







Local University to Revolutionise Rooibos Skin Care

Researchers from Cape Peninsula University of Technology are using the emerging field of phytosome nanotechnology to enhance the bioavailability of Rooibos extracts. These extracts are

are what prompted Dr Mariska Lilly, senior researcher of proteomics & molecular biology at the Applied Microbial and Health Biotechnology Institute (AMHBI) of Cape Peninsula University of



• 减少变应性鼻炎(鼻过敏) • 对抗心脏代谢疾病,如心脏病发作,中风,糖尿病,胰岛素抵抗等。

Rooibos Research gets Funding Boost

• 保护心脏免受氧化应激

Scientific research into the health benefits of Rooibos have been boosted with a R4.8-million investment from the Department of Science and Innovation (DSI). The investment is aimed at

unlocking the potential socio-economic value of South Africa's favourite tea.

• Protect against Alzheimer's disease that causes the brain to shrink and is the most common cause of dementia

· Prevent and/or manage inflammatory bowel syndrome

Counter cardiometabolic diseases like heart attacks, strokes, diabetes, insulin resistance etc.

- Rooibos 'Wonder Tea' Finally Gets Scientific Nod for Cardiac Benefits
- safety data in a controlled clinical trial envi-ronment, scientifically showing that short-term Rooibos is most effective and how people can benefit from this unique South African prod-uct," she said during the launch of the results at consumption of Rooibos is safe for the liver the study by drinking six cups of Rooibos per day for six weeks. (The six-cup amount was determined by a trial of green tea consumption the Rooibos Science Café in Cape Town. Head of research of the Cancer Associaand kidneys, while keeping blood pressure and cholesterol levels in a normal range. The researchers measured the effect of in 2003, which increased the antioxidant cap tion of SA (CANSA), Dr Carl Albrecht, also ity in the blood of human subjects.1) presented 10 years of research done with the Medical Research Council on the anti-cancer Rooibos by examining two markers which are indicators of oxidative lipid damage, namely The tea was brewed for five minutes before conjugated dienes (CDs) and malondialdehydes (MDAs). They found a decrease of nearly 35% properties of Rooibos which was funded by CANSA to the tune of R1m. drinking, with or without milk and/or sugar. The participants were required to remove other flavonoid-rich foods from their diets to in CDs in the blood of the Rooibos-drinking "Indications are strong that Rooibos may participants and a 50% decrease in MDAs. also have anti-cancer properties due to the rais-ing of GSH which has been shown to protect ensure the health effects could be ascribed to Oxidative damage in lipids is regarded Rooibos only. as an important step in the development of atherosclerosis. CDs are formed during the "We also monitored oxidative stress by against cancer. Rooibos doubled the GSH levels measuring the ratio of oxidised vs reduced in the participants of the heart disease study," early stages of oxidation, while MDAs glutathione (GSH) in the blood. Our results he told Medical Chronicle. oxidation end products of polyunsaturated fatty acids that cause defects in protein synthesis and show a significant improvement - and therefore decreased risk of heart disease - in the study Funding for the heart disease study came from the Cape Peninsula University of Techenzyme inactivation in human cells. Patients participants," explained Dr Marnewick nology, the National Research Foundation, and with coronary artery disease usually have a higher MDA level than normal. the SA Rooibos Council. Reference

呼吸道疾病会给心脏带来额外的压力。因此,心脏病患者更有可能出现COVID-19的严重症状和并发 根据对人类和大鼠的研究,路易博士可以通过以下方式保护心脏: • 抗氧化剂可以防止细胞损伤,从而减少炎症 • 降低促炎反应,刺激抗炎反应 • 降低10%的血液总胆固醇水平,显著降低"坏"LDL-胆固醇水平,同时增加"好"hdl -胆固醇水 • 抑制血管紧张素转换酶(ACE), 这是导致血压升高的原因 • 减少皮质醇的产生,抵消慢性压力和焦虑。压力、焦虑和抑郁会导致心脏病,并增加患心脏病 的风险 • 降低血糖水平,增加葡萄糖摄取到心肌细胞 Rooibos for a Healthy Heart, Fight Coronavirus

Based on studies in both humans and rats, Rooibos can protect the heart in the following ways:

 Lowers pro-inflammatory responses and stimulates anti-inflammatory responses Lowers total blood cholesterol levels by 10% with a significant reduction in "bad" LDL-

料。这款大胆的混合饮料加不加牛奶,味道还是很棒。

without milk.

Starbucks Japan Launches Rooibos Drinks



On the 16th of January, South Africa celebrated National Rooibos Day. People from around the country enjoyed different types of Rooibos cocktails and engaged in various activities centered around Rooibos. Happy Rooibos Day to all South Africans and our foreign friends!

单击此处访问我们的网站以获取更多信息

Rooibos中国有限公司 Tel: +8613051895055 电话: +8613051895055 WeChat: kieranvz 微信: kieranvz Email: kieran@rooibosltd.com 电子邮件: kieran@rooibosltd.com Web: www.rooiboslimited.cn 网站: www.rooiboslimited.cn

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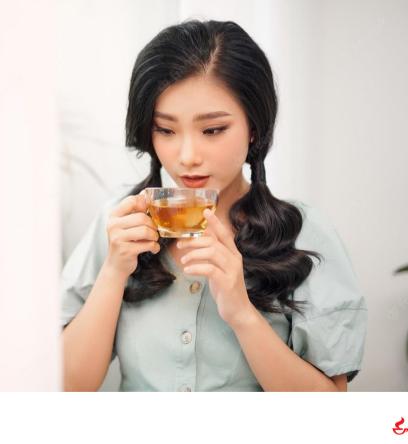
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She is preparing to submit the work to an international peer-reviewed journal, and will pursue the research by examining genetic differences between the study participants to ascertain why some people responded differently 路易博士健康心脏,抗击冠状病毒



We wish everyone a wonderful Chinese New Year. We at Rooibos Ltd wish you the best in fulfilling your visions in the year of the Rabbit!

Click here to visit our website for more information

RESEA

will investigate how the bio-active compounds

in Rooibos prevent DNA damage, and how Rooibos impacts on stress levels by measuring

Mientjie Mouton, director of the SA Rooibos Council's product research portfolio, hopes

the results of the study will help increase the

relevance of Rooibos as a safe and affordable

"We are committed to investing in world-class research in order to verify where and how

changes in cortisol in the blood

way to reduce heart disease in SA.

的味道,当它被制成星冰乐时,它被鲜奶油和肉桂浇头进一步增强了味道。这款饮料里还有桃子!

生物技术研究所蛋白质组学和分子生物学高级研究员Mariska Lilly博士进一步探索。

intended for skin care formulations. Previous studies that pointed to the protective effect of Rooibos against inflammation in skin cells,

Technology (CPUT) to probe further.

Wamkelekile

• 减少氧化带来的损伤 • 预防和/或管理炎症性肠综合征

Aligned to its core mandate of supporting research on Rooibos, the SA Rooibos Council (SARC) will match the Department's investment, taking the combined funding to almost R10-million. The multi-million-rand funding will allow researchers to delve deeper into Rooibos' ability to:

· Target oxidative damage

 Protect the heart from oxidative stress Reduce allergic rhinitis (nasal allergy

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The health benefits of Rooibos have been

proclaimed for a number of years. Now in the first scientifically validated work on Rooibos and heart disease, researchers in

the Cape Peninsula have found that the

herbal tea is particularly effective at reduc-ing oxidative damage to lipids, thus helping to prevent or slow down atherosclerosis

The clinical trial by Dr Jeanine Marnewick,

and her team at the Oxidative Stress Research

Centre at the Cape Peninsula University of Technology, also generated the first human

症。

blood pressure

Forty men and women aged between 30 and

for developing heart disease, participated in

60 years, each with two or more risk factors

cholesterol levels, while increasing "good" HDL-cholesterol · Suppresses the angiotensin-converting enzyme (ACE), which is responsible for increased Reduces cortisol production and counteracts chronic stress and anxiety. Stress, anxiety, and depression contribute to heart disease and heighten the risk of it · Decreases blood glucose levels and increases glucose uptake into heart muscle cells

• Antioxidants protect against cell damage, thereby reducing inflammation

星巴克日本推出路易博士饮料 9月7日,日本星巴克在日本的部分门店推出了两种新的茶口味:桃子宁静和庄严的印度乌龙。此外,他 们还在菜单上增加了两种结合了两种茶的限时饮品:桃子和庄严的印度茶。

drinks to their menu that combine both teas: the Peach and Majestic Chai Tea and the Peach and Majestic Chai Tea Frappuccino. The Majestic Chai Oolong combines oolong, mate, and Rooibos teas that are then spiced with traditional chai spices like cinnamon and black pepper. This bold mix would taste great with or Though the two flavours contrast starkly, they actually taste pretty good together — Peach Tranquillity mellows out some of the stronger notes of the Majestic Chai Oolong, and when it's

On September 7, Starbucks Japan released two new tea flavours at select stores throughout Japan: Peach Tranquillity and Majestic Chai Oolong. In addition, they've added two limited-time

1月16日,南非庆祝全国路易博士日。来自全国各地的人们享受着不同类型的路易博士鸡尾酒,并以路 易博士为中心进行各种活动。祝所有南非人和我们的外国朋友路易博士节快乐! South Africa Celebrates National Rooibos Day

南非庆祝路易博士日

Rooibos Ltd China

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哥伦比亚大学最近完成的一项研究发现,COVID-19对心血管疾病和高血压患者构成了重大风险,因为

Rietveld A, Wiseman S. Antioxidant effects

J Nutr 2003;133(10):3285S-3292S.

of tea: evidence from human clinical trials.

磅礴的印度茶乌龙将乌龙茶、马黛茶和路易博士茶混合在一起,然后加入肉桂和黑胡椒等传统印度香 虽然这两种口味截然不同,但它们并和的口味其实很不错——桃子宁静调和了雄伟茶乌龙的一些强烈

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