



2025年第四季 (Edition 2025 Q4)
香港區 (Hong Kong)

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辦事處資訊 OFFICE INFO

辦事處資訊
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IG Instagram : lifestyles_intra_hk



健康及商機分享說明會 (HOPE) 2025年9月14日



麗泰香港於9月14日在麗泰香港辦公室舉行了2025年，
第三季健康及商機分享說明會，對象為在香港的菲律賓會員及其親友。

今次分享會主要講解纖維丸的功效，其水溶性纖維對管理體重，
控制血糖及膽固醇，促進腸道健康甚有幫助。

另外，亦講解公司歷史及背景，介紹麗泰商機給各人認識，使他們認識到，
麗泰產品不但可改善各人的健康，同時亦可改善各人的財政。

最後，又是分享天茶故事及有獎問答遊戲時段，藉此加深各人對麗泰產品，
公司及商機的認識。如你想瞭解多些麗泰產品，歡迎隨時聯絡我們，
或留意下次健康及商機分享說明會的舉辦日期。

精彩的天茶故事分享，已上載至官方面書 @LifestylesHKOfficialpage，
歡迎登入，溜漚，讚好及分享。

Health Opportunity Presentation & Experience (HOPE) 2025 September 14

On September 14, Lifestyles Hong Kong organized another HOPE
meeting with the target audience being the Filipinos in HK.

In this meeting, we introduced the benefits of FibreLife: its soluble fibre
can effectively control appetite, blood sugar level & cholesterol.

In addition, the company history, background and Business Opportunity
plan were discussed at the meeting. We showcased how Lifestyles
products can improve your health and your financial situation.

At last, it was time for sharing the Intra story. Together with the quiz
game & prizes, people knew more about FibreLife and the Lifestyles
Business Opportunity. If you want to know more about Lifestyles products,
please feel free to contact us and participate in the next HOPE meeting.

Intra stories are uploaded to official FaceBook @LifestylesHKOfficialpage,
you are welcome to access, like & share.



徇眾要求, 聖誕延續11月的優惠, 普天同慶!
產品運費優惠任你撰!

12月份單一購買產品達指定分數, 可享以下優惠, 多買多送:

單一購貨

優惠

- | | |
|----------|----------------------------|
| • 315分以下 | 運費半價 |
| • 每315分 | 折後半價多購買任何麗泰產品一件 或 免費本地送貨一次 |
| • 1,400分 | 免費加送任何麗泰產品一件 或 免費本地送貨一次 |
| • 2,800分 | 免費加送任何麗泰產品兩件 或 免費本地送貨兩次 |



例一: 420分, 可用折後半價多購買產品一件或免費本地送貨一次。

例二: 1400分, 可用折後半價多購買產品4件, 加免費產品1件或免費本地送貨一次, 連原有的3件天茶優惠產品, 即最多共有8件麗泰優惠產品。



中國內地及澳門客戶:

- 購買產品
- 每315分, 折後半價多購買任何麗泰產品一件 或 運費減 \$50;
 - 1400分或以上, 免費加送任何麗泰產品一件 或 運費減 \$200;
 - 2800分, 免費加送任何麗泰產品兩件 或 運費減 \$400。

條款:

- 只限有效會籍會員
- 本地送貨 - 會員**可用1件免費產品, 換1次免費本地送貨**, 訂單確定後將不可更改;
- 如送貨地址的樓宇沒有升降機直達送貨樓層或地下, 第一層樓首兩箱免附加費, 其後每箱每層為港幣\$10;
- 送貨服務不包括機場及陸路不能直送的離島區
- 優惠麗泰產品不適用於續會費, 入會費, 及助銷產品, 此外, **半價及免費產品不可獲得分數**



Requested by our members, the November incentive has been carried over into December for X'mas celebration! Joy to the World!

In December, if a single order reaches the specified point, you are entitled to have the following privileges. The more you purchase, the more you will be rewarded!

SINGLE ORDER

- Below 315 points
- Every 315 points
- 1,400 points
- 2,800 points

INCENTIVE

- 50% off local delivery fee
- net 50% off extra 1 unit of any Lifestyles product or free local delivery once
- add on Free 1 unit of any Lifestyles product or free local delivery once
- add on Free 2 units of any Lifestyles product or free local delivery twice

Example 1 : 420 points, net 50% off for 1 extra units of product or free local delivery once

Example 2 : 1400 points, net 50% off for 4 extra units of product + free 1 unit or free local delivery once + original 3 units of Express Direct privilege products totally having 8 units of privilege product in maximum

China & Macau customers:

- Order**
- every 315 points, net 50% off extra 1 unit of any Lifestyles product or less delivery fee \$50,
 - 1,400 points, add on Free 1 unit of any Lifestyles product or less delivery fee \$200
 - 2,800 points or above, add on Free 2 units of any Lifestyles product or less delivery fee \$400.

Terms & conditions:

- Applicable to valid membership only
- Local delivery - member can **exchange from 1 unit of free product to 1 free local delivery.** Once the order is confirmed, it cannot be changed
- If there is no lift in the building, first 2 cases for the 1st floor is free surcharge, thereafter there is surcharge \$10 per case per floor.
- No delivery for area that cannot be accessed by truck
- Purchase additional products offer does not apply on renewal fee, application fee & sales aids. **The additional purchases items are not eligible for points**





星期日, 買天茶
2026上半年, 每月嘅第二及最後的星期日

以下是2026年1月至6月, 每月第二及最後的星期日
辦公日期:

1月11, 25日 2月8, 22日 3月8, 29日
4月12, 26日 5月10, 31 及 6月14, 28日

辦公時間: 10:00 至 17:00

記住星期日上嚟買天茶啦!



**For the first half of 2026, these are
the Sundays that you can purchase Intra:
the second and last Sunday of each month!**

The dates below are the opening of the second and
last Sunday from September to December 2025:

Jan. 11, 25 Feb. 08, 22 Mar. 08, 29
Apr. 12, 26 May 10, 31 & Jun. 14, 28

Office hours: 10:00 – 17:00

Remember to visit and buy Intra on Sunday!



故事分享：心鈣健

麗泰除了旗艦產品“天茶”外，我們會不斷研發新產品。“心鈣健”就是數年前推出的最新保健品，它是天然與科研結合的膳食補充劑，提供維他命，礦物質及植物精華，支持身體的心血管健康及血液循環。其成份包括維他命K2 (MK7)，山楂精華及維他命B6, B12及葉酸的組合，能維持動脈健康及確保身體血液流動順暢。以下是我們其中一個心鈣健用家的個案分享。

會員號80023723085

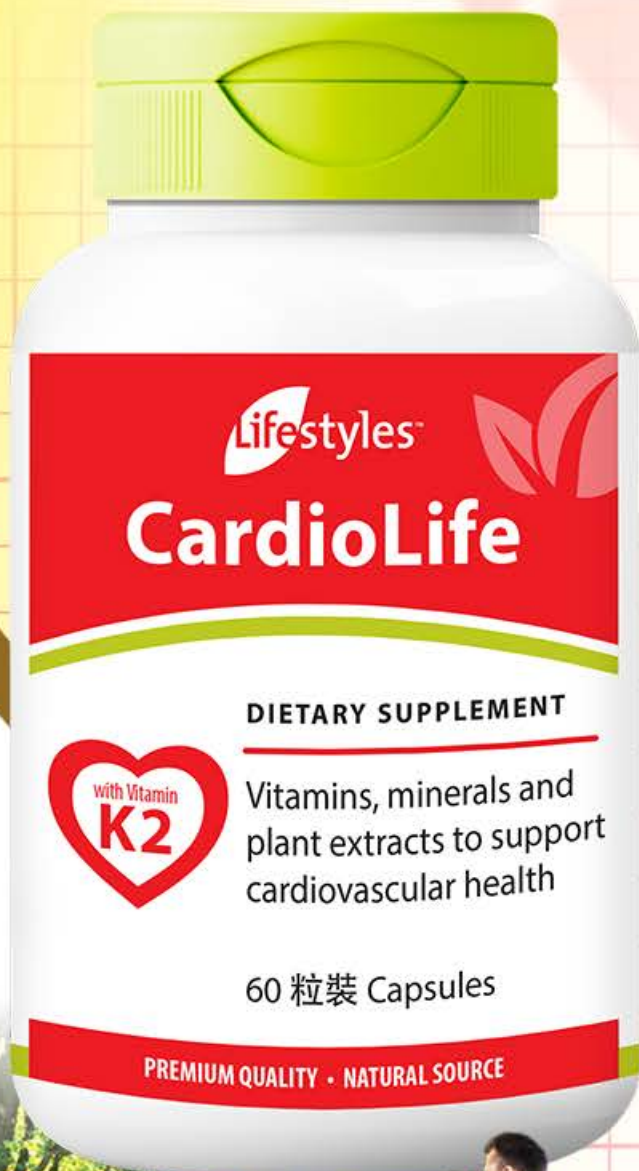
這是天茶公司的第四款產品。它叫心鈣健。很多天茶人可能也不熟悉。我是去年4月去香港公司買的。我當時睡眠很淺。於是我服了一個星期一天2顆粒。這350元港幣改變我的生活。去年5月份我可以參加公司的活動了。去年6月份因為晚上睡眠良好，我可以去練太極拳了！去年我去醫院做動脈硬化檢查，可以顯示我的血管年齡與實際年齡相符！

Story sharing: CardioLife

In addition to the flagship product "Intra", Lifestyles will continue to develop new products. "CardioLife" is the latest health supplement launched a few years ago. CardioLife is a scientifically formulated dietary supplement providing vitamins, minerals and plant extracts that support cardiovascular health and blood circulation throughout the body. The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid have shown to support the health of the arteries and ensure maximum blood flow throughout the body. The following is a story sharing of one of our CardioLife users.

Membership number : 80023723085

This is the fourth product of Intra Company, it is called CardioLife. Many Lifestylers may not be familiar with it. I went to Lifestyles Hong Kong office to buy it in April last year. I slept lightly. So I took 2 tablets a day for a month. This HK\$350 changed my life! I was able to attend the Company event last May. In June last year, because I slept well at night, I was able to practice Tai Chi! Last year, I went to the hospital for an arteriosclerosis test, which showed that my blood vessel age matched my actual age!





Paul Kramer
Senior Vice President



From the desk of

PK

www.lifestyles.net

@LifestylesLGN

CardioLife Q&A

甚麼是心鈣健？

心鈣健是天然與科研結合的膳食保健品，提供多種維他命、礦物質及植物精華，促進心血管及血液循環系統健康。研究顯示，維他命K2 (MK7)、山楂精華及維他命B6、B12及葉酸的組合，能維持動脈健康及確保身體血液流動順暢。

甚麼是VitaMK7？

心鈣健含有獨特及精心研究的維他命K2品牌，VitaMK7。被稱為最優質，最活躍的維他命K2，VitaMK7，是純Menaquinone-7 (MK7)甲萘醌7。甲萘醌7(MK7)已被精心研究及確認，能將血液中的鈣質，有效引導流向骨骼，填補所需，從而加強血液流動及強化骨骼。

維他命K2(MK7)是否可強化骨骼及健康？

是的！很多研究顯示，維他命K2(MK7) 能將血液中的鈣質，運送到骨骼而令其強化；同時，藉此可減少鈣質在動脈中積聚，確保心臟健康。

在研究中，建議每天維他命K2的攝取量是多少？

在很多心臟及骨骼健康的研究中，建議每天維他命K2(MK7)的攝取量是180微克。

山楂精華在產品中有甚麼作用？

山楂在心血管疾病中有廣泛的使用歷史，其歷史可以追溯到一世紀。山楂應用在處理心血管疾病方面，例如充血性心力衰竭(CHF)、冠心病、心絞痛及心律不整。山楂中的多酚含量很高，具有很強的抗氧化劑和抗炎作用，對身體有很多益處。

甚麼時間服用心鈣健最好？

你可在任何時間服用心鈣健，但建議與食物同服，確保有最好的吸收效果。

服用心鈣健的基本好處是甚麼？

加拿大健康局批准心鈣健有以下宣稱：“有助促進心血管健康及血液循環”。此外，心鈣健含有維他命K2(MK7)，它亦可以幫助強化骨骼。

心鈣健如何幫助心血管系統及血液循環？

動脈是負責把血液由心臟運送到身體各部份，心鈣健的成份令動脈保持健康及柔韌，以確保血液在動脈中運行順暢，不會被積聚的鈣和膽固醇阻塞。

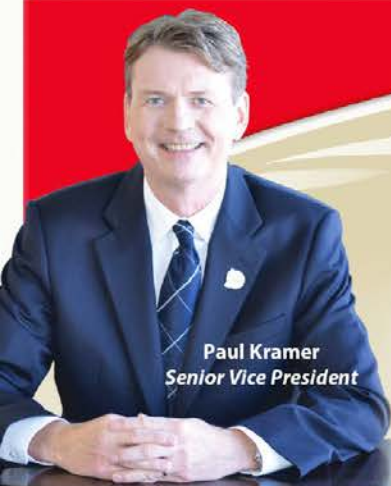
是甚麼導致動脈阻塞，即所謂“動脈硬化”？

這些阻塞，是因鈣，膽固醇和其他物質粘附在心臟受損的動脈壁上，久而久之，這些堆積物會完全阻塞動脈，導致心臟病或其他危及生命的相關疾病。

改善血液循環，對身體其他部位有好處嗎？

絕對有好處！研究顯示，改善血液循環，有助於整體的腦部健康及記憶功能。糖尿病人亦可藉改善血液循環到身體四肢，病情得以改善。





Paul Kramer
Senior Vice President



From the desk of

PK

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CardioLife Q&A

What is CardioLife?

CardioLife is a scientifically formulated dietary supplement providing vitamins, minerals and plant extracts that support cardiovascular health and blood circulation throughout the body. **The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid have shown to support the health of the arteries and ensure maximum blood flow throughout the body.**

What is VitaMK7?

CardioLife contains a unique and well-studied brand of Vitamin K2 called VitaMK7. Known as the highest quality, most active form of Vitamin K2, VitaMK7 is pure Menaquinone-7 (MK7). Menaquinone-7 (MK7) has been well studied and shown to enhance blood flow and strengthen bones by removing calcium from the blood and depositing it in the bones, where it belongs.

Does Vitamin K2 (MK7) have a role in bone strength and health?

Yes! Numerous studies have shown that Vitamin K2 (MK7) builds bone strength by removing calcium from the blood and depositing it in the bones. This also accounts for its heart health abilities as it reduces calcium build up in the arteries.

What is the daily dosage used in the research studies involving Vitamin K2?

Most of the studies done on heart health and bone health have used a daily dosage of 180 mcg per day of vitamin K2 (MK7).

What is the role of Hawthorn Extract in the formula?

Hawthorn has an extensive history of use in cardiovascular disease, dating back to the first century. Hawthorn is used for cardiovascular conditions such as congestive heart failure (CHF), coronary heart disease, angina, and arrhythmias. Very high in polyphenols, hawthorn acts a strong antioxidant and anti-inflammatory with many additional benefits to the body.

When is the best time to take CardioLife?

CardioLife can be taken anytime of the day, however it is best to take CardioLife with food to ensure maximum absorption.

What are the primary benefits of taking CardioLife?

Health Canada allows the following claim to be used for CardioLife: **"helps support cardiovascular health and blood flow throughout the body".** As CardioLife contain Vitamin K2 (MK7), it also helps strengthen the bones.

How does CardioLife help the cardiovascular system and proper blood flow?

The job of the arteries is to take blood from the heart and circulate it through the body. **The ingredients in CardioLife support healthy and pliable (soft, flexible) arteries and help ensure that blood flows through the arteries easily and is not "blocked" by calcium and cholesterol build ups.**

What causes blockages in the arteries - also known as "hardening of the arteries"?

These blockages are typically caused by calcium, cholesterol and other substances sticking to a damaged artery wall. Eventually this build up and can lead to a total blockage of an artery which can lead to a heart attack or other life threatening cardio event.

Can improving blood flow help other areas of the body?

Absolutely! Studies have shown that **improving blood flow can help with overall brain health and memory functions.** Also, people with diabetes benefit greatly by improvements in blood flow to the extremities of the body (feet, hands).





冬至、聖誕節、除夕及元旦特別營業時間 Business Hours for Winter Solisticks, Christmas & New Year

2025年12月24日(三)
2025年12月25日(四)
2025年12月26日(五)
2025年 12月31日(三)
2026年01月01日(四)

上午10時至下午4時
休息
休息
上午10時至下午5時
休息

24 December 2025 (Wed)
25 December 2025 (Thur)
26 December 2025 (Fri)
31 December 2025 (Wed)
01 January 2026 (Thur)

10:00am – 4:00pm
Closed
Closed
10:00am - 5:00pm
Closed