

WELCOME TO SIBU BEAUTY

歡迎來到 SIBU BEAUTY

Introducing Sibü Beauty, premium skin care products made from the Himalayan sea buckthorn berry. Known as the “beauty berry” across Europe and Asia, sea buckthorn contains over 190 bioactive compounds that restore, revitalize, and protect youthful beauty – from the inside-out AND outside-in. These hardy berries help nourish skin, hair, and nails with powerful antioxidants and essential fatty acids, including the rare Omega 7 – a key building block to healthy skin, hair, and nails, and also aids digestion and may help you maintain a healthier weight. Sibü Beauty features luxurious natural skin cleansers, moisturizes, and other topical treatments as well as dietary supplements that beautify and protect from the inside-out.

爲您介紹 Sibü Beauty—採用喜馬拉雅山脈的沙棘果淬鍊而成的奢華保養品系列。沙棘果在歐洲和亞洲又稱「美容莓」，內含超過一百九十種生物活性物質，幫助您體外體內修復、保持年輕美麗。這種硬質果類內含強效抗氧化物質和必需脂肪酸以滋潤您的肌膚、頭髮和指甲尤其珍貴的 Omega 7 是維持您肌膚、頭髮和指甲健康的必需品，Omega 7 同時能幫助改善消化，讓您維持理想體重。Sibü Beauty 提供天然、奢華的潔膚乳、保濕乳液、局部藥物和營養補給品，由裡到外保護您的健康，讓您全身散發美麗。

PREMIUM, WILDCRAFTED SEA BUCKTHORN FROM THE TIBETAN HIMALAYAS Seabuckthron

For healthy and beautiful hair, skin and nails

High in the Tibetan Himalayas (12,000 feet above sea level) grows a tiny but resilient fruit that resists the harsh weather conditions and high altitudes. The sea buckthorn berry fortifies itself against the elements by producing an array of powerful nutrients. With over 190 bioactive compounds, sea buckthorn is an unsurpassed source of Omegas 3, 6, and 9. And it's a rich source of the elusive essential fatty acid, Omega-7, an essential fatty acid vital to collagen production and healthy skin, hair and nails.

珍貴、天然採集的西藏喜馬拉雅山沙棘果
給您健康美麗的肌膚、頭髮和指甲

在海拔一萬兩千呎的喜馬拉雅高山上，生長著小巧卻堅忍不拔的沙棘果實。爲了在如此艱困的環境生存，沙棘果孕含了豐富的營養素，內含超過一百九十種生物活性物質，是您攝取 Omegas 3, 6, 9 的最佳來源，此外，沙棘果含有豐富必需脂肪酸—Omega-7，幫助人體維持健康的肌膚、頭髮和指甲。

1300 years of beauty

Sea buckthorn is a natural product with 1300 years of traditional uses with the modern scientific research to back it up. Our superior processing techniques and our premium and exclusive source of sea buckthorn allow us to create a revolutionary group of beauty products.

流傳 1300 年的美麗傳說

沙棘果的傳統用途早在一千三百年就被發現，現代科學研究更證實它的效用，藉著卓越的現代技術，和精心挑選的沙棘果，讓我們有能力創造革命性的美顏產品。

TRADITIONAL USE

A beauty revolution—13 centuries in the making

The first written documentation of sea buckthorn dates as early as 13 centuries ago in a Tibetan book of healing arts called Sibu Yi Dian. Nearly a third of its pages are devoted to the revered holy fruit, the sea buckthorn. Its medicinal uses for healing and overall health and beauty have long been legendary. And throughout history, in various parts of the world, the tart, brilliant orange berry has been used to rejuvenate, revitalize and restore, both inside and out.

Sea buckthorn from the Greeks to Genghis Khan

Genghis Khan powered his army and their horses on sea buckthorn for stamina and recovery from combat. The botanical name, Hippophae L. is derived from the Greek word "hippo," meaning horse. Sea buckthorn was used to strengthen ancient Greek horses and restore their coats to a brilliant luster. And women throughout the ages have used sea buckthorn to protect them from the ravages of the sun and the elements. Founded on tradition and now based on extensive scientific research, sea buckthorn is one of the biggest functional whole food rediscoveries of the 21st century.

傳統用途

十三個世紀以前的美麗傳說

有關沙棘果的最早文獻可追溯到十三個世紀前的西藏醫療書籍 **Sibu Yi Dian**，書中將近三分之一篇幅在介紹神聖的沙棘果。沙棘果在醫療和保健美容的應用已經流傳許久，從古到今，世界各地皆使用沙棘果來由內到外修復身體機能、保養駐顏。

從古希臘到成吉思汗

成吉思汗在戰爭後時常以沙棘果替軍隊和馬匹恢復活力。沙棘果的學名 **Hippophae L.** 源自希臘文「馬」的字根"hippo"，在古希臘，沙棘果常被用來加強馬匹，並使毛皮恢復光澤，各年齡層的女人都用沙棘果來防曬和防環境傷害。奠基於傳統，加上縝密的科學研究證實，沙棘果是當今二十一世紀重新發現最有效的天然食品。

Traditional health-related uses for the sea buckthorn berry include:

沙棘果傳統在健康相關上的應用包括：

Sustained energy levels

維持能量水準

Improved cellular health

促進細胞健康

Cardiovascular support

強化心血管系統

Healthy inflammation response

促進消炎反應

Joint support

強化關節

Moisturizing dry and damaged skin

滋潤乾燥和受損肌膚

Improved immune health

提升免疫力

Decrease in wrinkles and fine lines

減少皺紋、細紋

Addressing exzema and rosacea symptoms

治療濕疹和酒糟鼻症狀

[CONFUSED ABOUT PURIFIED OMEGA 7?](#)

對 OMEFA 7 有疑問嗎？

OMEGA 7 FATTY ACID HEALTH BENEFITS

After hundreds of years of quiet use, word of the astounding benefits of Omega 7 Fatty Acid has finally reached the US. Touted by Dr. Oz for its incomparable weight-loss properties, this rare but powerful “MUFA” (or Monounsaturated Fat) is popping up in media and in clinical study results across the country.

OMEGA 7 脂肪酸對健康的好處

經由數百年的低調使用下，Omega 7 脂肪酸驚人的好處終於傳至美國。在 DR.Oz 宣揚下，這個稀有的單脂肪不飽和酸—Omega 7 在臨床研究顯示驚人的減重效果，已經躍上美國國內各大媒體。

Omega 7 fatty acid (also called “Palmitoleic Acid” in most scientific and clinical publications) can be found in animal and plant sources, including macadamia nuts, cold-water fish and sea buckthorn berries. Sea buckthorn contains a much higher concentration of this valuable fatty acid, up to 40% as compared to 17% in macadamia nuts. While this omega has numerous skin and health benefits, it is also known for its ability to support a healthy weight, cardiovascular health, and gastro-intestinal health.*

Omega 7 脂肪酸（科學臨床發表多稱棕櫚油酸）可以由植物或動物來源取得，常見來源包含夏威夷豆、冷水魚類和沙棘果，其中沙棘果的 Omega 7 脂肪酸含量最高，高達 40%（夏威夷豆僅含 17%）。這種脂肪酸除了對改善肌膚和保健效果，也可以協助身體維持健康體重，並改善人體心血管系統和消化系統。

Skin, hair and nails

Omega 7 provides key building blocks for skin, hair and nails. It helps combat wrinkles, dryness, loss of skin elasticity, and other symptoms of malnourished or aging skin. It also helps skin function properly by supporting numerous skin functions, including:

肌膚、頭髮和指甲

Omega 7 脂肪酸是人體製造肌膚、頭髮和指甲的基礎，同時幫助肌膚對抗細紋、乾燥，幫助皮膚恢復彈性和修復其他皮膚缺乏保養或老化症狀。同時幫助肌膚調節以下機能：

Boosting collagen production*

Protecting against oxidative damage*

Restoring youthful resilience and plumpness to aging skin cells*

Rejuvenating skin cell membranes*

Enhancing the skin's ability to retain moisture*

Repairing sun-damaged skin*

Protecting against sun damage, toxins and environmental stress*

促進膠原蛋白

對抗氧化

回復肌膚年齡、修復老化細胞

修復皮膚細胞膜

加強肌膚保濕能力

修復曬傷肌膚

加強肌膚抵抗曬傷、毒素和環境汙染能力

Clinical References:

Effect of dietary supplementation with sea buckthorn seed and pulp oils on the fatty composition of skin glycerophospholipids of patients with Atopic Dermatitis. Yang, B, et al, 2000, Jour Nutr BioChem, Vol. 11, 338-340.

Anti-inflammatory activity of sea buckthorn (*Hippophae rhamnoides*) leaves. Ganju, L et al, 2005, Intr Immunopharm, Vol. 5, 1675-1684.

Composition and physiological effects of sea buckthorn (*Hippophae*) lipids. Yang, B, et al, 2002, Trends Food Science Tech, Vol. 13, 160-167.

臨床實驗報告：

沙棘果萃取油攝取對異位性皮膚炎患者皮膚甘油淋脂影響

(Yang, B, et al, 2000, Jour Nutr BioChem, Vol. 11, 338-340.)

沙棘果葉 (*Hippophae rhamnoides*)之抗發炎反應

(leaves. Ganju, L et al, 2005, Intr Immunopharm, Vol. 5, 1675-1684.)

沙棘果脂質之組成與對人體生理之影響

(Yang, B, et al, 2002, Trends Food Science Tech, Vol. 13, 160-167)

Weight management

Taken internally, omega 7 fatty acid signals the body to stop storing fat.* Clinical studies have shown that, not only do users melt away fat, but they also keep it off for longer periods.* This amazing compound also helps the body maintain insulin sensitivity and fight off the imbalances that can result in metabolic syndrome.* Insulin sensitivity plays a major role in helping the body convert glucose into energy, rather than storing it as fat. Research shows that omega 7 imitates a hormone in the body that helps regulate systemic metabolic activity.*

體重管理：

攝取 Omega 7 脂肪酸會通知人體停止囤積脂肪臨床研究顯示，食用者不只體脂'肪下降，維持效果也更長*。這種神奇的物質也同時幫助人體維持胰島素敏感性，維持身體均衡，避免發生新陳代謝症候群。

胰島素敏感性對身體轉換葡萄糖為能量，而不將其轉化為脂肪囤積十分重要。研究顯示 Omega 7 和身體調節新陳代謝的荷爾蒙作用十分相似。

Clinical References:

Chronic administration of palmitoleic acid reduces insulin resistance and hepatic lipid accumulation in KK-Ay mice and genetic type 2 diabetes. Yang, et al, Lipids in Health and Disease, 2011, 10:120.

Identification of a lipokine, a lipid hormone linking adipose tissue to systemic metabolism. Cao, et al, 2008, Cell 134: 933-944.

Trans-Palmitoleic Acid, Metabolic Risk Factors, and New-Onset Diabetes in U.S. Adults. Mozaffarian, D. et al, Annals Intr Med, 2010, Vol. 153, no. 12.

臨床實驗報告：

長期服用棕櫚油酸對 KKAⁿ 糖尿病鼠和第二型糖尿病和之胰島素抗性和肝脂肪堆積之影響

(Yang, et al, Lipids in Health and Disease, 2011, 10:120.)

Cardiovascular health

Your entire cardiovascular system benefits from increased access to omega 7, particularly palmitoleic acid.* The positive benefits to cardiovascular health fall into two categories: it may help (1) reduce the amount of bad cholesterol traveling through your arteries, and (2) help smooth their passage, which in turn helps

artery walls stay strong and resistant to tearing.*

心血管健康

Omega 7 脂肪酸—尤其是棕櫚油酸—能幫助您的心血管系統減少低密度膽固醇流經動脈，並幫助改善血液循環，同時改善動脈管壁韌性、減少管壁損傷。

Improved lipid panels. Omega 7 (or palmitoleic acid) has been shown to induce broad improvements in overall lipid levels, including a reduction in LDL (bad cholesterol) levels and an increase in HDL (good cholesterol) levels.*

Balancing lipid panels has long been the primary goal of most cardiovascular health programs.

Omega 7 脂肪酸（棕櫚油酸）能幫助人體改善血脂平衡，降低低密度膽固醇濃度同時提高高密度膽固醇濃度，大部份心血管療程的主要目標也都是為了改善血脂平衡

Smooth artery walls. Omega 7 (or palmitoleic acid) has been shown to reduce elevations in C-reactive protein (CRP), which indicates how inflamed and sticky artery walls are.* By soothing and smoothing artery walls in much the same way that they soothe and smooth skin, omega 7s keep cholesterol and fats in the blood moving along so they don't stick and cause problems.*

Omega 7 脂肪酸（棕櫚油酸）還能幫助舒緩動脈壁，減少 C-反應蛋白(C-reactive protein, CRP)的增加，C-反應蛋白是發炎和動脈壁黏稠度的指標。如同 Omega 7 幫助舒緩皮膚一樣，Omega 7 增加血液中的膽固醇和脂質流動性，避免阻塞於血管內造成其他問題。

Clinical References:

Serum Lipid Effects of a High-Monounsaturated Fat Diet Based on Macadamia Nuts. Curb, J. et al, 2000, Arch Intern Med/Vol 160.

Lipoprotein composition and serum cholesterol ester fatty acids in nonwestern Melanesians. Lindeberg, S. et al, 1996, Lipids, Vol 31, no. 2.

Trans-Palmitoleic Acid, Metabolic Risk Factors, and New-Onset Diabetes in U.S. Adults. Mozaffarian, D. et al, Annals Intern Med, 2010, Vol 153, no. 12.

臨床實驗報告：

以夏威夷果為主之高單元不飽和脂肪酸飲食對血脂之影響

(Curb, J. et al, 2000, Arch Intern Med/Vol 160.)

美拉尼西亞群島非西方族群之脂蛋白密度和血漿脂質之相關性

(Lindeberg, S. et al, 1996, Lipids, Vol 31, no. 2.)

反式棕櫚油酸、新陳代謝風險和美國成人第二型糖尿病症狀
(Mozaffarian, D. et al, Annals Intr Med, 2010, Vol 153, no. 12.)

Gastro-intestinal health

Omega 7 has a soothing and smoothing effect on all the body's sensitive internal linings. These linings (the mucous membranes that line the GI tract, stomach, upper respiratory tract and genital area) help nourish and hydrate internal organs and combat stressors, including excessive stomach acid or chronic inflammation. In addition to soothing inflamed and irritated membranes, the body needs this powerful fatty acid to plump up those sensitive linings, just like it uses them to plump thin, stretched skin cells.

腸胃道健康

Omega 7 脂肪酸能幫助舒緩人體內部敏感的黏膜表面，包含胃、消化道、上呼吸道和生殖系統，提供體內器官養分，並改善壓力症狀，如幫助過多胃酸分泌和慢性發炎等。除了舒緩發炎、過敏的黏膜外，如同幫助皮膚細胞的修復一樣，Omega 7 還能幫助人體修復這些脆弱的腸道表面，。

Clinical References:

Inflammatory bowel disease basics. Nikitin, V.A., et al. Khirurgia, 1989; National Association for Colitis and Crohn's Disease, 4:33-35.

Prevalence of essential fatty acid deficiency in patients with chronic gastrointestinal disorders. Siguel, E and Lerman, R. 1996, Metabolism. Vol 45, no.1, 12-23.

Sea buckthorn oils: Towards healthy mucous membranes. Erkkola, R. & Yang, B., 2003, AGROFood Industry, 53 (3).

臨床實驗報告：

腸道發炎相關疾病簡介

(Nikitin, V.A., et al. Khirurgia, 1989; National Association for Colitis and Crohn's Disease, 4:33-35.)

必需脂肪酸不足病症和消化系統失調之關係

(Siguel, E and Lerman, R. 1996, Metabolism. Vol 45, no.1, 12-23.)

沙棘果油與黏膜健康

(Erkkola, R. & Yang, B., 2003, AGROFood Industry, 53 (3).)

SIBU 的科學

Sea Buckthorn has been thoroughly researched in over 130 modern scientific studies that have found that this berry promotes health. Sea Buckthorn contains more than 190 biologically active compounds that can nourish the body's cells to protect the skin from free radicals and the natural aging process.

超過 130 個現代科學研究顯示，沙棘果對人體有益。沙棘果內含超過 190 種生物活性物質，能幫助人體細胞對抗自由基和延緩細胞老化。

Sea buckthorn's many documented health benefits include:

- Strong antioxidant network*
- Promotes healthy inflammation response*
- Cellular rejuvenation*
- Improves cardiovascular health*
- Improves brain and nervous system function*
- Natural energy booster*
- Improves nervous system health*
- Improves skin complexion, anti-acne

沙棘果經研究證實的保健效果如下：

- 加強抗氧化作用
- 正常發炎反應
- 活化身體細胞
- 增強心血管系統
- 增進腦部和神經系統功能
- 提升精力
- 改善神經系統健康
- 改善膚質、預防青春痘、粉刺

Included in these 190 nutrients, are the following:

- Vitamins A, B1, B2, C, D, K, & P
- Omega 3, 6, 7 & 9 (Essential Fatty Acids or EFAs)
- 42 Lipids
- Organic Acids
- Amino Acids
- Folic Acid
- Tocopherols

Flavonoids

Phenols

Terpenes

Tannins

20 Mineral Elements

沙棘果內含的 190 種營養素如下：

維他命 A、B1、B2、C、D、K 和 P

Omega 3、6、7 和 9（必需脂肪酸）

42 種脂質

多種有機酸

多種胺基酸

葉酸

生育酚（維生素 E）

類黃酮

多種酚類

多種烯類

多種單寧酸

20 種礦物質成分

Essential fatty acids

A rich source for fatty acids, omega 3, 6, 7 & 9, essential to cellular support and protection to promote healthy skin.

必需脂肪酸

沙棘果是必需脂肪酸 omega 3、6、7 和 9 很好的攝取來源，能幫助細胞維持、修復，讓肌膚更加健康。

Phytosterols and polyphenols

Phytosterols and polyphenols are plant-based nutrients and powerful antioxidants.

Those same components that keep plants healthy can also help support healthy skin tone and texture.

植物醇與聚烯類

植物醇和聚烯類是植物性營養素，同時也是極強效的抗氧化劑，除了維持植物健康，也能幫助人體肌膚改善膚質。

Amino acids

The building blocks of protein vital for tissues of the body to optimally perform.

Carotenoids

There are 50 carotenoids present in the modern diet. Sibü Beauty has 39 of these antioxidants, including lutein, zeaxanthin, alpha-carotene, beta-carotene, and lycopene to keep free radicals under control.

胺基酸

胺基酸為構成人體必需蛋白質的基礎物質。

類胡蘿蔔素

現代人飲食中有超過 50 種類胡蘿蔔素，Sibü Beauty 產品就含有其中 39 種，包含葉黃素、玉米黃素、 α -胡蘿蔔素、 β -胡蘿蔔素和番茄紅素，幫助人體對抗自由基。

Vitamins and minerals

Loaded with vitamins C, A, B-1, B-2, E folic acid and B12 plus a variety of essential minerals for a healthy body and healthy skin.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

維他命和礦物質

沙棘果富含維他命 C、A、B1、B2、B12、E、葉酸和許多人體必需礦物質，幫助人體和肌膚維持健康

*本敘述未經 FDA 認可。本產品不適用於診斷、治療或預防任何疾病

PREMIUM HIMALAYAN SEA BUCKTHORN BERRIES

Beauty born in the clouds

珍貴的西藏喜馬拉雅山沙棘果

生長在雲端的美麗莓果

The Tibetan Himalayas. The land is majestic and beautiful—a spiritual place where, despite the perilous environment, many journey seeking enlightenment. In one of the most remote locations on the planet, the most tenacious and nutrient-dense species of sea buckthorn grows in wild abundance. The conditions are treacherous and unforgiving. And where other plants falter, the sea buckthorn berry endures and flourishes. Just as pressure makes beautiful diamonds, extreme weather conditions, high altitudes and rocky soil create the optimum situation for the most nutrient dense sea buckthorn berries in the world.

美麗壯闊的西藏喜馬拉雅山脈，是許多旅人尋找靈感啟發的終點站。在這個世界遙遠的角落，野生天然的環境孕育了沙棘果。極端的氣候、高海拔和多石的土壤，如此艱困的環境生長著全世界蘊含最多營養素的沙棘果。

Maintaining sea buckthorn quality

Sibu is made from a choice selection of Himalayan sea buckthorn berries grown and harvested with the utmost care. And because our premium sea buckthorn berries are harvested and processed the same day, the nutritive integrity of each precious berry is maintained.

維持沙棘果品質

Sibu 選用的沙棘果生長在喜馬拉雅山，且在生長與採集過程皆經過呵護。我們精心挑選的沙棘果在採收當天加工處理，確保每一顆沙棘果的豐富養分不會流失。

To preserve the tremendous potential contained in each berry, it is crucial that these berries are collected in the predawn hours to protect them from the relentless UV rays and lock in the greatest nutritive value. That same morning, the berries are processed in the local villages at our state-of-the-art processing facilities. First, the village harvesters painstakingly separate leaves from the berries. From there, it's sink or swim, as berries travel through a series of three vats of water. Only the ripe berries will rise to the top and become the integral component of our sibu products. Next, it's on to the juicer. Here the seeds and pulp go their separate ways. But nothing goes to waste. The seeds are processed into oil for our soap and skin care products, while the pulp becomes puree for our liquid supplements. With diligence and care, the puree is placed directly into airtight, UV safe containers to protect and seal in the maximum nutrient potential. And after a chilly trip across the ocean in refrigerated shipping containers, the puree arrives stateside for formulation, blending, purification and testing; quality control from stem to bottle for products with the greatest nutritive potential.

為了保留每顆沙棘果的養分完整，沙棘果必須在天亮以前採集，以避免過多紫外線照射流失養分。採收當天早上，沙棘果即在當地村莊的先進加工設備進行處理，村莊居民細心的將沙棘果與葉子分離，隨後沙棘果經過泡水分離，排除無法浮在水面上未熟果實。接下來分離果肉和種子，但不浪費一點資源—種子提煉精油用於美容皂和保養產品，果肉則用於製作營養補充飲料。在細心的處理之下，加工處理後的果肉和種子將會直接放入密封、抗 UV 的容器，以避免營養流失。經過低溫冰箱運送，加工後的沙棘果來到美國，經過調製、混合、純化和測試，

從瓶身包裝的每一個細節都經嚴格品管，以確保產品的營養品質。

FAQ

常見問題

Does the product contain preservatives?

Sibu Beauty products are free of any and all preservatives. They are also Paraben-FREE and Cruelty-FREE.

Is the product all natural?

Sibu Beauty products are 100% natural. They contain no dairy, wheat, gluten, sodium, yeast or preservatives.

Sibu 產品是否含有防腐劑？

所有 Sibu 的產品皆不含任何防腐劑，也不含對羥基苯甲酸酯，且不經過動物實驗。

Sibu 產品是純天然的嗎？

Sibu 的產品百分之百純天然，不含任何乳製品、小麥、麩質、鈉、酵母或防腐劑。

Is the product made with any organic ingredients?

Sibu's premium Tibetan sea buckthorn berries are certified "Wild-Crafted". Sibu LLC has applied for USDA Certified Organic status and expects to receive approval in Fall 2009.

產品內含有任何有機成分嗎？

Sibu 所採用的精選沙棘果經認證為「天然採集」。Sibu 有限公司已向美國官方有機標章(UDSA)申請有機認證，預計 2009 年秋季獲得該認證。

Is the product Fair Trade?

Yes. Our trade practices promote equal and sustainable relationships between our company and the villagers who harvest and process our product. This includes fair wages and healthy, safe working conditions.

產品符合公平貿易嗎？

是的，我們所有的採購皆提倡和生產者建立平等永續的關係，提供所有參予生產的地方村民公平的薪資和健康安全的工作環境。

Is Sibu Beauty a Sustainable Green Company?

Every effort has been made to produce the finest nutritional product possible with

the least amount of impact on the planet. Sea buckthorn berries are a naturally sustainable resource growing wild at the source in Tibet. Additionally, our product packaging and literature is environmentally responsible, and certified by the Forest Stewardship Council (FSC).

Sibu Beauty 是綠色永續企業嗎？

我們追求最高品質的產品，同時追求在製造過程對地球造成最小影響。沙棘梅是生長在西藏的永續自然資源，而且我們的產品包裝對環境友善，且經過森林管理委員會(Forest Stewardship Council, FSC)認證。

Is the Repair & Protect facial cream a healthy aging product?

Yes. Sibu Beauty sea buckthorn is one the greatest sources, plant or animal, of essential oils—Omegas 3, 6 and 9. It's also loaded with the less common Omega 7, which is vital for healthy collagen production and helps to combat the harmful effects that stress, pollutants and natural aging can have on the skin. Sea buckthorn oil has also been traditionally used to reduce the appearance of wrinkles and fine lines.

Repair & Protect 面霜是健康的抗老產品嗎？

是的，Sibu Beauty 的沙棘果是所有動植物來源中，必需脂肪酸 Omegas 3、6 和 9 的最佳來源之一。同時沙棘果含有珍貴的 Omega 7 脂肪酸，Omega 7 對人體製造膠原蛋白非常重要，也能幫助人體對抗壓力、環境汙染和肌膚自然老化現象。沙棘果傳統上用來撫平肌膚皺紋和細紋。

Can the Cleanse & Detox facial soap be used on the whole body?

Though our facial soap is designed for use on the face, hands and neck, it can be used to moisturize, replenish and protect anywhere externally on your body that is covered by skin.

洗淨排毒洗面皂可以用在全身嗎？

雖然洗面皂是設計作為臉部、手部和頸部使用，但也適用全身皮膚的保濕、修護和加強身體皮膚保護能力。

Are the essential oils used, pure essential oils?

The oil extraction process is designed to maximize the organic potency without isolating any one element or using synthesized additives. Plus, our product fragrances are all natural and derived from citrus essential oils.

所有精油皆經過精煉、不含雜質嗎？

提煉精油的過程不流失任何營養素，也不使用合成添加物，此外，我們產品的香味來自柑橘精油，皆為純天然成分。

Is this product line supposed to be a system?

Yes. For ideal results, our recommendation is to pursue your beauty regimen with our unique inside out/outside in approach, but each of our products can be used independently. While Sibü Beauty products will synergistically complement each other to promote healthy skin, hair and nails, you will get great results with any of our products individually.

產品系列應該同時使用嗎？

是的。為了看到最佳效果，我們建議您使用整套產品，由內而外、由外而內照顧您的健康，但我們的每項產品也可以分別使用。雖然 Sibü Beauty 產品設計為系列使用，同時照顧您的頭髮、肌膚和指甲，但使用個別產品也能產生極佳效果。

Is there a benefit in taking the juice supplement over the capsule?

The liquid supplement focuses on providing nutritional support for skin tone and texture, as well as hair and nail growth. The sea buckthorn softgel supplement is a combo of seed and fruit oils that nourishes and protects the cells of the body, and scavenges free radicals to slow the natural aging process. The juice also helps soothe and repair the linings of the digestive tract and uro-genital tract.

同時使用軟膠囊與果汁補給品是否有幫助？

果汁補給品主要提供身體營養，改善膚質和頭髮指甲生長，同時幫助舒緩、修復消化道和泌尿生殖道黏膜層；沙棘果軟膠囊含有果油和種籽油，滋養並保護身體細胞，並對抗自由基，減緩身體老化。

Why would I take both, or wouldn't I?

For ideal results, take both the liquid and softgel supplements daily. The softgel supplement supplies a "super dose" of Omega fatty acids, especially Omega-7. But either supplement can be taken alone.

我應該同時服用嗎？

為了最佳結果，請每日服用果汁和軟膠囊補給品——軟膠囊含有 Omega 必需脂肪酸，尤其是 Omega 7，但兩者皆可分開使用。

When will I start to see results from the facial cream?

Results may vary for individuals. But some notice an immediate improvement in skin tone and texture, and often the skin takes on a healthy glow.

面霜大概使用多久會有效果？

效果因個人情況而異，但有些人在使用後立即感受到膚質改變、容光煥發。

Is the facial cream for dry, oily or normal skin?

Sibu Beauty's Repair & Protect is good for all types of skin. The essential oils and nutrients repair, moisturize and protect skin without leaving it feeling greasy or dry.

面霜適用乾性、油性或正常膚質？

Sibu Beauty 的 Repair & Protect 面霜適用所有膚質，內含精油和豐富營養素能修復、滋潤和保護肌膚，且使用後肌膚不會乾燥或油膩。

BEAUTIFUL PEOPLE. BEAUTIFUL EARTH.

We are proud to offer an exclusive line of health & beauty products that will improve the way you look and the way you feel. But we are also sensitive to the constant stress on our environment due to chemicals, overflowing landfills, and irresponsible management of our forests and other valued resources.

For these reasons, Sibu Beauty is also proud to announce a range of sustainability initiatives which respect the earth and the resources it provides. From our easily recycled plastic and our partnership with the Forest Stewardship Council, to our fair trade harvesting practices in Tibet and philanthropic outreach, Sibu Beauty want to make a difference for your health and for the planet.

珍惜美麗地球 美麗的人

我們獨家獻上 Sibu 保健美容系列，改善您體內外健康，我們也非常重視化學污染、土地傾倒、森林和其他珍貴資源的不當管理對地球造成的傷害。

因為如此 Sibu 採取一系列永續發展措施，尊重地球和地球資源，從我們易回收的塑膠包裝和森林管理委員會的合作，採取公平貿易規範和慈善捐款。Sibu 希望能夠改善你的健康，也同時讓地球更美好。

WHAT WE HEAR ABOUT SIBU BEAUTY

使用者見證

Often I rush through my face washing routine because I feel like I'm drying out

my skin, but this definitely wasn't the case for sibu's cleanse & detox facial soap. The subtle aroma of the creamy soap was captivating too. My nose was intrigued as it caught whiffs of citrusy and "woody" smells.

Finally, I rinsed my face and looked in the mirror to see the results... Sold—ALL of my makeup was off including my water proof mascara! I was pleasantly surprised at how balanced and rejuvenated my skin looked. I have to admit, I'm kind of looking forward to waking up tomorrow and washing my face again.

Mia, of [Sexy Sustainable Style](#), NY

我時常匆促的洗完臉，因為擔心洗臉會讓皮膚乾燥，但是使用 Sibu 洗淨排毒洗面皂時完全不需要擔心。此外，洗面皂的溫和香味也非常吸引人。我的嗅覺總被淡淡的柑橘和木香所吸引。

我洗完臉後，看著鏡中的自己，驚喜的發現所有化妝品已經卸的一乾二淨，包括防水睫毛膏！令人驚喜地，我的皮膚變得均勻、年輕。我必須承認，我已經有點期待明天早上洗臉了。

蜜亞(Sexy Sustainable Style 時尚部落客, 美國紐約)

(Mia, of [Sexy Sustainable Style](#), NY)

I have 2 kids that have struggled with eczema. I have been using the Sibu sea buckthorn soap and lotion on them for a few months now and I've have seen great results. My oldest has never really had smooth skin and he now has smooth arms and legs. They both have scratched to the point of having scabs but now that has disappeared. We live in Utah so the climate is very dry. I have really loved having something that I can use that will help their skin feel better.

Meagan from Draper Utah

我的兩個小孩都有濕疹。幾個月來，我讓他們使用 Sibu 沙棘梅皂和保濕乳液，他們的情況都改善很多。我大兒子的皮膚從來都不是光滑的，現在他的四肢皮膚變的光滑細嫩。兩人因為抓痕都有留下疤痕，但現在這些疤痕也不見蹤跡。我們所住的猶大洲氣候乾燥，我很慶幸有這樣的產品可以改善他們的皮膚狀況。

梅根(美國猶大洲德雷柏市) (Meagan from Draper Utah)

I broke out with Shingles on my right upper eye, eye lid, under my eye, forehead, temple and scalp. The lesions were very bad and open with red rash. The pain and

itch was severe. While I was on my Viral antibiotic, I put the Sibü Beauty Facial Cream on my lesions every day, sometimes twice a day and it helped take the swelling down. I have no scarring. The Doctors were amazed. This told me the high quality of the products and the efficacy of the cream. I also used the Sibü Soap every morning on my face while in the shower and especially left it on over the lesions for a minute before rinsing off. I know the soap contributed a great deal to the healing of the lesions as well. Thank you Sibü Beauty!

我的右眼眼皮、眼瞼、額頭、太陽穴和頭皮都長了帶狀皰疹。傷口非常嚴重，長滿了紅疹，又痛又癢。當時我在吃抗生素時，每天將 **Sibü Beauty** 面霜抹在傷口上，有時一天兩次幫助消腫，最後我的傷口完全沒有留疤，連醫生都非常訝異。這見證了產品的高品質和面霜的驚人效果。我每天早上沐浴時都會使用 **Sibü** 潔膚皂洗臉，我會讓皂泡在傷口區域停留一分鐘再沖洗，因為 **Sibü** 潔膚造我知道能幫助傷口改善。謝謝你！**Sibü Beauty**！

I am in my 50's and going through menopause. My skin has been changing for the worse. I have been using Sibü Beauty products on my face for the last 6 months and have been really happy with the results. I have noticed a difference in the texture of the skin to a smoother, more even look. I have really liked what it has done for me and recommend it too all of my friends and family.

Diana Marshall from Salt Lake City

我已經進入五十大關，而且正面臨更年期。我的膚質開始變得不理想。過去的六個月我持續使用 **Sibü Beauty** 臉部產品，而且成效讓我非常滿意——我發現我的膚質變得更滑順、更均勻。我非常滿意產品對我造成的改變，也推薦 **Sibü Beauty** 給我所有親朋好友。

黛安娜·馬薛爾 (美國 鹽湖城)

I love these products and the citrus smell is the best! I have very sensitive skin and most cleansers are too harsh and drying. The Sibü face cleansing bar seems to have the perfect balance. My skin feels and looks clean. After having used the products for a couple months now, my pores are smaller and I have less break outs.

Christine Garrett from Cottonwood Heights, Utah

我很愛這些產品和它們的柑橘香味！我的皮膚很敏感，所以大部分的潔膚產品對我都太刺激、太乾燥。Sibu 潔膚棒對我來說卻是個完美平衡，我的皮膚變得乾淨清爽，在使用潔膚棒幾個月後，我的毛孔變得更細，皮膚也更少長痘子了。

克莉絲汀·蓋瑞 (美國 猶大洲 卡頓高地)

I have been taking Sibu for over a year and will never stop. I began taking sibu balance when a woman at my church was talking about it. I had been suffering from depression and a severe vitamin deficiency since having two children. Two weeks after beginning to take it there was a huge difference. My mood became increasingly better and I had more energy than I have had in 4 years. It truly saved my life. Even better we just added another child to the family. I only took Sibu. No other vitamins. (They never work for me. My metabolism is too fast.) It was an easy pregnancy and the labor and delivery was my easiest of the three. To add to that she had the lowest biliruben (Jaundice test) the hospital had ever seen in a newborn. We were able to take her home the next day with no problems. She has been sleeping through the night since she was a month and a half. (8-6:80). Thank you so much for your wonderful product. You have a customer for life.

--Jacque B, MI

我已經使用 Sibu Beauty 產品超過一年，而且我打算永遠使用他。我一開始經過教會友人介紹開始使用 sibu balance。當時我有抑鬱症，且在生完兩個孩子之後，一直有維他命不足的情形，在使用 sibu balance 兩周之後，我的情緒明顯好轉，而且我的精力比四年以來加起來還多。這真的拯救了我的人生，更棒的是我們家剛好又增加了一個新成員。我只使用 Sibu，沒有使用其他維他命產品（因為我的新程代謝太快，其他產品對我沒效）。那次懷孕和生產過程都十分順利，是我三次懷孕以來最順利的一次。除此之外，我孩子出生時的胆紅素是那家醫院有史以來最低的，我們生產隔天就能帶她回家，現在儘管她才一個月半大，她已經可以整夜好眠，不會哭鬧。

謝謝 Sibu 神奇的產品，我已經成為一輩子的忠實顧客。

潔西·B (美國 密西根州)

I am 24 years old and was diagnosed with Crohns disease at the age of 18. At 23 I was having a really rough time and was on a high dosage of steroids. I am someone that HATES to try new and different things. My mom heard about Sibü from a friend and really insisted that I start taking it. I took it to make her happy thinking in the back of my mind, "this is a waste of my time." Within a WEEK I felt good enough to drop down the dosage of steroids and was off them within 2 months (the minimum time it takes to taper off the drug). I am a believer now and so is my doctor. I am now continuing to take it to keep up my health. Thanks to your company for providing a product that works.

--Christine

我今天 24 歲。我在 18 歲時被診斷出克隆氏症；在 23 歲時，我過得很痛苦，而且必須使用高劑量的類固醇藥物。我是一個極度討厭嘗試新事物的人，但是我媽媽從朋友那邊知道 Sibü 的產品，而且堅持我一定要使用。我爲了讓她高興只好開始使用，但我在心裡認爲，這根本是浪費我的時間，沒想到一個禮拜內，我就已經可以減少類固醇藥物的用量；兩個月（停藥最快期限至少兩個月）後我就完全停藥了。我和我的醫生都相信 Sibü 產品的效果。我目前仍然持續使用 Sibü 產品以維持我的健康。謝謝 Sibü 公司生產這麼有效的產品。

克莉絲汀

I have had the opportunity to use the Sibü product (facial soap and lotion, drink and gel tablets). I was a bit skeptical on trying a new product, especially on my face. I have been using the product for three months and LOVE IT!!! I have seen differences from stronger nails to wrinkles from sun damage start to fade. The soap is fantastic - I love how it has some of the fruit particles in it to exfoliate and leaves your face feeling clean! The lotion has been great to relieve sun burns and dry skin; and does not leave your face with a greasy feel. This is a product that I would definitely recommend to everyone!!!

--Teemarie Mohowski, UT

因緣際會下我使用了 Sibü 的洗面皂、乳液、補給飲料和軟膠囊。我一開始對嘗試新產品有點遲疑，尤其是臉部產品。但是使用三個月後，我完全愛上了這些產品！我看到我的指甲變得更堅硬，而且我的皺紋、曬傷痕跡也慢慢消退。我特別

喜歡產品裡面保留部分果肉，增強去角質效果，讓肌膚感覺更清爽。乳液對於曬傷和乾燥皮膚非常有效，而且使用完不會讓臉部覺得油膩。

我非常愛這系列產品，我一定會推薦給每個人！

媿瑪莉·莫豪斯基 (美國 猶大洲)

I have just completed two months worth of Sibü products and would like to add my recommendation to these products. I really look forward to the juice every morning and I feel that with it in combination with all the other Sibü products that my skin, nails and hair are all healthier. The soap gives me a clean fresh feel and the facial cream makes my face feel so soft. I love that everything is 100 percent natural and contains no preservatives. I didn't know much about the sea buckthorn berry before taking the Sibü products but since have been pleased to discover all the many nutrients and vitamins it contains, not to mention the omega 3, 6, 7, and 9. As a side benefit, that I am very happy about, I feel that it has given me an energy boost. Thanks for letting me try this product. It has been a great experience.

--Marilyn Moore, UT

我已經使用 Sibü 兩個月，我想要推薦我所使用的產品。我每天早上都很期待使用 Sibü 產品，很喜歡感受 Sibü 產品讓我的皮膚、指甲和頭髮變得更健康。潔膚皂讓我的皮膚乾淨、清爽，面霜則讓我的臉部肌膚變得細嫩、滑順。我特別喜歡所有產品都是 100%天然成分，而且不含任何防腐劑。在使用產品之前，我對沙棘果並沒有很了解，但是在知道沙棘果所含的豐富營養素、維生素和 Omega3、6、7 和 9 脂肪酸之後，我非常開心可以使用這個產品。除此之外，在使用產品之後，我覺得更有精神。謝謝你們讓我使用這個產品，這是一個很棒的使用經驗。

--瑪莉蓮·摩爾 (美國 猶大洲) (Marilyn Moore, UT)

I loved the Sibü product. I was a little apprehensive to use the product at first. I have never been one that spends much time or money on skin care. I would just buy whatever at the grocery store and only wash my face in the pm and only moisturize in the am. After using the Sibü product for a week I noticed that my dry skin around my nose was gone and that my dry scalp wasn't as bad as it usually is. I have tried numerous type of shampoo and never been able to get my

dry scalp to go away. I think that it is a great product and would recommend it to anyone.

--Jeanette Perry Coates, UT

我愛 Sibü 產品。一開始我對這個產品有點遲疑，因為我很少在保養品上花錢，我以往只會在超市隨便選保養品，而且只有每天晚上洗一次臉、早上擦保濕。在使用 Sibü 一周後，我發現我鼻子周圍的皮膚不再乾燥，而且頭皮乾燥情況也改善很多。我試了千百種洗髮精，從來沒有一種能夠讓我的頭皮乾燥改善。我認為這是一個很好的產品，我會推薦給所有人。

--珍妮特·派瑞·寇特斯 (美國 猶大洲) (Jeanette Perry Coates, UT)

I absolutely love this product. Besides making my skin feel soft and healthy, these products smell and taste good too. I have seen differences around my eyes. The skin is tighter and feels healthier too. With the differences I have seen and felt on my face, I have started to use it on my neck also. It is really making a difference in the texture of my skin. For years I have had an odd texture on my neck, much like my mother's, that has tiny bumps. I am now seeing my neck become smooth and the tiny bumps are going away. These products have made a difference for me. I appreciate the opportunity to try it out. I don't want to be without it. Thank you so much for introducing me to this product.

--Jody Stromberg

我非常熱愛這個產品。Sibü 的產品除了讓我的皮膚柔軟、健康，也同時具有絕佳味道和口感。在使用產品之後，我的眼部皮膚變得更健康、更緊實，我隨後開始使用頸部產品。多年來我的頸部皮膚和我媽媽一樣，長了許多小疙瘩，但使用頸部產品之後，我的頸部變的光滑細嫩，疙瘩也不見了。這些產品改善了我的生活，我很感激當初有嘗試這些產品。謝謝 Sibü 介紹了我這些產品。

--裘蒂·史壯博(Jody Stromberg)

"I've been addicted to Sibü & its benefits for years. It's healthy, it's yummy & my grandmother says it's even helped her with her arthritis! Like her I've taken it when I need some extra energy which it seems the Himalayas have plenty to offer. I've never enjoyed something so good for me so easily. Thank you Sibü!

--Rosario

我對 Sibü 產品著迷不已，因為產品十分有效而且口感很好，我的外婆甚至說 Sibü 產品改善了她的關節炎！和外婆一樣，當我需要補充精力的時候，我會使用 Sibü 產品，感受來自喜馬拉雅山脈的能量。我從未享受過如此有效又簡單的產品。感謝 Sibü ！

--羅莎莉歐(Rosario)

I have been very pleased with the Sibü beauty products. My favorite is the facial cream. It makes my skin feel so soft and clean after I have washed my face with eh Sibü soap. It's the finishing touch! I have seen great improvement in the strength of my nails as well as growth. For years I have had challenges with gaining strong nails after having worn gel nails for so many years which caused extensive damage to my nails. With the help of the Sibü products my nails are on the road to a very healthy recovery. These products just make you feel better when you use them on a regular, consistent basis. I would recommend any of the Sibü beauty products to anyone who cares about taking care of their skin. You will see a difference. I did! Thanks!

--Jackie Riley

我非常喜歡 Sibü beauty 產品，尤其是面霜。在用 Sibü 香皂洗完臉後擦上面霜，使我的皮膚更柔軟潔淨。此外，我的指甲情況也改善許多，因為長年使用**水晶指甲**，造成我的指甲變得脆弱、生長緩慢。使用 Sibü 產品之後我的指甲開始慢慢復原。我推薦所有關心自己皮膚狀況的人使用 Sibü beauty 產品，你將會和我一樣，感受到明顯的效果。

--潔西·萊利(Jackie Riley)