

日本原料 | 日本製造  
Japanese Raw Materials | Made in Japan



Fujimori

藤森

# NMN

$\beta$ -Nicotinamide mononucleotide

9000mg

別讓衰老改變你  
Don't let age change you.



NMN 的絕對純度為 99% 或更高，它是根據日本嚴格的質量控制標準製造  
NMN has an absolute purity of 99% or higher, and it is manufactured under strict quality control standards in Japan

## 甚麼是藤森 NMN 9000?

藤森 = 修正健康

藤森的NMN是一種營養補充劑。

天然發酵，并非化學合成

本補充劑中使用的 NMN 的絕對純度為 99% 或更高。

它是根據日本嚴格的質量控制標準製造。

一瓶含9000mg高檔高純度NMN。

藤森的產品誕生是承接我們交付的願望，其正品質量有保證。



## What is Fujimori NMN 9000?

Fujimori = Repair and Fix Health

Natural fermentation, Not chemical synthesis

Fujimori is a nutritional supplement whose main ingredient is NMN.

The NMN used in this supplement has an absolute purity of 99% or more.

It is made under strict quality control standards in Japan.

A bottle contains 9000mg high-grade and high-purity NMN.

Fujimori was born from our wish to deliver a product whose authentic

## 含 99% 絕對純度的 NMN

qNMR(定量核磁共振) 證實藤森中的 NMN

純度為 99% 或更高。



## 甚麼是qNMR(定量核磁共振)?

目前流行的分析方法是層析法，例如HPLC(高效能液相層析法)、LC(液相層析法)和GC(氣相層析法)。層析法通過比較目標物質和標準物質來分析物質的相對純度。因此，準確性在很大程度上取決於研究人員所擁有材料的純度。相比之下，

qNMR(定量核磁共振)直接準確地測量每個功能群組的氫原子數(核自旋)。正因為如此，它可以在不使用標準物質的情況下測量目標物質的絕對純度。

使用qNMR(定量核磁共振)的分析值可以轉換為其他測量值，例如國家標準和SI(國際單位制)。

因此，高精度分析越來越受歡迎。

## What is qNMR?

Currently prevailed analyzing method is chromatography such as HPLC, LC, and GC. Chromatography analyzes the relative purity of materials by comparing the target material and standard material. Because of this, the accuracy largely varies depends on the purity of materials possessed by researchers. In contrast, qNMR measures the number of the hydrogen atom (nuclear spin) for each functional group directly and accurately. Because of this, it can measure the absolute purity of target materials without using standard materials. Analyzed values by using qNMR can be converted to other measurements such as national standards and SI (International System of Units). Thus, it is gaining popularity as a highly accurate analysis.

## Sirtuin基因(長壽基因)的發現

隨著計算技術的進步，基因讀取速度現在提高了1,000,000倍。正因為如此，對各種生物的基因組分析也取得了長足的進步。基於此背景下，2000年今井信一郎博士、華盛頓大學醫學院教授和麻省理工學院生物系教授 D. Leonard Guarente 共同發現與衰老過程密切相關的長壽基因。

長壽基因存在於各種生物體中，從哺乳動物中發現了7種不同類型，包括人類。但是它通常無法正常運作或激活。該基因通常處於睡眠模式。“我們如何激活該基因？”這一直是生物學領域的一個重要研究議題。多項研究表明，當生物體處於某種生理壓力下時，例如當生物體處於飢餓狀態或當溫差極端時，長壽基因會被激活。如今，禁食作為激活該基因的工具亦被受關注。據說高質量的睡眠和適當的運動對於激活該基因也非常有效。更有趣的是，最新研究發現了一種物質，可以激活所有7種哺乳動物的長壽基因。該物質稱為 NMN。此發現以科學理解及研究為建構，NMN 的研究在全球以前所未有的速度推進。

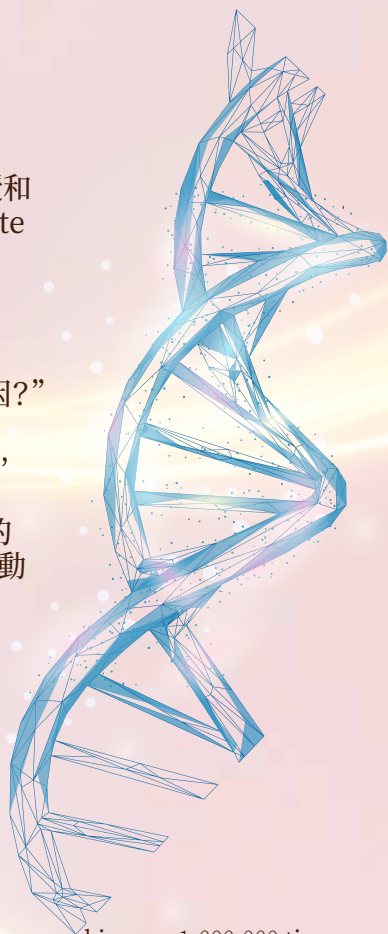
## Sirtuin基因(長壽基因)的激活

### Discovery of Sirtuin Gene

As computing technology progress, the gene reading speed is now 1,000,000 times faster. Because of this, genome analysis on all kinds of organisms has progressed significantly as well. In this context, the sirtuin gene, which is strongly related to the aging process, was discovered by Dr. Shinichiro Imai, a professor at the University of Washington School of Medicine, and D. Leonard Guarente, a professor at the Massachusetts Institute of Technology, Department of Biology, in 2000. The sirtuin gene exists in all sorts of organisms and 7 different types were found from mammals including humans. However, it is usually not functioning or activated. This gene usually is in sleep mode. "How can we activate this gene?" This has been a significant research question in the field of biology.

A number of studies revealed that the sirtuin gene is activated when an organism is under certain physical stress such as when the organism is starving or when the temperature difference is extreme. Nowadays fasting is gaining attention as a tool to activate this gene. Quality sleep and appropriate exercise are said to be very effective to activate the gene as well. More interestingly, the latest study discovered a substance that activates all 7 kinds of mammal sirtuin genes. The substance is called NMN. Research on NMN has been advancing globally faster than ever for constructing scientific understanding.

### Activation of Sirtuin Genes





# 甚麼是 NMN ?

NMN代表β-煙酰胺單核苷酸，它是維生素B3的一種。

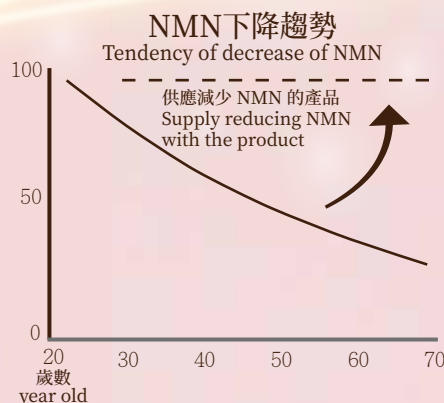
每個生物都有 NMN，它是在體內產生的。

然而，根據老化過程，NMN的產生速度變慢。

此外，只能從飲食中攝取少量的 NMN。

## What is NMN?

NMN stands for β-Nicotinamide mononucleotide and it is one of the vitamin B3s. Every biological being has NMN and it is generated in the body. However, according to the aging process, the generation of NMN slows down. In addition, only a little amount of NMN can be taken from the diet.



## 藤森 Fujimori NMN 9000

3粒相當份量(NMN300毫克)\*  
3 capsules Equivalent (NMN300mg)



毛豆(青豆) Edamame

西蘭花 Broccoli

50,000粒beans

140束bunches

\*每日推薦攝取量 Recommended amount of daily intake

食物 Food	NMN含量食品 NMN content food (毫克mg)	食物的平均重量 Average weight of the food	NMN 300毫克mg (藤森Fujimori 3粒膠囊Capsules) 相當份量Equivalent
毛豆 (青豆) Edamame (Green Soybeans)	0.47~1.88	0.5克g/粒bean	50,000粒beans
西蘭花 Broccoli	0.25~1.12	320克g/束bunch	140束bunches
捲心菜 Cabbage	0.0~0.90	900克g/個piece	70個pieces
牛油果 Avocado	0.36~1.60	125克g/個piece	250個pieces
番茄 Tomato	0.26~0.30	170克g/個piece	630個pieces
蘑菇 Mushroom	0.0~1.01	15克g/個piece	4,000個pieces
牛肉(生) Beef (raw)	0.06~0.42	200克g/片piece	630片pieces
蝦 Shrimp	0.22	15g/隻piece	9,000隻pieces

# 10大逆齡功效 Major anti-aging effects



提升記憶力及專注力  
Improves memory and concentration



改善情緒提振精神  
Improve emotion and lift mental vitality



美顏緊緻肌膚  
Beauty and firmness of skin



促進腸道健康  
Promotes Gut Health



改善骨骼及關節  
Improve bones and joints



修復DNA  
Repair DNA



提升視力及聽力  
Enhance vision and hearing



提升免疫力  
Boosts immunity



改善睡眠質素  
Improve sleep quality



改善神經系統  
Protect Improve

**β-煙酰胺單核苷酸**  
β-Nicotinamide mononucleotide

通過口服NMN在體內可以自然轉化為NAD<sup>+</sup>  
NMN can be naturally converted to NAD<sup>+</sup> in the body by oral administration

**NAD<sup>+</sup>**  
煙酰胺腺嘌呤二核苷酸  
Nicotinamide Adenine Dinucleotide

提供人體95%的能量修復受損DNA  
激活體內七個長壽蛋白  
Provides 95% of the body's energy repair damaged DNA  
Activate seven longevity proteins in the body

**Sirtuin**  
長壽基因

## 當您攝取 NMN 時.....

它在體內代謝並轉化為一種物質，稱為 NAD<sup>+</sup> (煙酰胺腺嘌呤二核苷酸)。NAD<sup>+</sup> 直接影響並喚醒 Sirtuin 基因。然而，即使直接服用 NAD<sup>+</sup>，它也不會被細胞吸收，人體的體內平衡會阻止體內 NAD<sup>+</sup> 濃度升高。

但是，NMN 的分子比 NAD<sup>+</sup> 小，可被身體細胞充分吸收，包括腦細胞在內。因此服用 NMN 可以更有效地增加體內 NAD<sup>+</sup> 的密度。

## When you intake NMN...

It is metabolized in the body and transformed into a substance, called NAD<sup>+</sup> (Nicotinamide Adenine Dinucleotide). NAD<sup>+</sup> directly affects and awakens the Sirtuin gene. However, even if one takes NAD<sup>+</sup> directly, it is not absorbed by the cells and the body's homeostasis prevents NAD<sup>+</sup> density from rising in the body.

On the other hand, NMN's molecule is smaller than that of NAD<sup>+</sup> and can be absorbed thoroughly in the body including the brain cells. Taking NMN is more

此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。

為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。

This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance.

Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

## 質量證明

藤森NMN 9000 是在衛生監督通過 GMP 認證的工廠生產。GMP全稱GOOD MANUFACTURING PRACTICE，是一套安全生產標準指標。GMP嚴格規範、全程監督生產過程，由原料接收到產品出貨的。工廠要通過GMP認證，必須其產品管理體系經過嚴格審核，並通過第三方檢測標準。

## Proof of Quality

Fujimori NMN 9000 is produced in a factory whose sanitary supervision protocol is certified by GMP. GMP stands for Good Manufacturing Practice, which is a set of safe production standards. GMP strictly regulates and supervises the whole production process from the reception of ingredients to product shipment. Only when a factory's product management system is strictly examined and passed the third-party inspection standards, the factory is certified by GMP.



# NMN

適合以下人士食用  
Suitable for  
the following people



### 記憶、專注力衰退人士

Memory and Concentration Loss

### 關注身體、運動機能人士

Pay Attention to Physical and Motive Function

### 關注衰老問題人士

Concerned about Ageing

### 長期夜間工作壓力大人士

High Pressure at Night and for a Long Time

### 關注免疫力人士

Focus on Immunity

### 關注體重人士

Pay Attention to Weight

## 大衛·安德魯·辛克萊 博士 Dr. David Andrew Sinclair

澳大利亞生物學家

Australian-American Biologist

### “引述曾祖母的禱告”

可不可以不變老? 喚醒長壽基因的科學革命

Introduction A GRANDMOTHER'S PRAYER

*Lifespan: Why We Age - and Why We Don't Have to*

### 產品詳情

- 【產品名稱】 藤森 NMN 9000
- 【內容量】 NMN 100mg/粒 | NMN 9000mg/瓶
- 【成份】 澱粉、β-煙酰胺單核苷酸/煙丙基甲基纖維素、硬脂酸鈣、二氧化矽 (細粉)
- 【淨重】 35.1克 (390毫克 × 90粒)
- 【有效期】 自生產日起計兩年
- 【貯藏】 置於陰涼乾燥處，避免陽光直射。

### 日本產品

#### 【服用指引】

建議早上空腹服用效果更佳，避免於晚間服用。

每天用冷水或溫水服用 2 至 3 粒膠囊。

保持日常飲食與主食、主菜和配菜的平衡。

#### 【使用注意事項】

- 如果您有任何食物過敏，請在使用前檢查成分。雖然很少見，但根據身體狀況和體質，該產品可能會引起不適。在這種情況下，請立即停止使用本產品。
- 如果您正在服用任何藥物或在健康護理者的監督下，請在使用前諮詢您的保健醫生。
- 增加每日劑量無助於治療疾病或改善健康。請按照指示每天服用。
- 請置於兒童接觸不到的地方。

### Product Details

- 【Product name】 Fujimori NMN 9000
- 【Content】 NMN 100mg/capsule  
NMN 9000mg/bottle
- 【Ingredients】 Starch, Beta-nicotinamide mononucleotide/HPMC, calcium stearate, silicon dioxide (fine powder)
- 【Net weight】 35.1g (390mg × 90capsules)
- 【Expiry date】 Two years from the date of manufacture
- 【Storage】 Store in a cool and dry place away from direct sunlight.

### PRODUCT OF JAPAN

#### 【Directions】

It is recommended to take it on an empty stomach in the morning for better results and avoid taking it in the evening.

Take 2 to 3 capsules per day with cold or warm water. Maintain your daily diet balanced with staples, main dishes, and side dishes.

#### 【Precautions for Use】

- If you have any dietary allergies, please check the ingredients before use. Although rare, the product might cause discomfort depending on the body condition and constitution. In that case, please stop using this product immediately.
- Consult your healthcare practitioner before use if you are taking any medicines or under health providers' supervision.
- Increasing the daily dose does not help cure diseases or improve health. Please maintain the instructed daily doses.
- Keep out of reach of children.