower caffeine compared to regular coffees and less acidic
- 天然未烘焙绿咖啡豆，咖啡因含量比普通咖啡低，酸性较小。

- Less jitters (feelings of extreme nervousness) and good for sensitive caffeine users and wellness seekers.
- 适合对咖啡因敏感者，减少紧张感，适合追求健康的人群。



Green Coffee Beans
绿咖啡豆

Control Weight | 控制体重

- Green coffee beans- contain more chlorogenic acid than roasted coffee beans because roasting lowers its amount.
- 绿咖啡豆含有比烘焙咖啡豆更多的绿原酸（因烘焙会降低含量）。



Green Coffee Beans
绿咖啡豆

- Chlorogenic acid helps manage weight by boosting metabolism and blocking fat. They also keep blood sugar steady by improving insulin use.
- 绿原酸有助于促进代谢、阻止脂肪吸收，并改善胰岛素使用以稳定血糖。



Better Glucose Control | 更佳血糖控制



Bitter Gourd
苦瓜

- Bitter melon is rich in compounds like charantin and polypeptide-P. Have antidiabetic effects, and polypeptide-P acts like insulin to help control blood sugar.
- 富含苦瓜素与类胰岛素成分苦瓜多肽-P。具抗糖尿病作用，如胰岛素般帮助控制血糖。

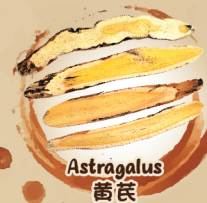
Supertonic for Heart | 强心配方

- Hawthorn essence is rich in plant flavonoids that help regulate blood lipids, support healthy blood pressure, prevent arteriosclerosis, and improve blood flow to the heart.
- 山楂果精华富含植物类黄酮，有助于调节血脂、维持正常血压、防止动脉硬化及促进心脏血流。



Hawthorn
山楂

Strengthen Immune | 增强免疫力



Astragalus
黄芪

- Astragalus strengthens the immune system, fighting infections, flu or other respiratory diseases, reducing inflammation, and helping the body adapt to stress.
- 黄芪提升和增强免疫、对抗感染、流感与呼吸道疾病，同时有助于抗炎及抗压。

Beneficial Nutrition | 营养丰富

- Soy essence is a nutrient-rich source, providing 6 times more iron and 1.5 times more protein than milk. It also contains beneficial phytochemicals like lecithin, isoflavones, and stigmaterol, along with essential vitamins and minerals.

- 大豆精华为高营养来源，含铁量为牛奶6倍，蛋白质为牛奶1.5倍，富含卵磷脂、大豆异黄酮与植物固醇等营养素及多种维他命与矿物质。



Soy Essence
大豆精华

Healthier Creamer Substitute | 更健康奶精替代品



Soy Powder
大豆粉

- Rich in protein and fiber to promote fullness and support digestive health.
- 富含蛋白质与纤维，增强饱腹感，促进消化系统健康。

