



phhp world

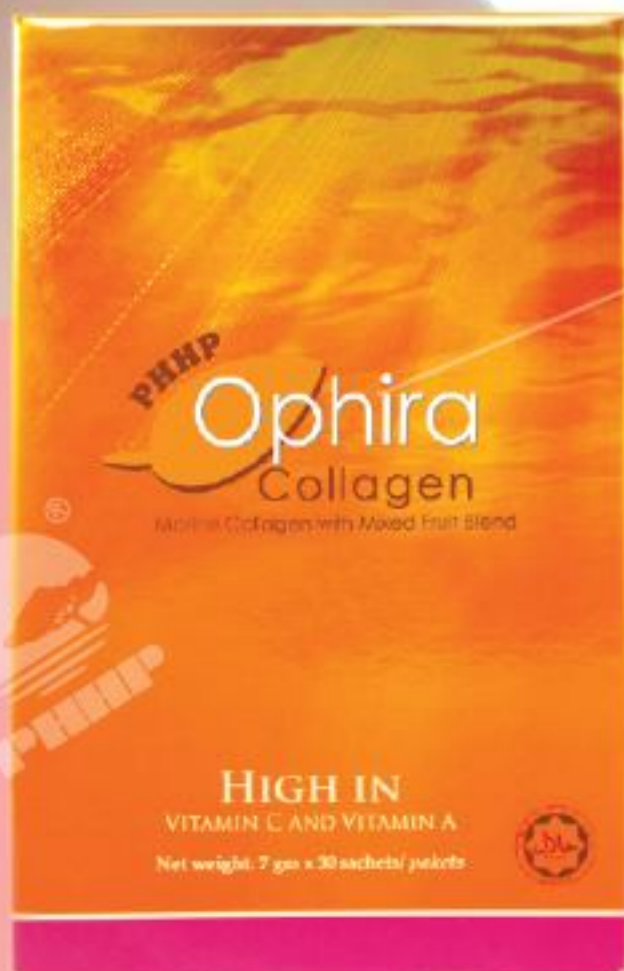
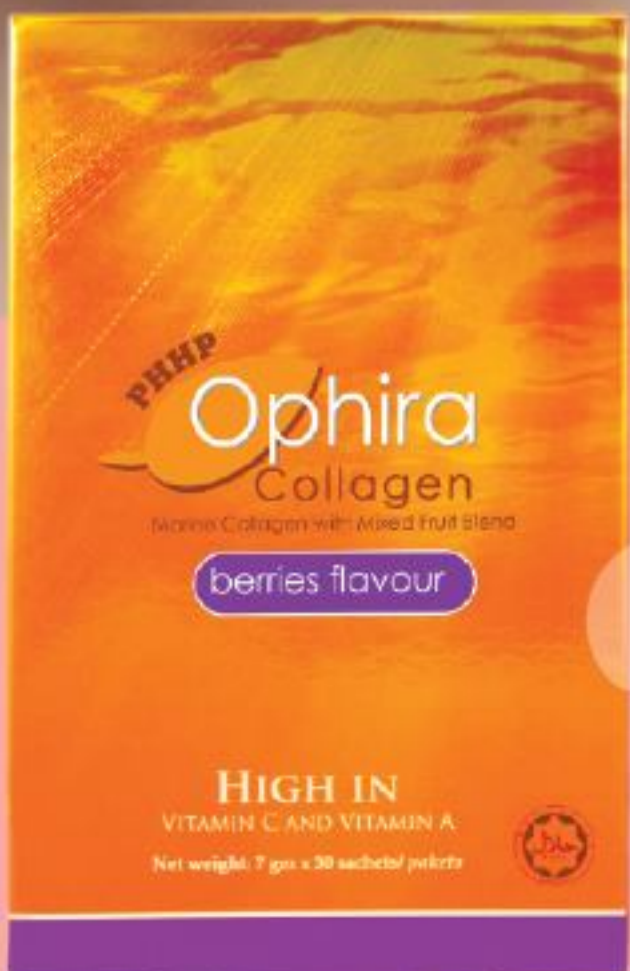
# P'H Health

如何确保肌肤  
Ways **水嫩?**  
to Have Softer &  
Brighter Skin

**♂男性**  
护肤常识知多少?  
Things Men Need to Know  
About Skincare

**抵抗**  
**肌肤老化的**  
**秘密 Secret**  
to Delay Ageing Skin

April  
2017



内到外全方位补给  
向皱纹说Bye-bye!

Comprehensive Supplement  
Say Good-bye to Wrinkles

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04 APRIL  
2017



# 04.2017 Content

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从体内做起  
Transformation Starts  
From Within



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美丽由内开始  
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## 10

**拜美梦幻目标**  
The Hope of Beauty

### 拜美梦幻目标

The Hope of Beauty

拜美梦幻目标，美是希望。胶原蛋白是皮肤的“黄金”，也是皮肤的“基石”。胶原蛋白是皮肤中含量最多的蛋白质，也是皮肤中最重要的成分。胶原蛋白是皮肤的“骨架”，也是皮肤的“支撑”。胶原蛋白是皮肤的“弹性”，也是皮肤的“活力”。胶原蛋白是皮肤的“保湿”，也是皮肤的“滋润”。胶原蛋白是皮肤的“修复”，也是皮肤的“再生”。胶原蛋白是皮肤的“保护”，也是皮肤的“屏障”。胶原蛋白是皮肤的“美丽”，也是皮肤的“梦想”。

为什么我们需要补充胶原蛋白？  
Solutions We Need Collagen

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10 Health



PHHP  
Ophira  
Collagen  
Marine Collagen with Mixed Fruit Blend  
長春胶原蛋白



食用方法:

把2包長春Ophira 胶原蛋白加入100ml的清水里即可。可于每天晚上临睡前饮用两包。

Ophira Collagen Consumption:

Briskly mix 2 sachets of collagen with 100ml water at room temperature. 2 sachets a day to be taken before sleep at night.

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P'Health 11

# 11

## 長春胶原蛋白 食用方法

Ophira Collagen  
Consumption

# 男性♂ 了解肌肤

Skin Care Solution for  
Modern Men

# 12-15

## 男性 了解肌肤 Skin Care Solution for Modern Men

Secrets For Firming Skin

### 强壮骨骼

Enhance Strong Bones

骨骼中有机物的70%-80%是胶原蛋白，骨骼在生成时，首先必须合成充足的胶原蛋白纤维，才能组成骨骼的框架。所以也有人称胶原蛋白为骨骼中的骨骼。胶原纤维具有强大的韧性和弹性，倘若把一根长骨比拟成一根水泥柱子，那么胶原纤维就是这根柱子的钢筋框架，而胶原蛋白的缺乏，就像建筑物中使用了劣质钢筋，折断的危险就在旦夕。

About 70% -80% of our bone contains collagen, collagen fiber is also one of the main substance to form bone structure before we were born. Collagen fiber is strong and elastic, it serve as a pillar for our bone, loss of collagen can cause serious consequences.







# 变身Q弹美女 从体内做起

Transformation Starts From Within

爱美是人的天性，但面对自己的肌肤您了解多少？您知道什么元素能掌控肌肤的老化和健康吗？答案是你身体所特有的胶原蛋白。随着“韩流”的文化影响，男性也随之加入爱美行列。这亦造成男性护肤市场越发扩张。但我们不能忽略重要的一点，保持肌肤的弹性才是基础。再昂贵的护肤品或化妆品，也无法完全掩盖日益老化的肌肤。唯有由内而外，才能起到保持弹性肌肤的效果。

Love of beauty is human's nature, but the question is how much do you know about your skin? And what are the elements that determines a healthy skin? Here we are, with the answer to the very question- Collagen. As Korean culture indulge into daily life of many, more and more younger tends to pay extra attention to appearance, both male and female. But we must not forget that maintaining skin elasticity is the basic steps in preventing skin ageing. For female, we must not rely on cosmetic alone, in order to improve our skin condition, we need to recuperate from within.



我们都知道，女性二十五岁以后，随着时间的发展胶原蛋白流失减少、新陈代谢降低、细胞之间的纤维逐渐退化，就导致皮肤开始失去弹性，老化松弛。胶原蛋白对保持肌肤弹性有着重要影响，老化、日晒、环境污染还有不规律的生活习惯都有可能对导致胶原蛋白被损伤。胶原蛋白减少就会导致皮肤松弛，失去弹性。有许多研究显示营养品对皮肤的健康有帮助。使用外用护肤霜和化妆品只可以影响皮的外层，而口服的营养品则可以对皮肤的内层起很大的作用。

二十名健康的日本妇女每天服用含10克的水解胶原蛋白或安慰剂的饮料为期两个月。在第一个月，胶原蛋白摄取组显示出皮肤的最外层的吸收水份能力比安慰剂组更多。当测试期延长至2个月时，两组的吸收水能力更显差别，因此补充胶原蛋白对于防止肌肤老化非常重要。

本期专题“变身Q弹美女，从体内做起”，为读者们解剖肌肤和胶原蛋白的密切关系。让读者们拥有靓丽肌肤。

Female tends to start losing collagen after age of 25, following by dropping of metabolism, which eventually leads to ageing skin. However, there are other external factors like sunray, iregular lifestyle and skin pollution that causes loss of collagen. As collagen is the factor that support the elasticity of human skin, many research has shown that health products play an important role in providing necessary nutrients to skin. As we mentioned earlier, cosmetics product serve to cover the skin surface, what we really need is collagen to provide elastic skin from inside out.

A research had been conducted in Japan, where 20 female were being divided into 2 teams, and each team was given beverages contained placebo and collagen separately. The experiment lasted for two months with significant result, team with collagen tends to show more effective absorption in their skin than the other team. The result show that collagen is important in preventing ageing skin.

April P Health will be featuring on Skin Ageing Prevention, we will be explaining the correlation between skin ageing and collagen, so that each and every reader can have a healthy and shinning skin.





青春关键  
to Be Younger

美丽由内开始  
Beauty Immerge From Within

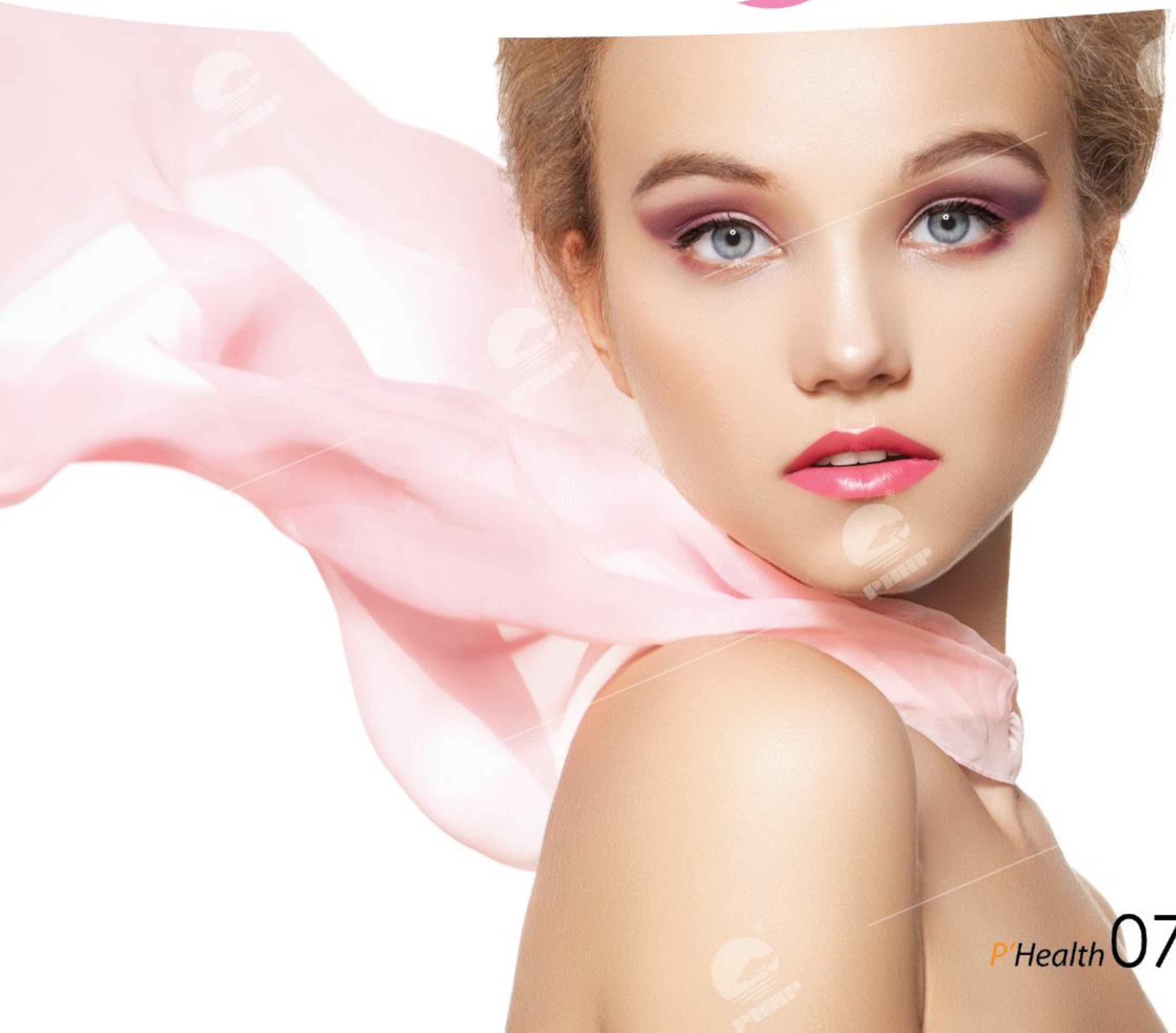


随着皮肤老化过程开始呈现，皮肤结构开始改变，这些变化在外部面容上反映为皮肤纹理和外观的改变。由于保持皮肤紧实年轻的天然物质逐步流失，皮肤可出现细纹和皱纹。随着皮肤内部结构进一步变弱，也可导致皮肤的紧实度下降或饱满度下降。此外，皮肤还可能变得越来越敏感。

自25岁开始，皮表第一道老化迹象变得明显，最明显的是皮肤出现细纹和皱纹、紧实度下降、并且饱满度下降。然而，并非所有变化均肉眼可见。敏感老化肌肤最明显的变化在于皮肤的感官。同时，皮肤的“构造成分”之一，即胶原蛋白，以每年1%的速率开始流失，再加上弹性纤维减少，导致真皮组织不规则，从而，皮肤结构受到影响，更容易产生皱纹。皮肤弹性降低，让皮肤更容易受损，毛细血管更容易破裂。血流减少意味着向皮表输送营养和氧气的效率下降。这会让年轻肌肤的美丽光泽被掩盖。

Our look started changed as time goes by, it is call skin ageing, which begin with skin structure. As skin loses its natural substances, wrinkles starts appearing. When our skin structure become weak, so is the firming percentage, at the same time, our skin will become more and more sensitive.

Skin ageing process started at the age of 25, with appearance of wrinkles and loss of firmness. The significant changes however, is seen on skin senses. Losing of collagen and elasticity also causes problems such as wrinkles and sensitive skin, when blood capillary become sensitive and easily damaged, it affects transportation of nutrients and oxygen to the skin, eventually our skin loses its brightness.







胶原蛋白(collagen)是皮肤的主要成分，皮肤中胶原蛋白占72%，真皮中的80%是胶原蛋白，如支架和“弹簧”支撑着皮肤。一旦“弹簧”断了，真皮组织会塌陷，出现皱纹，皮肤会松弛、下垂。皮肤出油后，撑大的毛孔由于弹性下降不能复原，毛孔就会变得粗大。自由基、黑色素会在肌肤的空洞和缝隙里堆积，胶原蛋白的三螺旋结构如水库的堤坝一样，锁住皮肤储水层中的水分，使皮肤光泽、滋润、柔软，如果皮肤的“水库”决堤了，肌肤就会变得干燥、粗糙，暗沉无光泽。

Collagen is the important factor in our skin, it cover 72% of our skin, 80% of dermis is collagen. It support our skin like a spring, what happen if it is broken? Skin will lose firming and elasticity, skin will not be able to minimize pores cause by oily skin and cause enlarged pores. At the same time, substance like free radical and pigmentation will cause our skin to look dry, rough and dark.

# 肌肤美丽 健康常识 ——胶原蛋白

Tips of Beauty Skin  
- Collagen



# 胶原蛋白的流失

## Loss of Collagen

女性在20岁时胶原蛋白已经开始老化、流失，含量逐年下降，25岁则进入流失的高峰期，40岁时，含量不到18岁时的一半，除此还有一些外在的环境因素及不良习惯导致。胶原蛋白的流失，导致支撑皮肤的弹力网断裂，皮肤组织萎缩、塌陷，肌肤就会显现干燥、粗糙、松弛、皱纹、毛孔粗大、暗淡、色斑等衰老现象。且《美国光学会杂志》通过一种新的激光技术分析发现，阳光照射及自然老化情况下，女性皮肤要比男性皮肤的老化速度要快。

Females started losing collagen when they are 20 years old, the process reach peak stage when they are 25 years old. By the time they reached 40 years old, the collagen in their body is less than 50 % compare with when they are 18 years old, following with certain external factors like environmental and individual habits can also lead to the loss of collagen. When that happen, all kinds of phenomenon like dry skin, wrinkles, enlarged pores, dark skin, pigmentation and many others that cause a person to look old will eventually happen. According to a magazine from United States, under the same circumstances, skin ageing tends to happen faster in female than the opposite gender.

20 → 40





# 拜美梦幻目标

The Hope of Beauty

现今社会，无论吃的，喝的，擦的胶原蛋白产品，琳琅满目，市场上每隔一段时间，就会有各种保养品成分被宣扬。其中也包括胶原蛋白，众所周知，大家都会关注自己的外表。美容业能很快适应和满足创新和科学突破。预计2020年美容业收入将达到74亿美元。现今，消费者收入的提高、生活方式的改变、以及对健康与美容科学意识的逐渐加强，正持续推动美容市场的发展以及比以往更多选择的需求。越来越多的消费者正在寻求始终有效、非侵入性的美容方法来增加其个人美貌。

外在皮肤的美丽需要具有内在的健康基础。胶原蛋白流失首先会导致肌肤锁水功效大大下降，水分的缺水就意味着肌肤衰老的开始。另外胶原蛋白被黑色素吞噬后，如果被激活的黑色素不能及时排走，还会带来色斑、肤色不匀或暗沉等问题。

Nowadays, there are many different kinds of collagen products in the market, every once in a while, there will be branding and advertising on health product ingredients that said to be good for human body. It is human nature to want to be good looking, and that lead to potential market of beauty industry. The estimate profit from beauty industry will reach 7.4 billion by 2020. Thanks to improvement for quality of life, lifestyle and beauty awareness. More and more people started paying more attention to their appearance and willing to pay more money to look better.

What they missed out is that we should actually internal health is the basic for us to look better, and collagen is the main factor that support our skin elasticity and moisturizing effect. Hence, the loss of collagen indicate the process of ageing skin. Another problem is the active melanin that can create skin pigmentation, uneven skin tone and dark skin tone problem.

## 为什么我们需要补充胶原蛋白? Reasons We Need Collagen

• 保湿抗衰老  
*Skin Moisturizing and Anti Ageing*



• 消除皱纹  
*Eliminate Wrinkles*



• 祛除黑眼圈  
*Eliminate Dark Circles*



越来越多的研究表明，某些营养成分能显著改善皮肤状况。这也称为“由内而外的美容”解决方案，口服营养美容品是一种营养素补充剂，能由内而外地帮助维持皮肤健康美丽。

Research has shown that certain nutrition is effective in improving skin condition, that helps in improving our skin tone from within our body, like health and beauty products which helps to maintain healthy skin.

## 怎样弥补不断流失的胶原蛋白?

### How to Replenish Collagen?

我们必须要通过外在最接近人体胶原的动物胶原来补充你体内胶原蛋白的不断流失，修复组织，延缓衰老。通过外用、口服的胶原蛋白，进入人体后可直接渗透到肌肤真皮中补充流失的胶原质，将皮肤细胞撑起，重整肌肤纤维组织结构，参与细胞新陈代谢，并促进自己体内的胶原蛋白生成，从而恢复肌肤的年轻细嫩。

Health products which contain collagen is capable of replenish the loss collagen from our body, while it support our skin cell and reforming our skin structure, it also helps in improving cell metabolism and helps in restoring yonger and elastic skin condition.



# PHHP Ophira Collagen

Marine Collagen with Mixed Fruit Blend

## 長春胶原蛋白



### 食用方法:

把2包長春Ophira 胶原蛋白加入100ml的清水里即可，可于每天晚上临睡前饮用两包。

Ophira Collagen Consumption :

Briskly mix 2 sachets of collagen with 100ml water at room temperature. 2 sachets a day to be taken before sleep at night.

Ophira Collagne Original | Ophira Collagne Berries  
7gm x 30 sachets

	WM	EM	SG
DP	<b>RM135.70</b>	<b>RM143.10</b>	<b>SGD 60.00</b>
CP	<b>RM169.60</b>	<b>RM179.15</b>	<b>SGD 75.00</b>
BV	77	77	77

HFP-CLG-OPH-000 | HFP-CLG-BRY-000

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# 男性♂ 了解肌肤

Skin Care Solution for  
Modern Men

## 水润Q弹的秘密 Secrets For Firming Skin

护肤早已成为全民的话题，但爱美不仅仅是女生的专利，男人也可以通过胶原蛋白来保养自己的皮肤，男人同样也可以美容，男性也想要细滑的肌肤，其实男人也可以补充胶原蛋白来保养自己的皮肤，让自己变得更加帅气起来。其实，不仅女生，男士也需要胶原蛋白，男士服用胶原蛋白不仅能够改善肌肤，还能够起到强壮骨骼、保护眼睛、提高免疫力等功效。

Skin care is no longer something new, nowadays, male also starting to pay attention to their skin problem for better appearance. In fact, it should be normal for male to take collagen for more elastic skin. Not to mention that collagen also helps to enhance their skin condition, bone, immune system and so on.



## 保护皮肤

Skin Protection

研究证明，男性女性的皮肤组织都是一样的，男性皮肤一般容易出现毛孔粗大，油脂分泌旺盛的情况，尤其是经常吸烟的男性，皮肤会干燥、肤色暗黄，这主要是因为，吸烟会导致体内基质金属蛋白酶的增多，这种物质对胶原蛋白有很大的破坏力，吸烟造成皮肤干燥衰老。而现在很多男性也开始慢慢关注皮肤，因此男性更应该补充胶原蛋白，胶原蛋白有恢复弹性，延缓衰老的功能。

Research shown that both male and female has the same skin tissue, but male tends to have problems like enlarged pores and oily skin. For smokers, their skin will appear to be more dry and yellow due to matrix metalloproteinases inside their body, which can cause large damage to collagen inside the body. In other words, smoking is one of the main factors that causes skin ageing. Therefore, replenishing collagen is crucial not only to female but also to male.



## 保养头发

Hair Care

头发的健康关键在于头发的基础头皮皮下组织的营养，如果缺乏胶原蛋白，头发会干燥分叉，灰暗无光泽。因此补充胶原蛋白可以使头发柔顺光泽、同时能够预防白发、脱发。

The foundation of hair care is provide necessary nutrition to our scalp, our hair need collagen in order to appear smooth, bright and strong. Without it, our hair will become weak, and we will have to face problems like white hair and hair loss.





## 强壮骨骼

Enhance Strong Bones

骨骼中有机物的70%-80%是胶原蛋白，骨骼在生成时，首先必须合成充足的胶原蛋白纤维，才能组成骨骼的框架。所以也有人称胶原蛋白为骨骼中的骨骼。胶原纤维具有强大的韧性和弹性，倘若把一根长骨比拟成一根水泥柱子，那么胶原纤维就是这根柱子的钢筋框架，而胶原蛋白的缺乏，就像建筑物中使用了劣质钢筋，折断的危险就在旦夕。

About 70% -80% of our bone contains collagen, collagen fiber is also one of the main substance to form bone structure before we were born. Collagen fiber is strong and elastic, it serve as a pillar for our bone, loss of collagen can cause serious consequences.



## 塑造肌肉

Muscle Toning

胶原蛋白虽然不是肌肉组织的重要成分，但却与肌肉的生长有较大的关系，补充胶原蛋白能促进生长激素的分泌及肌肉增长，而对于身材的保持也需要补充胶原蛋白。

Relation between collagen and muscle is closer than we thought, as it helps in enhancing growth factor and muscle growing. For those who wish to keep fit, collagen also plays an important role.

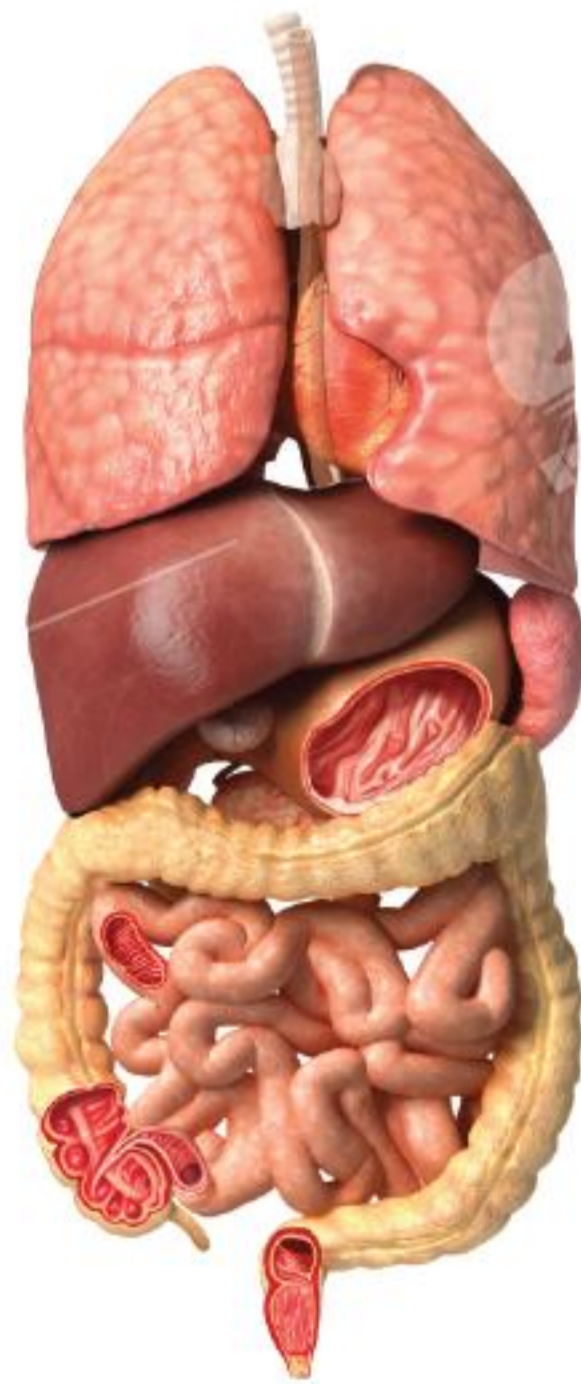


## 改善骨质疏松

Improve Osteoporosis Condition

骨骼坚硬具有弹性，一般不适于疏松，骨骼中的钙流失时则导致骨质疏松。胶原蛋白能使得钙质与骨细胞能结合，不致流失。骨骼中的胶原蛋白流失时会使得骨中钙量也降低，此时只增加钙摄取量的话，也不易改善这种骨质疏松的现象，因为钙无法在骨中保住，多吃钙也会流失，主要由于胶原蛋白量减少。所以要保住骨本，可摄入胶原蛋白来补充。

Human bones is strong and elastic, while calcium is the substance that prevent osteoporosis. Collagen serve the purpose of combining calcium with bone cell. Thus, the loss of collagen also lead to loss of calcium. That is why we must replenish not only calcium but also collagen if we wish to prevent osteoporosis.



## 强化内脏功能

Enhancing Internal Organ Functions

人体主要的内脏器官及组织都含有胶原蛋白，在这些脏器表皮结构的下方是胶原蛋白，其最大功能在保护及强化脏器，比如胃或肠。

Collagen is everywhere in our body, even within our internal organs and cells, which priority is to protect and enhance internal organs functions.

### 健康

### 小贴士

### Health Tips

补充胶原蛋白可以通过食物摄取，但食物中的营养成分转换率较低，且效果缓慢，因此建议搭配长春Ophira胶原蛋白，以满足人体所需。

Although we can replenish collagen from food we take daily, but it is certainly not enough, thus intake of collagen supplement like PHHP Ophira Collagen is suggested.





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