

AMACRAM

安利月刊 Helping People Live Better Lives

7.2009

Nutriline vitH₂O

全新紐崔萊紅橙抗氧果汁粉

炎夏清新抗氧化之源

· 雅姿水盈保濕系列

沙漠植物鎖濕精華

締造水盈潤澤肌膚

· 地球未來 掌握你我手中

請踴躍支持全港慳電減碳家庭比賽



雋語箴言



美國安利公司總裁德·狄維士（右）及主席史提夫·溫安洛（左）。
Amway Corporation President Doug DeVos (right) and Chairman Steve Van Andel (left).

發展的步伐

The pace of progress

過去50年來，安利公司業務迅速躍進，一日千里的科技發展，對我們的環球版圖日益壯大功不可沒。在我們父母的年代，倒是很難想像他們能夠在網上推銷產品，使用流動電話聯絡客戶，甚至通過電子郵件，向朋友發送蒂娜特納的演唱會照片和朗拿甸奴的錄像片段。

第一代的直銷商依賴另一種的人際銷售手法取得成功，而且發展步伐更在不斷加快，由千位元組到兆位元組，再到十億位元組，速度之快令人驚嘆。同時，全賴科技創新持續不斷，各種各樣更快速、更方便的通訊工具乘勢而興，普及全球。

因此，不論你是新晉直銷商還是資深的安利領導人，你也會認同科技對於改善營運系統、產品和你與客戶的關係，是何等舉足輕重。

身為環球商業領袖，你們利用科技和傳訊排除障礙、創新思維。在這個過程中，大家不但更朝氣勃勃，還能獲享莫大裨益。如斯的發展步伐，促使你的安利事業繼續向前進發，迭創佳績。

熱切期待安利迎向更璀璨光輝的未來！

Our company has covered a lot of ground over the past 50 years – literally. Our global expansion relied, in part, on incredible advances in technology. Can you imagine your parents selling products online, calling customers by cell phone, or emailing concert photos of Tina Turner and video clips of Ronaldinho to their friends?

The first generation of distributors relied on a different kind of person-to-person selling – and it worked. But progress was just a few kilobytes (then megabytes, then gigabytes) away. Technological innovations soon put faster, more convenient communication tools within the grasp of people everywhere.

Whether you've been a leader in this business for a few months or for many years, you can see how technology has played a pivotal role in improving your business systems, your products and your customer outreach.

As global business leaders, it is natural to use technology and communication to break down barriers and create new ways of thinking. It is an energizing and rewarding process. It creates a pace for progress that keeps our business moving forward.

We can't wait to see what the future holds.

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美國安利機構於1959年在美國密西根州亞達城創立，是全球最大的直銷機構之一，辦事處遍佈全球80多個國家及地區。• 安利(香港)「安利月刊」由美國安利(香港)日用品有限公司出版。• 香港銅鑼灣希慎道33號利園38樓。• 香港銅鑼灣郵政信箱30704號。• 電話：2969 6333 • 香港直銷協會及世界直銷協會會員 • 安利(香港)互聯網址：www.amway.com.hk • 電子郵件信箱：ahkinfo@amway.com • 版權所有，翻印必究。

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7月2日
矚目登場

Nutriline vitH₂O

全新紐崔萊紅橙抗氧果汁粉

炎夏清新抗氧之源

The Best Source of Antioxidants

其實任何年齡人士都需要抗氧化，方可減低游離基對身體的影響，同時保障身體健康，提升肌膚質素，令你每日精神奕奕。為照顧繁忙都市人的需要，紐崔萊最新推出vitH₂O紅橙抗氧果汁粉，助你輕鬆抗氧化！

People of all ages need to take antioxidants to reduce the impact of free radicals and enhance general health – physical and mental – as well as skin texture. The latest Nutriline vitH₂O provides the best source of antioxidants to help you live a healthier life.



香桃味

3787 DP\$156

抗氧化的重要性

相信大家對「抗氧化」這字眼並不陌生。愈來愈多的研究顯示，抗氧化是預防衰老的重要步驟。如果能夠消除過多的游離基，就可以預防許多慢性疾病，如癌症、動脈硬化、糖尿病、心血管病、老人痴呆及關節炎等等。每日補充抗氧化劑，能令細胞保持健康，對抗游離基的侵害。

抗氧化劑 維持健康第一步

我們無時無刻都受到游離基的影響，包括年齡增長、睡眠不足、情緒波動、過量運動、壓力、煙酒過多、二手煙、環境污染（包括空氣污染及水質污染）、輻射（如紫外光）與及長時間接觸化學物質（如食品添加劑及農藥）等。而缺乏水果蔬菜、高脂肪攝取人士、吸煙人士、糖尿病患者、運動員及工作時間偏長人士，較平常人需要更多的抗氧化支援。

由於游離基會破壞細胞結構，引起氧化作用，導致慢性疾病的出現，因此我們必須時刻小心。維他命C及E都是絕佳的抗氧化妙品，而新鮮的紅橙亦能夠幫助細胞抵抗游離基的傷害，同時改善肌膚質素，讓繃緊的神經得以放鬆，令我們活得更健康，並減低患上慢性疾病的機會。



Antioxidants – the first step to optimal health

Ageing, lack of sleep, emotion, over-exercising, pressure, alcohol and cigarettes (including environmental tobacco smoke), environmental pollutions (such as air and water pollution), radiation (such as ultraviolet) and repeated contact of chemical (such as food additives and pesticides) are the main sources of free radicals. Those who eat insufficient fruits and vegetables, have excessive fat intake, smokers, diabetics, athletes and people who always work overtime need more antioxidants.

Since free radical attacks damage our cells and lead to oxidation and chronic diseases, we need to take great care. Vitamins C and E can provide the best antioxidation results, while red orange can help to enhance the health of the cells and prevent damage caused by free radicals. It can also help to enhance skin texture and reduce stress. Antioxidants have a vital role to play in enhancing our health and reducing the risk of chronic disease.



紅橙複合物 高效抗氧化

- 1 紅橙抗氧果汁粉提煉自3種紅橙，含豐富花青素、類黃酮等植物濃縮素，能強化細胞的抗氧化能力。
- 2 經測試證實，服用紅橙複合物後血清中的總抗氧化狀態上升達2倍。
- 3 調查證實，紅橙複合物有助減低運動導致身體的損耗，例如肌肉疲勞。

Red Orange Complex (ROC) – the powerful antioxidant

- 1 vitH₂O is extracted from 3 types of red oranges which contain powerful antioxidant including anthocyanins and flavanones.
- 2 A study proved that ROC more than doubled the serum total antioxidant status.
- 3 A clinical study found that ROC reduced oxidative stress brought by physical activity such as muscle fatigue.

紐崔萊vitH₂O紅橙抗氧果汁粉 3787 DP\$156

最理想的健康飲品

紐崔萊vitH₂O紅橙抗氧果汁粉蘊含豐富維他命C、E及紅橙複合物，能提供高度抗氧化功效，有助防止細胞出現氧化，減低因細胞退化而患上慢性疾病的機會，並改善皮膚質素。它還含有維他命B6、B12、全生酸及菸草酸，有助碳水化合物、脂肪及蛋白質的代謝作用，加速從食物中釋放能量，令人精力充沛。

Nutriline vitH₂O – The Ideal Health Drink

Nutriline vitH₂O contains antioxidants including Red Orange Complex (ROC) along with vitamins C and E, helps improve skin quality. It also contains vitamins B6, B12, pantothenic acid and niacin which can enhance the metabolism of carbohydrates, fats and proteins to provide energy and vitality to our body.



沖飲方法 Usage

每日一至兩包，
每包以500毫升的水沖飲。
Take one to two packs
per day. Simply add
one pack to 500ml
of water.

全球精英雲集拉斯維加斯 慶祝安利公司50週年

Amway 50th Anniversary Diamond Invitational - Las Vegas, USA

50年來，安利不斷為每個人及社會帶來改變，同時印證全球300萬位直銷商的成就。早前，全球共有來自接近90個國家及地區的超過3千位鑽石及以上直銷商，獲邀出席於拉斯維加斯舉行的盛會，共慶50週年。

Amway is proud of its 50-year history of creating changes for people and communities around the world. It has enjoyed five decades of success and witnessed the achievement of over three million Amway Distributors all over the world. To celebrate its 50th anniversary, over three thousand Diamond and up Distributors from nearly 90 countries and territories attended the grand gala extravaganza in Las Vegas.



安利事業的基石

Road to Success - Founders' Fundamentals

安利公司創辦人理查·狄維士、美國安利公司總裁德·狄維士及主席史提夫·溫安洛在安利50週年的慶典上分享精彩的安利核心價值與信念。

Amway Corporation Co-founder Mr. Rich DeVos, President of Amway Corporation Mr. Doug DeVos and Chairman of Amway Corporation Mr. Steve Van Andel shared the founding principles and values of Amway in the Amway 50th Anniversary Diamond Invitational.

自由 Freedom

帶來一種使你能改善生活，開創自己的事業的自由。

Bring freedom for you to change your lives, to own your own business.

家庭 Family

你們能在這個事業裏找到一個周圍的人都關懷你的家庭。

You find a home in this business, where you are surrounded by people who care for you.

希望 Hope

我們要為他人帶來希望，這是我們在人生中最大的滿足。

Bringing hope to other people gives the greatest satisfaction we'd all get out of life.

報酬 Reward

假如你做到了，你應該得到報酬和表揚。

You deserve to be rewarded and recognized when you do that.

自由企業 Free Enterprise

自由和自由企業為人類帶來一些其他方法沒法達到的成果。它給予你希望，以及伴隨而來的動力。

擁有你自己的事業，需負上很大的責任，但也給你很大的個人自由。

自由企業的意念並不存於一座大樓之中。它是活在世界上千百萬人心裏。

Freedom and free enterprise does something for a human being that cannot be done in any other way. It gives you hope and the incentive that goes with it.

Owning your own business carries great responsibility. But it also gives you such great personal freedom.

Free enterprise does not live in a building. It lives in the hearts and minds of millions of people all over the world.



安利創辦人理查·狄維士在會議上肯定全球直銷商的成就。



美國安利公司總裁德·狄維士(左)與主席史提夫·溫安洛(右)齊賀安利50週年。



一眾安利(香港)鑽石及以上直銷商與美國安利公司執行副總裁鄭李錦芬女士於拉斯維加斯留影。

恭賀新晉直銷商

Congratulations to Our New Qualifiers



金章直銷商

Gold Producers



楊偉俊 (電子工程師)

參加安利計劃前，我曾經想過創業，但礙於資金與經驗，不能付諸實行。然而藉著安利，我的人生變得更積極，每天早上醒來都有新的目標，生活亦變得更多姿多彩。未來我會繼續努力，朝著鑽石直系直銷商的目標前進。

Yong Wai-chun (Electronic engineer)

Even before joining Amway I had a desire to start my own business, but I faced two big hurdles – the cost of getting started and my lack of experience. However, since joining Amway my life has been enhanced in so many ways. Every day I have a new goal to work towards, which has made my life so much more fulfilling. For the future I have set my sights on becoming a Diamond Direct Distributor!



蘇詠雯 (營業助理)

在過去，工作有一定壓力，而且面對上司不容有錯；但在發展安利事業時，我有更多機會從錯誤中學習，同時得到團隊及上線的支持，使我不斷進步——現在，我的目標是努力爭取出席下年度的地中海郵輪之旅的參加資格！

So Wing-man (Sales assistant)

In the past I suffered a lot of pressure in my regular job because there was no margin for error. But the great thing about developing the Amway business is that I have the opportunity to learn from my mistakes, at the same time enhancing myself with great support from the team and my upline. Right now, my goal is to attend the Mediterranean cruise travel seminar.



銀章直銷商

Silver Producer



溫志豪 歐陽慧芬 (餐飲業經理/醫護人員)

我們了解過安利計劃後，就決定加入成為安利直銷商。安利事業不單提升我們的生活質素及收入，更為我們提供長遠保障；最重要的是，安利是個助人自助的事業，每一位直銷商都能夠領略它的好處。

Wan Chi-ho & Wai-fun (F&B manager/healthcare assistant)

After learning more about the Amway plan we took the decision to join up and become Amway Distributors. The Amway business is great because it can enhance our quality of life as well as boost our income, providing long-term security for both of us in the process. Perhaps the most important thing of all about the Amway business is that it enables us to help ourselves through helping others.

零售推薦龍虎榜

Rolls of Honour – Retailing & Sponsoring

2009年3月
March 2009

10大個人 Top 10 Personal

零售 Retailing

Ng Kwok Ying
Li Lai Kwan
Wang Lin Shen & Amanda
So Wing Cheong Ankey
Zhang Shou Dong
Chan Chi Fai & Mee Kuen
Chan Fung Ying
Choy Kin Chee & Kin Fong
Yuen Mouchung & Wai Lin
Chan Wai Chung & Lai Mei

推薦 Sponsoring

Kwan Wing Tong & Suet Yee
Kwok Ting Nui
Leung Kim Ching & Shiu Lin
Ho Chan Leung & Sau Fun
Ching On Lam & Yuen Shan
Kong Wai Hung & Neung Tai
Wong Kwok Chung & Kai Heung
Leung Shuk Wah
Ho Kai Hong & Hung Ping
Yu Seng Kwong & Wai Ying

10大直系小組 Top 10 Group

零售 Retailing

Lai Man Pan & Kam Ping
Leung Kwok Pui & Yu Wa
Liu Te Pei & Jie Mei
Chu John & Berry
Lo Paul & Paula
Cheng Cho Yung & Hu Ging Hua
Yu Seng Kwong & Wai Ying
Fu Clement & Anita
Ng Bill & Mabel
Lam Edison & Sawin

推薦 Sponsoring

Tse Yan Enosh
Ho Chi Leung
Cheong Chi Wa
Leung Kwok Pui & Yu Wa
Pun Cham Hung & Yuk Lan
Leung Kim Ching & Shiu Lin
Chuang Chien Hsin & Yuen Hing
Hung Yat Lam Veronica
Leung Po Wah & Ting Ting



紐崔萊抗流感組合 流感高峰期的最強防線

Nutriline Anti-flu Combo The Best Prevention of Influenza Pandemic

盛夏炎熱的天氣是細菌與病毒滋生的溫床。紐崔萊的預防流感營養補充品系列，包括Double X多寶營養片、蛋白質粉、複合維他命C營養片及香蒜甘草片，能助你增強抵抗力，為健康設計最強防線。

Seasonal temperature changes serve to lower the body's immunity, so get ready for the battle against flu by taking anti-flu supplements to build up your body's resistance now.



紐崔萊Double X多寶營養片

最全面的營養補充品 4300 DP\$293

每片含有24種維他命、礦物質及植物營養素，蘊含豐富的紫花苜蓿、針葉櫻桃、歐芹、菠菜、胡蘿蔔等，有助建造更可靠的免疫系統。特強抗氧化能力，有別於一般合成補充品，有助提高DNA穩定性。

Nutriline Double X — multivitamin pioneer

Nutriline Double X contains 24 vitamins and minerals and is enriched with botanical extracts including alfalfa, parsley, celery, spinach, acerola cherry and beta-carotene. These quality ingredients work together to boost the immune system. Its anti-oxidation function helps increase DNA stability and is more effective than other compound products.



紐崔萊蛋白質粉

最完美的蛋白質 0145 DP\$293

紐崔萊蛋白質粉以純天然大豆提煉，低脂、低卡路里，含人體9種必需的氨基酸。經科學測試證實，紐崔萊蛋白質粉的PDCAAS(蛋白質經消化修正的氨基酸評分)為1，基本上能被人體完全消化及吸收。優質的蛋白質是免疫細胞的基本原料，幫助製造血液中的抗體、淋巴細胞等，對抗病菌。

Nutriline Protein — the perfect protection

Containing soy protein, which is naturally derived from soya beans, and nine essential amino acid in the best proportions, Nutrilite Protein is a rich source of low-fat and low-calorie protein. A Protein Digestibility Corrected Amino Acids Score (PDCAAS) of one means it can be completely digested and absorbed by the body. High quality protein is the basic component of our immune system for producing antibodies and lymphatic cells to fight against bacteria.

紐崔萊香蒜甘草片 超卓抗菌功效 5615 DP\$190

無論古今中外，都認同香蒜具抗菌的卓越功效。紐崔萊香蒜甘草片含豐富的蒜素，能夠消炎及抑制細菌生長，並具有抗氧化作用；當中的甘草成分有助維持免疫系統健康，同時減輕香蒜的氣味及對胃部的刺激，助你免受流感侵害。

Nutriline Garlic with Licorice – the bacteria killer

Garlic has long been recognised for its powerful antibacterial function, and the allicin compound found in garlic helps to fight bacteria and strengthen the body's immune system. What's more, garlic also works as an effective antioxidant. Nutrilite blends the garlic with licorice to minimize odours and lessen the risk of stomach irritation.

防範流感 注意個人衛生 Observe personal hygiene

為預防甲型流感H1N1(人類豬流感)，大家應採取預防流感的個人衛生措施。

To help prevent influenza A (H1N1), also known as swine flu, good personal hygiene is essential.

- 攝取均衡及足夠營養素，增強個人免疫力。
Take balanced and sufficient nutrients to boost body's resistance.
- 保持雙手清潔，並用正確方法洗手。如雙手沒有明顯污垢，可用酒精搓手液消毒雙手。
Keep hands clean and wash hands properly. Alcohol-based hand rub is also effective when hands are not visibly soiled.
- 避免觸摸眼、鼻及口，因病菌從此途徑傳播。
Avoid touching the eyes, nose or mouth. Germs spread that way.
- 打噴嚏或咳嗽時，應遮掩口鼻。雙手如被呼吸道分泌物污染，應立即用梘液洗手。
Cover the nose and mouth when sneezing or coughing. Wash hands with liquid soap promptly if they are contaminated by respiratory secretions.
- 有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫。
Wear a mask when symptoms of respiratory tract infection or fever develop. Seek medical advice promptly.



紐崔萊複合維他命C營養片 增強免疫系統 5111 DP\$240

一顆針葉櫻桃相等於4個鮮橙的維他命C含量，是維他命C最豐富的天然來源。紐崔萊複合維他命C營養片提煉自針葉櫻桃濃縮素及連皮檸檬，每日服用有助維持細胞健康，增強人體免疫系統，同時是極佳的天然抗氧化劑，有助對抗游離基，預防流感。

Nutriline Bio C Plus – the immunity booster

The amount of vitamin C contained in one acerola cherry is equivalent to that of four oranges! Nutrilite Bio C Plus makes good use of the cherries to help strengthen your immune system and build up the health of body cells. Bio C Plus is also a natural antioxidant that helps to reduce free radical damage and prevent diseases such as flu.



紐崔萊抗流感組合推廣優惠

由7月2日起，凡購買全線紐崔萊產品滿BV\$800，當中包括Double X多寶營養片一盒或蛋白質粉一罐或香蒜甘草片一瓶或複合維他命C營養片一瓶，即可享港幣150元優惠。數量有限，售完即止。

Nutriline Anti-flu Promotion

Starting from July 2, any purchase of Nutrilite products up to BV\$800, including at least one Double X or one Protein or one Garlic with Licorice or one Bio C Plus, entitles you to a HK\$150 discount! Available while stocks last.

此優惠不可與其他推廣同時使用。
This offer cannot be used in conjunction with other benefits.





"Nutrilite products are part of my training regimen."

Ronaldinho
102

朗拿甸奴與紐崔萊 最強組合 共創精彩未來

Ronaldinho, a Proud Member of Team Nutrilite

當球王遇上優質營養補充品會怎樣？

憑著個人的出色表現，朗拿甸奴正式成為Team Nutrilite一員，同時藉著紐崔萊營養補充品的幫助，在綠茵場上大放光芒。

With his excellent performance, Ronaldinho joined Team Nutrilite - which will provide the optimal health supplement to maximize his performance in the soccer court.

紐崔萊—朗拿甸奴的選擇

曾多次獲國際足協選為世界足球先生及歐洲足球先生，並被國際職業足球員協會選為年度最佳球員的朗拿甸奴自2004年起獲獎無數，與AC米蘭的隊友、中國欄王劉翔及中國國家體操隊一同成為紐崔萊至強的合作夥伴。而紐崔萊多種維他命丸更是他每日必定服食的营养補充品。

Nutriline – Choice of Ronaldinho

Awarded the FIFA World Player of the Year Award as well as the European Footballer of the Year Award and the FIFAPro World Player of the Year Award, Ronaldinho is a proud member of the elite Team Nutrilite roster, which includes AC Milan, China Gymnastics Team and Liu Xiang. Ronaldinho uses Nutrilite Daily as part of his training regimen.



朗拿甸奴在美國安利公司市場總監 Mrs. Candace Matthews手上接過紐崔萊的球衣，代表成為Team Nutrilite一分子。



早前朗拿甸奴代表安利紐崔萊將善款交予聯合國世界兒童基金會。

球場以外的成就

作為Team Nutrilite一分子，朗拿甸奴肩負社會責任，化身安利手牽手關愛兒童大行動的全球大使。同一時間，安利歐洲分公司為慶祝朗拿甸奴的加盟，更捐出善款予聯合國兒童基金會。而透過手牽手關愛兒童大行動，所捐善款累計達5千萬美元，而全球安利員工加上3百萬位直銷商的義工時累計達8萬小時。

Ronaldinho and One by One

As part of the Team Nutrilite, Ronaldinho was appointed as the Nutrilite Global Spokesperson for the Amway One by One Campaign for Children, which was celebrated with a donation by Amway Europe to UNICEF. The global campaign has generated US\$50 million and 80,000 volunteer hours to children's programs by harnessing the power of Amway global employees and three million Amway Distributors.

朗拿甸奴 綠茵場上的成就 Ronaldinho's Athletic Achievement



年份Year	獎銜Achievement
2004 - 2007	歐洲足球協會 最佳陣容 UEFA Team of the Year
2004 - 2005	世界足球先生 World Soccer Player of the Year
2004 - 2006	國際足協 世界足球先生 FIFA World Player of the Year
2005 - 2006	歐洲足球協會 歐洲足球先生 UEFA Club Footballer of the Year
2005 - 2006	國際職業足球員協會 年度最佳球員 FIFAPro World Player of the Year
2008	帶領巴西國家隊贏得奧運銅牌 Wins Bronze medal with the Brazilian soccer team at Olympics

紐崔萊輔酵素Q10 提高新陳代謝率 8601 DP\$499

Nutriline Coenzyme Q10 Complex – Accelerates Metabolism

無論在球場上或是日常生活，我們亦要為身體補充能量。紐崔萊輔酵素Q10能提高新陳代謝率，為身體及腦部提供充足能量，同時增強細胞免疫力，對抗游離基的破壞，是心臟、肝臟及腎臟等主要器官不可或缺的能量元素。

Coenzyme Q10 Complex helps accelerate body metabolism to provide sufficient energy for the body and brain. It also works to fight against free radicals and build up the body's immunity. Coenzyme Q10 Complex is indispensable in generation of energy in body organs such as heart, liver and kidneys.



紐崔萊蛋白質粉 滿足人體每日所需 0145 DP\$293

Nutriline Protein – Your Daily Necessity

紐崔萊蛋白質粉提煉自純天然大豆，是低脂、低卡路里的蛋白質來源，含有人體9種必需的氨基酸，以最佳比例配製，PDCAAS(蛋白質經消化修正的氨基酸評分值)為1，能被人體完全消化及吸收，有助促進細胞的新陳代謝，同時提供能量。

Protein is an essential macronutrient for human body. Nutrilite Protein is extracted from soybeans – a source of low fat and low calorie protein – and contains nine essential amino acids in the best proportions, making it easier for the body to absorb. Indeed, Nutrilite Protein can be completely digested and absorbed by the body.



紐崔萊Double X多寶營養片 每日營養根基 4300 DP\$293

Double X – The Nutritional Basis for Daily Needs

要在比賽場上爭勝，必須擁有健康體魄。每日服用紐崔萊Double X多寶營養片，當中蘊含24種維他命、礦物質以及多種植物營養素，包括紫花苜蓿、歐芹、水芹、菠菜、針葉櫻桃、胡蘿蔔等，能助你打好健康基礎，提升細胞抗氧化能力，並提高DNA穩定性。

We have to strive for optimal health and to perform well every day. Nutrilite Double X contains 24 vitamins, minerals and is enriched with botanical extracts including alfalfa, parsley, celery, spinach, acerola cherry and beta-carotene to provide a strong foundation for good health by enhancing antioxidation and DNA stability of the cell.



雅姿水盈保濕系列

沙漠植物鎖濕精華 締造水盈潤澤肌膚

Artistry essentials

Desert Hydration Complex All-round Nourishment for Watery Skin

雅姿水盈保濕系列蘊含4大複合配方及技術，包括擁有超卓保濕與鎖水效能的沙漠植物鎖濕精華及持濕脂類基質，提供氧化隔離保護，讓你的肌膚更加細緻潤澤。為配合不同人士需要，特別備有專為乾性至中性肌膚而設的潤澤系列，與及能呵護混合性至油性肌膚的平衡系列，讓你每日從簡單的3個護膚步驟開始，打造無瑕美肌。

Using four exclusive complexes and compounds, Artistry essentials features the Desert Hydration Complex and Hydro Lipid Matrix (HLM) to provide all-round nourishment for skin for up to eight hours. Another feature of this quality skincare line is the "Aura of Protection", which provides an atmospheric shield above the surface of the skin.

Artistry essentials features two systems for different skin types: Hydrating System for dry-to-normal skin and Balancing System for combination-to-oily skin. Three simple steps, twice a day – that's all you need to build the foundation for beautiful skin!



為肌膚源源不絕地補水

Your Continuous Moisture Supply

雅姿水盈保濕系列特別採用多種不同的沙漠植物精華，不單創製出沙漠植物鎖濕精華，更研發「潤澤3元素」及「平衡3元素」，選用安利紐崔萊農場所生產的針葉櫻桃精華、仙人掌及明列子，再配合多種植物精華包括龍舌蘭、玻璃苣與卡卡都洋李等，讓肌膚持久滋潤，散發自然光采。

The power of nature can help to ensure optimal hydration for your skin. Artistry essentials uses the Desert Hydration Complex, derived from a unique botanical blend, together with "Nourish 3" and "Tri-balance", Blue Agave, Borage and Kakadu Plum. Acerola Cherry, Indian Fig and Chia extracted from the Nutrilite Organic Farm are also used to maintain an optimal moisture balance.



仙人掌
Indian Fig



龍舌蘭
Blue Agave



玻璃苣
Borage



明列子
Chia



卡卡都洋李
Kakadu Plum



針葉櫻桃
Acerola Cherry

雅姿水盈保濕系列 將護膚程序徹底簡化 3個步驟 帶來高效保濕

Artistry essentials

Three Steps to Optimize Skin Hydration

雅姿深知每個人的肌膚有不同需要，所以推出2個簡約、高效的系列，讓你每日透過簡單的3個步驟，達到真正的完美肌膚。

Artistry understands that different skin types have different needs, that's why there are two systems for Artistry essentials. Two systems, three simple products combine to optimise your skin condition.

第1步 潔面

雅姿水盈保濕系列的潔面產品特別加入專利的燕麥去角質精華，能夠在潔面的同時溫柔地去除肌膚表面的舊角質層。

Step 1: Cleansing

Artistry essentials Cleanser contains patented Oat Extract to help preserve the skin's vital moisture barrier as it exfoliates.

第2步 爽膚

雅姿水盈保濕系列爽膚水能即時提供滋潤，同時為肌膚做好準備，迎接下一個護膚程序。

Step 2: Toning

Toner provides instant nourishment to the skin and helps prepare for the next stage in the nourishment process. With its silky, soft texture, Artistry essentials Toner helps to immediately hydrate and condition the skin.

第3步 潤膚

雅姿水盈保濕系列防曬乳液能在滋潤肌膚的同時提供SPF15 PA+++防曬效能，質感輕柔清爽，而且保濕力強，並不含油分，令油光不再。

Step 3: Moisturising

Artistry essentials Lotion SPF15 PA+++ has a lightweight, creamy texture that leaves skin feeling soft and supple.



潤澤潔面乳 4126 DP\$200
平衡潔面啫喱 4129 DP\$200



潤澤爽膚水 4127 DP\$185
平衡爽膚水 4130 DP\$185



潤澤防曬乳液 4128 DP\$220
平衡防曬乳液 4131 DP\$220



eSpring智能淨水器
eSpring Water Purifier

愛自己 ·

Love of He

選用eSpring智能淨水器不僅可為自己及家人的健康築起一道防護屏障，更能為保護地球跨出一大步！

環保生活 小小動作 大大改善

eSpring全年電費只需\$17*

- 比氣體燃料煲水減少排放二氧化碳高達70%。
- 按電風扇每日運作4小時計算，每年耗電量已達168千瓦。而eSpring每年耗電量僅為20千瓦*。

* 按濾淨5千公升食水計算。

自備淨水 可減少21萬公噸塑膠廢物

外出時自備eSpring智能淨水器的淨水，既健康又方便，更可幫助減少香港每年消耗逾21萬公噸塑膠廢物的數目。



0188
DP\$5,680#

**eSpring costs only HK\$17
per year in electricity**

**Bring a bottle and fill up with
eSpring purified water**

有關eSpring智能淨水器推廣活動詳情，請參閱後頁。

* 葡幣價格的計算方法約為港幣價 X 1.032。Price in PTC equals to HK\$1 X 1.032。* 售貨額BV = 直銷商價目DP

愛健康 · 愛環保

a l t h L o v e o f G r e e n

eSpring Water Purifier not only helps you and your family members build up a shield from harmful bacteria, viruses and contamination, but also contributes a significant step towards a greener world!

健康生活 由eSpring開始



即開即飲 絕不浪費食水

相比每次過濾都會浪費75%食水的逆滲透濾水方法，eSpring智能淨水器能百份百濾淨食水，而且即開即飲，既方便又環保。



提升水質

紫外光燈有效滅除水中超過99.99%有害細菌及病毒，並去除水中超過140種有害污染物。



提示更換濾心 用得放心

eSpring智能淨水器設有智能監察系統，能記錄濾淨量及提示用戶更換濾心。



權威認證

eSpring智能淨水器榮獲美國國家衛生基金會（NSF）三項品質及衛生認證，包括
第42項：口感品質
第53項：衛生品質
第55項：紫外光殺菌處理



Ready to Drink

Smart-chip technology

Obtains three NSF certifications



eSpring™

你享折扣優惠\$900

eSpring Dual Benefit \$900 Discount

安利誠邀您成為「減碳家庭」

Be a Carbon Minus Family.

喜訊 1 GOOD NEWS 1

新用戶優惠
Benefit for New Users

憑  介紹券 可享

即時折扣優惠\$900*

購買安利eSpring智能淨水器

A \$900 discount* for eSpring
purchase upon presenting



0188 DP\$5,680

減\$900
Discount



備註

綠色折扣優惠期由2009年5月1日至9月10日。

* 推廣期內購買安利eSpring智能淨水器，可享折扣優惠\$900及最高24個月免息分期。

獎賞免費濾心匣計算方法：

- (1) 成功推介安利eSpring智能淨水器1台，可獲獎賞【濾心匣五折優惠券】1張；
- (2) 成功推介安利eSpring智能淨水器2台，可獲獎賞免費濾心匣1個；
- (3) 獎賞不設上限。

想了解更多有關eSpring的環保資料及產品優點，請瀏覽www.espring.com或致電安利熱線2969 6300。

優惠細則

- 1 優惠期由2009年5月1日至9月10日。
- 2 只適用於安利直銷商及優惠顧客。
- 3 只適用於親臨安利購貨中心購貨。
- 4 不可同時享有其他優惠。
- 5 如退回eSpring智能淨水器，安利公司將按優惠價退回現金代用券，並扣除獎賞濾心匣之價目。
- 6 【eSpring介紹券】
 - i 介紹券有效期由2009年5月1日至9月10日止。
 - ii 介紹券將以郵寄方式發送至2009年8月31日或之前購買安利eSpring智能淨水器、Atmosphere空氣清新機及皇后牌不銹鋼煲21件套裝的安利直銷商及優惠顧客。
 - iii 購買eSpring智能淨水器時，請出示有效之【eSpring介紹券】，以確認計算獎賞。每台eSpring智能淨水器只可使用一張介紹券。
 - iv 新用戶憑券購買eSpring智能淨水器，可獲綠色推介回饋折扣\$900。
- 7 【免費濾心匣】計算方法：
 - i 根據已行使之介紹券總數計算。
 - ii 行使介紹券1張，介紹人可獲贈【濾心匣五折優惠券】1張；
 - iii 行使介紹券2張或以上，介紹人可獲贈免費濾心匣1個。
 - iv 獲贈之【濾心匣五折優惠券】或eSpring濾心匣數量不設上限。
- 8 <免息分期優惠>
 - i 享有此免息分期優惠，必須使用以下銀行之各種信用咭付款：
 - (1) 渣打信用咭及渣打聯營咭；恒生銀行信用咭；
 - (2) 香港匯豐銀行信用咭 —（以信用咭首6位數字為準）
 - ii 積分額 / 售貨額將於確定購買eSpring時一次結算，並以當時之積分額 / 售貨額比率計算；
 - iii 如供款期間退貨，安利公司將以eSpring之售貨額退回現金代用券（不設積分額 / 售貨額）。供款人必須繼續向有關銀行繳付供款餘額；
 - iv 此優惠不適用於澳門；
 - v 每月供款額將按銀行之計算為準，差額約為港幣\$1或以上。
- 9 安利公司保留最終決定權。

迎新禧訊

我獲獎賞免費濾心

for You Free Filter Cartridge for Me



一份子，為綠色地球出一分力！

Be Environmentally Friendly.

喜訊 2 GOOD NEWS 2

介紹人獎賞
Benefit for Sponsors

成功推介安利eSpring智能淨水器
給親友，有機會獲獎賞**免費濾心匣**[#]，推介越多，獎賞更多！

Existing eSpring users will get a **free filter cartridge**[#] upon successful referral of new users to buy eSpring. The more you refer, the more filters you get!



成功推介**1台**
1 eSpring referral



濾心匣五折優惠券
eSpring Filter Cartridge
50% off discount coupon



成功推介**2台**
2 eSpring referral



免費濾心匣
1 Free Filter Cartridge

0186
DP\$873

Remarks

The promotion starts from May 1 to September 10, 2009.

* During the promotion, each new user is entitled to enjoy a \$900 discount and up to 24-month interest-free installment.

Mechanism of free filter cartridge redemption:

- (1) you are entitled to an eSpring Filter 50% off discount coupon for successful referral of the first eSpring Water Purifier.
- (2) you are entitled to a free eSpring filter for referring the second eSpring; the mechanism applies and so forth.
- (3) Unlimited redemption quota.

For more information on eSpring and environmental protection, please visit www.espring.com or call the Amway Service Hotline at 2969 6300.

Terms & Conditions

- 1 The promotion starts from May 1, 2009 to September 10, 2009.
- 2 The offer is exclusive to Amway Distributors and Privileged Customers.
- 3 The promotion is only applicable to purchase eSpring at Amway Merchandising Centres.
- 4 The offer cannot be used in conjunction with other promotional offers.
- 5 If you wish to return the eSpring, Amway will refund actual purchase price by credit voucher after deducting the price of free filter cartridge redeemed.
- 6 eSpring Referral Coupon
 - i The Coupon is valid from May 1, 2009 to September 10, 2009.
 - ii The Coupon will be mailed to Amway Distributors and Privileged Customers who have purchased any eSpring, Atmosphere and Queen Cookware before August 31, 2009.
 - iii To enjoy this offer, customers must present this eSpring Referral Coupon upon purchase of eSpring. Only one coupon can be used for purchasing one eSpring.
 - iv New eSpring users will enjoy a \$900 discount for purchasing one eSpring.
- 7 Mechanism of "free filter redemption"
 - i Calculation is based on the number of eSpring Referral Coupon redeemed.
 - ii You will get a 50% off discount coupon for buying a filter when you redeem an eSpring Referral Coupon.
 - iii You will get a free filter when you redeem two or more eSpring Referral Coupons.
 - iv Each Distributor/Privileged Customer is entitled to enjoy unlimited number of either a free filter or a 50% off discount coupon.
- 8 Interest-free Installments
 - i The following credit cards are eligible for the installment plan:
 - (1) Standard Chartered credit cards and affiliate cards, Hang Seng credit cards;
 - (2) HSBC credit cards with the first six digits 4201 84 or 4921 11 or 4966 04 for Visa Cards and 5185 42 or 5411 80 or 5431 22 for Master Cards.
 - ii Full PV and BV is applicable to the first purchase of eSpring based on the PV/BV ratio when making the purchase.
 - iii If you wish to return the eSpring during the installment period, Amway will refund the BV of eSpring by credit voucher (no PV/BV applicable). The buyer is still obliged to pay the outstanding installments to the bank.
 - iv The installment plans are not applicable in Macau.
 - v The monthly installment amount may change and is subject to the bank's calculations. The monthly installment amount may be higher or lower than the stated amount with a value equal to around HK\$1 or above.
- 9 Amway reserves the right of verification and final decision.

芥辣魚子蛋黃醬伴黃金寶盒

Golden Box with Wasabi and
Caviar Mayonnaise

材料

腐皮	1片
蝦膠	200克
墨魚膠	200克
黑魚子	適量
紅魚子	適量
蛋	1隻
LAKONIA特級冷壓橄欖油	3杯

調味

鹽	少許
胡椒粉	少許
糖	少許

芥辣魚子蛋黃醬

蛋黃醬	4湯匙
煉奶	1湯匙
鹽	¼茶匙
日本芥辣	3至4茶匙
紅魚子	3湯匙

Ingredients

Tofu skin	1 piece
Shrimp paste	200g
Cuttlefish paste	200g
Black caviar	suitable amount
Red caviar	suitable amount
Egg	1
LAKONIA Extra Virgin Olive Oil	3 cups

Seasoning

Salt	a sprinkle
Pepper	a sprinkle
Sugar	a sprinkle

Wasabi and Caviar Mayonnaise

Mayonnaise	4 tablespoons
Condensed milk	1 tablespoon
Salt	¼ teaspoon
Wasabi	3 to 4 teaspoons
Red caviar	3 tablespoons

烹煮器皿 Utensil



準備時間：10分鐘

烹調時間：15分鐘

Preparation time: 10 Minutes

Cooking time: 15 Minutes

食譜筆記

- 皇后煲採用18:8優質不銹鋼及多層結構，導熱速度快，而且能夠有效提高保溫時間。煮食時亦只需中火即可保持油的溫度，可減少煎炸食物時所產生的油煙。
- 現成的已調味墨魚膠及蝦膠於大型超市有售。
- 除了蛋漿外，亦可以麵粉加水製成麵糊作黏貼用；值得注意的是腐皮不宜沾水，否則變軟易爛，不能作包裹用。

Cooking tips

- Made from the finest 18/8 stainless steel, Queen Cookware has a fast heat distribution that helps to maintain a constant temperature of oil even on a medium heat and reduce cooking fumes when deep-frying.
- Ready-made shrimp and cuttlefish paste is available in supermarkets.
- You can use a cornstarch and water mixture instead of beaten egg to stick the tofu skin. Keep the skins away from water otherwise they will become very fragile.

做法 Method

- 將蛋打成蛋漿，醬汁材料拌勻備用。
Beat the egg. Mix the mayonnaise ingredients together then set aside.

黃金盒做法



對摺成三角形

左右兩角對摺

- 將腐皮剪成4吋×4吋的正方形備用；將墨魚膠與蝦膠分別加入調味拌勻。

Cut the tofu skin into 4 inch x 4 inch squares then set aside. Add the seasoning to the shrimp and cuttlefish paste separately.

- 將1湯匙墨魚膠塗在腐皮的中央，然後四邊塗上蛋漿，對摺成三角形；再於左右兩端塗上蛋漿，並對摺成元寶形狀的腐皮角。

Put one tablespoon of the cuttlefish paste in the middle of each tofu skin, then smear the beaten egg along the edge and fold into a triangle. Smear the beaten egg on two edges of the triangle and fold again to form a dumpling.

- 以中火燒熱油，下腐皮角炸至脆身及浮起，取出瀝油。

Heat the oil on a medium heat until hot enough for deep frying. Add the tofu dumplings to the hot oil and cook until they become crispy. Lift the dumplings from the oil, drain and set aside.

- 將醬汁塗於碟上，再下黑魚子及紅魚子各½茶匙於腐皮角的中央即可。

Put the mayonnaise on the plate. Place the tofu dumplings on the mayonnaise and put half a teaspoon of black and red caviar on top. The dish is ready to serve.



粵劇戲曲

安利
為您生活添色彩

藝術推廣計劃

粵劇曲藝基礎/中級/高級/高級進修證書課程

為宏揚粵劇戲曲藝術和推動本港戲曲藝術的發展，香港公開大學李嘉誠專業進修學院於2008年9月推出「安利粵劇戲曲藝術推廣計劃」，第一期課程好評如潮，學院於2009年再接再厲，舉辦第二期課程，並加開「粵劇曲藝高級進修證書」，共四個一年兼讀制的粵劇曲藝證書課程，有系統地提供多項粵劇戲曲文化藝術培訓。

由資深粵劇戲曲音樂大師劉永全先生講授

名譽顧問團

資深粵劇名伶：陳好逑女士、尹飛燕女士、新劍郎先生及廖國森先生

導師簡介

資深粵劇戲曲音樂大師劉永全先生為蜚聲省港澳曲藝大師王粵生先生入室弟子，學習編曲、伴奏及唱腔。四十多年來，劉氏致力發揚粵劇曲藝，主力教授唱腔及音樂伴奏，為學院派一代宗師。2003至2008年，劉氏獲邀出任香港藝術中心「安利粵劇曲藝基礎證書及證書課程」的課程主任兼導師，課程的專業及嚴謹程度獲得一致好評。

課程時間表

課程編號 / 名稱	開課日期
CA040 粵劇曲藝基礎證書	2009年9月16日（逢星期三） 下午2時至5時（共40堂）
CA041 粵劇曲藝中級證書	2009年9月17日（逢星期四） 晚上7時至10時（共40堂）
CA042 粵劇曲藝高級證書	2009年9月17日（逢星期四） 下午2時至5時（共40堂）
CA043 粵劇曲藝高級進修證書	2009年9月16日（逢星期三） 晚上7時至10時（共40堂）

註：除課時外，另加6次唱局練習及12小時講座。

學費

\$14,000（分兩期繳付，每期\$7,000）

報名手續

請填妥指定的報名表格，連同報名費\$100（成功入讀學員將獲退還），交回本院辦理。

截止報名日期

2009年8月21日（星期五）

索取表格

香港公開大學李嘉誠專業進修學院
地址：香港干諾道中168號信德中心四樓
查詢熱線：3120 9988（接通後按1-1-2）/
3120 9863 / 3120 9865
傳真：2381 8456
電郵：lipace_arts@ouhk.edu.hk
網頁：www.ouhk.edu.hk/lipace/cop

上課地點

香港公開大學李嘉誠專業進修學院
安利中國文化藝術教學中心
地址：香港上環林士街1號廣發行大廈3樓
（港鐵上環站E2出口）

安利日日無膠袋

Amway Every Day No Plastic Bag Bring your own bag and support green every day

**7月7日起
政府徵收環保徵費
每個膠袋五毫**

Starting from July 7, the government
imposes plastic bag tax of 50 cents
for each plastic bag.



支持環保，請自備購物袋！
Support Green and Bring Your Own Bag!



地球的未來 掌 請踴躍支持 全港慳

Join the Electricity Saving & Car

不少人都以為二氧化碳排放最多來自汽車，事化碳之源。在美國，私人住宅、購物中心、倉主要是因為用電。為喚起香港市民的減碳意識，大學轄下香港有機資源中心舉辦的「萬家燈火家庭參加「全港慳電減碳家庭比賽」，身體的排放，齊齊把減碳概念付諸實行。

It is widely thought that most of carbon emission comes source of carbon emission. In US, private residence, contribute to 38% of carbon emission, mainly because of awareness of Hong Kong families on carbon minus, the "Carbon Minus Programme" organised by Hong Kong Baptist University. 100,000 Hong Kong families are Carbon Minus Family Competition to reduce daily concept into practice.

參加資格：全港每個家庭

比賽內容：6至8月份任何連續兩個月內，人均耗電量最低的首10個家庭為優勝者。

獎品包括：● 首10,000個參加比賽的家庭，可獲贈慳電膽一個或安利禮券\$50一張。

● 人均耗電量最低的首10個家庭將可獲贈

◆ eSpring智能淨水器一部，及

◆ 生態遊套票（一套四張），及

◆ 精美獎座一個。

新修訂截止日期：2009年10月15日*

查詢電話：香港有機資源中心 3411 2384

安利諮詢熱線 2969 6300

* 詳情請參閱報名表格、2009年6月號《安利月刊》、瀏覽 www.hkorc.org 或 www.amway.com.hk。

主辦機構



支持機構



贊助機構



bon Minus Family Competition

7.2009 **25**



一眾減碳家庭於「萬家燈火齊減碳」開幕禮上留影。

減碳行動 你我有責 萬家燈火齊減碳

Take the Responsibility of Carbon Reduction Carbon Minus Programme

為喚起香港市民的減碳意識，同時鼓勵更多家庭加入減碳的行列，安利(香港)全力支持香港浸會大學轄下香港有機資源中心舉辦的「萬家燈火齊減碳」活動已於5月16日展開。開幕禮邀得多位主禮嘉賓到場支持，藉以喚醒全港市民對全球暖化的關注，同時號召全港十萬個家庭一同參與，成為「減碳家庭」，從日常生活中持續減低二氧化碳的排放，以行動支持環保。活動當日，每位嘉賓均與大家分享有機減碳訊息，同時鼓勵全港家庭參加「全港慳電減碳家庭比賽」(詳情見前頁)。

To raise the awareness of carbon reduction, and to encourage more families to join the fight, Amway Hong Kong is giving its support to the Carbon Minus Programme organised by the Hong Kong Organic Resource Centre (HKORC) to arouse the public's concern about global warming. The HKORC has called for 100,000 local families to become "carbon minus families" with the aim of reducing CO₂ emissions in our daily life. At the ceremony to launch the initiative held at Discovery Park in Tsuen Wan, the officiating guests shared a message about living and working towards a "carbon minus" lifestyle. They encouraged all families to join the competition. Full details please refer to the previous pages.



環境保護署副署長黃耀錦太平紳士

「『萬家燈火齊減碳』活動能夠呼應全球嚴重的環境問題。期望有更多人參與成為減碳家庭，將減碳訊息傳遍香港每一個角落，希望大家踴躍參與！」

香港天文台台長李本澐博士

「多年來，安利(香港)一直支持環保工作，克盡企業社會責任，做法充滿前瞻性，實在值得大家效法。其實，簡約的減碳生活並不影響生活質素，並可以活得更輕鬆自在。」



環保運動委員會副主席羅君美女士

「身為地球一分子，我們有責任去保護自己的家園。期望大家踴躍支持及參與『萬家燈火齊減碳』活動——從生活細節著手，戒除浪費惡習，為地球的未來盡一分力！」



香港有機資源中心中心主任黃煥忠教授

「無論對家庭、政府或地球而言，『萬家燈火齊減碳』活動都能夠帶來雙贏的局面。」



安利(香港)總經理余偉業先生

「50年來安利公司致力推動環保，由推出第一支可生物降解的清潔劑開始，到自設有機農場及推出節能家居產品，均以保護環境為大前提。今年安利(香港)更贊助『萬家燈火齊減碳』活動，務求將減碳訊息帶到香港每個家庭。」

活動當日全場爆滿 男女老幼支持減碳生活

早前舉行的「萬家燈火齊減碳」開幕禮上，得到安利(香港)直銷商及市民的熱烈支持，更出現座無虛設、全場爆滿的盛況。



不少市民即場報名，成為有機減碳家庭大使。



無論大人或小朋友，在承諾書上簽名就代表願意身體力行，支持減碳生活。



開幕禮上，市民踴躍回答李本澐博士提出有關全球氣候暖化的問題。



從小就要學習減碳的重要性——活動當日，家長與小朋友可透過電腦遊戲吸收環保減碳知識。



活動將減碳生活訊息傳至每一個年齡層，旨在教育香港市民環保的重要性。

百萬農村寄宿生的健康福音 安利(中國)贊助 農村貧困寄宿生營養研究 Amway China Helps Children Obtain Optimal Health

2008年初，中國國務院總理溫家寶在中國發展研究基金會撰寫的《從農村寄宿制學校入手，實施國家兒童營養改善戰略》上指出：「要增加政府對寄宿制學校貧困學生的補助力度，改善學生營養狀況。這件事關係國家未來，也是扶貧事業的重要組成部分。」早前，一個為期兩年的兒童營養研究項目正式開展，由國家教育部及財政部對貧困地區寄宿中小學生進行深入調查，計劃為貧困農村寄宿生增加生活補貼，將學生食堂納入學校標準化建設之內。安利(中國)也有幸參與其中，贊助了這個意義深遠的項目，對中國貧困兒童的健康成長盡一分力。

半盒米飯上鋪著十幾顆鹽水黃豆，再加上白開水，就是2007年廣西都安縣隆福小學5年級學生黃蘭婷的「標準」午餐。像黃蘭婷一樣，「大米加黃豆」亦是隆福小學學生部的午餐和晚餐。為什麼不提早餐？因為他們根本沒有早餐！孩子們已經習慣了早上喝一杯水，然後到教室上課。而寧夏西吉縣王民鄉中心小學的境況更是匪夷所思：學校沒有食堂，只提供水，寄宿生每次帶一星期份量的饅頭，「白開水加饅頭」就是他們在校飲食的全部。其實在廣州中西部，由於大部份成年人外出打工，兒童不得不選擇寄宿，但因物資奇缺，令他們營養不良的情況日益嚴重。如果不施予援手，孩子的將來就會受到影響。

我們的行動，將決定他們的未來

為深入瞭解中國中西部地區農村學校寄宿生的營養概況，自2006年開始，中國發展研究基金會對廣西都安縣、河北崇禮縣、寧夏西吉縣和湖南瀘溪縣等四縣寄宿制小學展開調查。結果發現，營養不良無一例外地成為這些孩子的共同特徵。其中，都安縣3所小學寄宿生的營養攝取量僅為建議量的66%，維他命A的攝取量為建議量的6%，維他命C的攝取量更是0%。營養不足對孩子們的體質、體能、心智發育等造成嚴重影響。3間小學各年齡組的平均身高和體重均遠低於全國平均值，如13歲的男生只相當於城市10歲男生的水準。

隨著繼續深入調查，基金會出現研究經費短缺的困難。2007年起，安利(中國)與另外兩家跨國企業為基金會提供支援，幫助科研人員開展對農村寄宿生營養狀況的調查和研究。期間，安利(中國)派出員工參加基金會舉辦的研討會，而安利(中國)總裁黃德蔭先生亦親自到各間學校視察；不少安利(中國)員工更自發組織捐書活動。總裁黃德蔭先生表示：「關愛兒童是安利公司的企業責任之一。我們相信，只需給孩子一點幫助，他們的生活就得以改變。」



學校食堂員工正在準備午餐。



午餐時，三隻羊小學的學生在排隊領餐。



學校的鍋爐為孩子們帶來了熱飯菜，還有營養及關心。

「營養餐」帶來的神奇變化

基金會於2007年初起與地方政府合作，在廣西都安縣和河北崇禮縣共挑選了2,000名小學生作為「試驗組」，並另選1,000名小學生為「對照組」，測試改善營養對兒童成長的作用。在都安縣的三隻羊小學和古山小學，研究人員分別為兩校學生提供每人每天5元和2.5元的補助。學生各自帶來的主食保持不變，其餘食物由基金會提供資助，並由當地教育部門為學校興建食堂，為學生免費提供蔬菜、水果和肉食。實行營養餐後，三隻羊小學學生能量攝取量達到標準的98.5%，古山小學則為89.6%。

10個月後，試驗組學生分別長高4.5和5.6厘米，比對照組多0.9和1.6厘米。體能方面，試驗組50米跑和立定跳遠的成績明顯比對照組好。讓研究人員同樣驚喜的是，試驗組的學習成績高於對照組，而且心理狀態也更正面。事實證明營養餐可令學生提高自信，讓孩子恢復活力和笑容。

經過兩年的調查，貧困地區寄宿兒童營養研究取得顯著成果，並為中國兒童營養政策的制訂提供了有力依據及可行的方案。在十七屆三中全會上，「改善農村學生營養」被列為重點項目。目前，在多個政府部門的努力下，中國財政部的補助全面覆蓋了西部地區的農村寄宿制學生。

後記

孩子是中國未來的主人翁。投資他們的今天，就是投資他們的未來，以及中國的未來。

自2003年開始，安利在全球開展愛心手牽手(One by One)關愛兒童大行動，6年來為全球600萬名兒童帶來改善和希望。預計2009年安利愛心手牽手將會捐出近1億美元，改善全球1,000萬名兒童的生活。



古山小學的學生的早餐只有豆漿與甜饅頭。



古山小學的學生在吃午餐。



安利(中國)總裁黃德蔭先生(穿著藍色恤衫者)作為捐贈方代表考察研究工作。



研究開展前，隆福小學的孩子們的午飯只有米飯加黃豆。

At the beginning of 2008, in an article for the China Development Research Foundation (CDRF), State Council Premier Wen Jiabao referred to the importance of improving the health of children in rural areas. Prior to that, in 2007, a related research project was launched by the Ministry of Education and Finance of the PRC, and Amway China is proud to be one of the sponsors to help young people in the countryside live better, healthier lives.

Rice, salted soybeans and water make up a typical lunch and dinner for students in Guangxi Province. At breakfast they may eat nothing at all, simply drinking a glass of water before they head to school.

In Ningxia Province, the schools do not have cafeterias and can only provide water. Students in boarding schools bring steamed buns with them and that will be their lunch and dinner for the whole week. Since their parents have to go to work they have no choice but to study in boarding schools. The impoverished living conditions inevitably have an impact on the students' health, and without a helping hand their future would be very uncertain.

Taking action

The CDRF understands the importance of improving children's health through good nutrition, and since 2006 it has been studying the circumstances of students in China's western region rural areas, including boarding schools in Du'an County in Guangxi Province, Chongli County in Hebei, Xiji County in Ningxia and Luxi County in Hunan Province.

The results of the survey showed that all the children were suffering from some kind of malnutrition. For example, students in Du'an were getting only 66% of the daily suggested level of nutrients. This dropped to 6% for vitamin A while the intake of vitamin C was effectively zero. Malnutrition affects children's overall health and mental development. The average height and weight of these children is lower than the national average and a 13-year-old boy in a rural area has the same level of development as a boy of 10 from an urban area.

With the financial support of Amway China and two other corporations, this vital study of nutrition in rural areas was able to continue through to 2008. Amway China sent some of its employees to join a seminar held by the CDRF, and the President of Amway China, Mr. Audie Wong, visited a number of schools in rural area. Mr. Wong said: "Caring for the children of China is part of the corporate responsibility of Amway. We believe their lives can change greatly if we give them the help they need."

Vital nutrition

In 2007, the CDRF collaborated with the government to conduct research into how nutrients can improve children's health. They chose 2,000 primary school students as an experimental group and 1,000 primary school students as a control group in Du'an and Chongli. The students continued with regular lunch and dinner, while the CDRF provided more food, including vegetables, fruit and meat, to the experimental group.

After 10 months, the nutrient levels of the experimental group were greatly enhanced, as was their physique, and they performed better than the control group at running and in the standing long jump. The research offered clear proof that children who get the right intake of nutrients can enjoy a healthier life. The research also showed that the academic results of the experimental group were better than those of the control group, and that the children had a more positive mindset.

After two years of investigation, the research into the nutrition levels of children in rural areas yielded remarkable results. In the Third Plenary Session of the 17th

Central Committee, a decision was made to improve the nutrient levels of students in rural areas. In the meantime, the support offered by the Ministry of Education and Finance now covers all boarding schools in China's western region.

Note

Children are our future. Investing in our children today means investing in their future, as well as the future of China.



推行寄宿兒童營養研究後，孩子的身高有明顯增長。

Amway One by One Campaign for Children

Since 2003, the Amway One by One Campaign for Children has provided hope and opportunity to more than six million youngsters. In 2009, the campaign will donate US\$100 million to improve the lives of 10 million children around the world.

安利(中國) 克盡企業責任 實踐綠色生活 Amway China Building a Greener Life

安利不單在產品研發及生產上注重環保，更積極推行企業社會責任，推廣環保理念。而在安利(中國)，環保早已成為日常生活的一部份。

Environmental protection is one of Amway China's major corporate goals, with initiatives ranging from the production of eco-friendly products to various corporate social responsibility (CSR) activities.



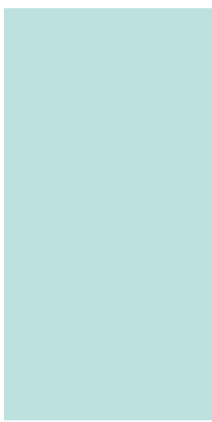
早前安利(中國)贊助中國南北極科考隊乘坐雪龍號出發前往南極進行考察及研究。

環保足印踏遍南北極

自2002年至今，安利(中國)為中國南北極科考隊提供可生物降解及無磷配方的家居清潔與個人護理用品，幫助他們更出色地履行《南極環保協定》的責任，為保護地球生態環境盡一分力。

Helping polar expeditions

Since 2002, Amway China has been making a valuable contribution to polar expeditions by providing Amway Homecare and Personal Care products to members of the China National Arctic and Antarctica Research Expedition. The expeditions help China in its role as a member of the Antarctic Treaty and perform invaluable research to help in the protection of the polar environment.



安利(中國)的綠色工作間

2008年4月，安利(中國)的員工自發成立了「綠色安利」志願小組，鼓勵大家從節省一張紙、一滴水及一度電的辦公室小事開始，讓環保成為每一位員工、每一位行銷人員的生活方式。

Amway China green team

A "Green Amway" team of volunteers was formed in Amway China's offices in April 2008, aiming to raise the environmental awareness of all staff members. Initiatives range from saving paper and conserving water and electricity to advising people on how to live a greener lifestyle.



清潔地球第三極

自2004年起，安利(中國)連續多年贊助及參與「地球第三極珠峰環保大行動」，組織包括20名安利志願者在內的志願者隊伍，前往珠穆朗瑪峰地區清除大量垃圾，在保護第三極的同時喚起更多人的環保意識。

Cleaning the "Third Pole"

Since 2004, Amway China has been giving its support to the "Cleaning Mount Everest, the Third Pole of the Earth" programme, recruiting 20 Amway volunteers to join the team to clear up debris from the mountain and raise public awareness for environmental protection.

美化名山大川

2002年6月，安利(中國)發起「打掃名山大川」活動，組織3,000名志願者在中國多個風景名勝清掃垃圾，呵護自然環境。



人與水的環保互動

安利杯「人與水」的環保活動自2007年1月起，於全國多個省市展開，內容包括居民與用水習慣調查、徵文比賽、大型圖片展覽、十大節水明星家庭評選及頒獎晚會等。

Interaction between water and man

Amway China's "Human and Water" programme was launched in a number of provinces since January 2007. Activities include research into residents' water usage, a writing contest, an exhibition, the "Top 10 Water-saving Families" competition and an award ceremony.

放生魚苗維持生態平衡

自2005年以來，安利(中國)持續向邕江、漓江及柳江等水域投放超過600萬條魚苗與蝦苗，以維持生態平衡及淨化水質。

Since 2005, Amway China has put more than six million fish and shrimp in the Yong Jiang, Li Jiang and Liu Jiang to help maintain the ecological balance and purify the water.



早前中國環境保護部副部長周建先生與美國安利公司執行副總裁鄭李錦芬女士一同為安利環保基金揭牌。

千萬基金助環保

2008年年末，安利(中國)與中華環境保護基金會合作，成立「安利環保公益基金」，專門資助及開展各類環保公益項目。預計未來三年，安利(中國)將會投入近1,000萬元人民幣。

Commitment to the Earth

In 2008 Amway China joined together with the China Environmental Protection Foundation to establish the Amway Environmental Protection Fund. Amway China has committed RMB 10 million to the Fund over the next three years.



連續6年宣傳環保

自2003年開始，安利(中國)連續6年不斷於各渠道宣揚環保的理念和哲學，讓大家能夠從日常生活中實踐環保，並提升公眾保護地球的意識。

Promoting environmental protection

Since 2003, Amway China has been promoting the concept and philosophy of environmental protection through various channels, encouraging everyone to practice a greener life and become more conscious of the need to protect the Earth.

Cleaning scenic spots

In June 2002 Amway China launched its "Cleaning Famous Mountains and Rivers" programme, recruiting 3,000 volunteers to help clean up a number of the most famous scenic spots in China.

培育100萬個「氧氣工廠」

在2002至2005年之間，安利(中國)成功地在中國30個省、市及自治區種植安利林，共植樹100萬棵，實踐了「哪裡有安利，哪裡有綠色」的承諾。

One million "oxygen factories"

Between 2002 and 2005, Amway China planted one million trees in more than 30 provinces, cities and autonomous prefectures. This led to a new slogan for Amway China: "Wherever there is Amway, there is Amway Wood".



自2002年起，安利林已在中國植樹達100萬棵，為綠化中國不遺餘力。



現今新一代孩子面對愈來愈多衝擊和挑戰，令他們承受不少壓力。

有見及此，美國安利（香港）日用品有限公司與香港小童群益會，攜手舉辦為期兩年的「安利陽光兒童成長計劃」，目的是協助面對情緒及心理困擾的大埔及北區9至14歲兒童及青少年處理情緒壓力，同時提升抗逆力，共同為締造健康和愉快的社會環境而努力。

