Hon Michael Mak  
Panel Chairman  
LegCo Panel on Health Services

**STATUTORY REGISTRATION FOR DIETITIANS**

The Hong Kong Dietitians Association Limited (HKDA), Hong Kong Practising Dietitians Union (HKPDU), and Hong Kong Nutrition Association Limited (HKNA) request the Hong Kong Special Administrative Region Government (the Government) to provide for statutory registration, discipline and the better control of persons practicing in the profession of Dietetics in Hong Kong.

**BACKGROUND**

Unlike other countries with highly developed healthcare systems, the practice of dietetics is currently unregulated in Hong Kong.

Dietitians exercise specialized knowledge and skills in nutrition of diseased states, to treat, promote recovery or maintain optimal health of patients. As the practice of dietetics carries significant risk of harm to the patients, statutory registration of Dietitians is administered in most developed countries like USA, United Kingdom, Canada, Japan and Korea, in order to protect the public from unqualified, unethical or incompetent dietetic practices.

The establishment of the dietetic profession in Hong Kong can be traced back to the 60s. The local profession is a well-established allied health discipline in public healthcare system. **Both Department of Health (DH) and Hospital Authority (HA) only employ holders of recognized degree in Dietetics**, i.e. dietetic graduates from local Hong Kong University SPACE institute programme or qualified dietitians from USA, Canada, United Kingdom and Australia. While it is generally accepted that dietitians working with the Department of Health and Hospital Authority are adequately regulated, because of their stringent entrance requirements and the fully functioning health care teams, the same mechanism is not available to dietitians working outside the public sector.

The lack of statutory registration for the dietetic profession let pass malpractice of albeit qualified practitioners; and permits unqualified personnel to practise under the title of dietitian.
Physical harm, including disability and death, may occur as a result of dietetic malpractice. Public health and safety is hardly guarded without corresponding statutory registration, discipline and control.

THE NEED FOR STATUTORY REGULATION FOR DIETITIANS

There exists a body of knowledge that forms the basis of the standards of practice of the dietetic profession, and credentials of dietitians must be accredited.

Currently, holders of Postgraduate Diploma in Human Nutrition and Dietetics fulfil the entry requirement for a dietitian post of DH and HA. This programme admits graduates of recognized post-secondary educational institution for studies in Human nutrition, food sciences, foodservice management, clinical dietetics, diet therapy, and must successfully complete clinical placement in local hospitals.

In USA, UK, Canada and Australia, preparation for entry to the profession of dietetics and nutrition requires completion of academic course work in natural sciences, humanities and social sciences, and dietetics to the Bachelors degree level as well as documentation of professional competencies, usually through the completion of a dietetic internship program.

In an unregulated environment like Hong Kong, it becomes so ridiculous that any personnel of any unrecognised credentials may call themselves dietitians, so much so in a “dietitian” recruitment advertisement, we find the academic qualification required is only F.4 level (App. 1: Advertisement).

Patient interface

Dietitians provide direct clinical treatment to patients. Dietitians assess the nutritional needs, design and implement nutrition care plans and therapeutic diets for the patients. Yet, currently in Hong Kong, many dietitians do not practise under a supervised or regulated environment.

Dietitians often work autonomously in sole charge positions in non-government institutions, independently in community health clinics or private practice settings, where they may have little communication with medical doctors.
In some cases, there could be no communication if the dietitians actually provide dietetic services directly to patients without prior referral from medical doctors.

**Level of risk associated with malpractice**

Dietitians apply medical nutrition therapy to patients, which includes implementation of therapeutic diets. Therapeutic diet is the modification of the nutritional components of a normal diet based on the findings of nutritional assessment, designed to treat identified symptoms, conditions such as obesity, diabetes, renal failure, etc., deficiencies, or altered nutrient needs.

The therapeutic diets, when properly designed, are often the only or the primary treatment for specific disorders, diseases or health conditions. These diets are necessary to prevent further deterioration in an individual who is diagnosed with what is usually a chronic condition. **The mode of treatment by means of administration of a specially designed therapeutic diet is equally invasive as the drug therapy or any other physically invasive therapy.** Harm occurs when the therapeutic diets are improperly planned as a result of incompetent, unethical or impaired practice.

The potential risk of physical harm to the health, safety or well being of the public include malnutrition, complications including choking, aspiration, infection and serious metabolic or digestive disturbances associated with enteral and parenteral feeding, diet-induced anaphylaxis and potential for death in patients with life-threatening food allergies, delayed recovery from illness or surgery, increased complications, progression or advancement of a chronic disease, increased pain and suffering and diminished quality of life, permanent disability or death. (App.2: Media reports on misuse of nutritional therapies resulted in harm)

**Not only dietetic personnel should be qualified to practice, it is equally important that continuing competence of the dietitian be monitored.**

In 2000, Hong Kong Dietitians Association received enquiry from Consumer Council regarding a complaint lodged against a “nutritionist/dietitian”. However, this so-called “nutritionist/dietitian” was not a member of the Association, and therefore his credentials and conduct were not bound by the Association’s Code of Ethics (App.3: Consumer Council and Hong Kong Dietitians Association Correspondence). As a matter of fact, credentials and conduct of “dietitians” working in private sector are regulated by nobody but themselves.
Public expectation for regulated practice

In contrary to the fact of an unregulated dietetic profession in Hong Kong, the public at large misconstrues that personnel with “dietitian” titles are qualified competent practitioners recognized by the Government.

A phone survey of 567 Hong Kong citizens conducted by HKDA in July 2003 revealed that public expectation of the role that dietitians play in diet therapies and nutrition counselling is high, most people reckon that dietitians are reliable professionals, next to doctors, to give health advice for improving one’s health. However, survey results also found 58% of the respondents did not know the requirements for the education and training for qualified dietitians, and 74% of the respondents have the misconception that there was already statutory registration for dietitians in Hong Kong (App. 4: Survey report).

The title “Dietitian’ has been exploited in the present unregulated environment

As consumers become more health conscious and the demand for nutrition services and products escalates, exploitation of the dietitian title intensifies. A survey conducted between 10 to 14 June 2004, on 4 newspaper and 8 magazines, for advertisement on nutrition service or products, has shown a frequent (85 quotations) use of “註冊營養師” or “營養師” as the personnel giving nutritional advice and product recommendation. (App. 5: Newspaper and magazine clippings)

In a telephone survey of the qualification of dietetic personnel working in weight loss clinics during the same period, 13 out of the 16 clinics being surveyed, reported their Dietitians possess “Registration” qualification, despite statutory registration is not available in Hong Kong.

Size of profession and employment distribution in public and private sectors

According to manpower statistics in 2000, there were only 20 dietitians working in the private sector, since then, the local postgraduate diploma program added about 24 dietitians every year to the profession. The latest figures provided by the three professional associations, quoted 95 (45%) dietitians working with HA and DH, and 115 (55%) working in private sector in 2004, not yet including graduates from overseas unknown to the associations, and those so-called “dietitians” with unrecognized credentials. With limited employment...
vacancy offered by public sector and the rapid growth in the private market, especially in the “weight loss” business, number of dietitians working in private sector has exceeded that of the public.

**The association-based registration fails to regulate the profession as a whole**

The voluntary registration scheme administered by HKDA and HKNA, per se, reveals the inefficiency of a non-mandatory mechanism. As to date, there are only 105 full members of HKDA, and most of them are simultaneously dietitian members of HKNA. Therefore, among the total estimated 210 or more practising dietitians, more than 50% of them “voluntarily” opted not to be regulated by the Associations.

The only viable regulation of professional standards is by means of mandatory statutory registration. And, it is when “dietitian” or “registered dietitian” are reserved titles for dietitians that will assure the public and other health professionals that anyone using the titles is a registrant of the profession and is therefore qualified and is subject to disciplinary processes for incompetent, impaired, or unethical practice, so that public interest is best protected.

**CONCLUSION**

HKDA, HKPDU and HKNA consider that it is in the public interest that dietetic profession should be regulated in Hong Kong. The profession has expressed her strong commitment in regulated practice ever since the establishment of dietetic service within Hong Kong’s healthcare system. The profession considers the Government has the obligation to safeguard the public from unqualified, unethical and incompetent practices by providing dietitians practicing in Hong Kong with statutory registration.

Hong Kong Dietitians Association Limited
Hong Kong Practising Dietitians Union
& Hong Kong Nutrition Association Limited

23 June 2004
The SPA by L & Y Beauty Centre

本公司為一間有規模的水療及美容中心，現招聘美容及配合本公司於網絡推廣投資額達千萬及漸傾跨
進二線市場之網點店即時開幕，現誠招下列職位應徵：

<table>
<thead>
<tr>
<th>職務職能</th>
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</tr>
</thead>
<tbody>
<tr>
<td>- 須持有有關美容文憑</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>- 有經驗者優先</td>
<td>-</td>
<td>每月薪金可達高$20,000或以上</td>
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</tbody>
</table>

申請人需具中四或以上程度，熟悉美容業話，普通英語及普通話

有意申請上述職位，請電 2869 0137 聯繫

地址：中環德輔道中14號新世界大廈41樓

附注：申請職位時請附上近期相片。


App1
Perfect Balance Body Shape Making

營養師(可兼職)

1. 熟悉美容營養專業
2. 具相關執照及有經驗佳

底薪穩定一至六，具好福利，雙桿底薪+佣金

熱線：2561 8767
米施洛營養師亂開減肥餐單

李小姐出事餐單

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<th>早餐</th>
<th>午餐</th>
<th>晚餐</th>
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<tr>
<td>1</td>
<td>一杯低脂酸奶+全麦面包+一杯低脂咖啡</td>
<td>一碗米饭+西红柿炒蛋+一碗蔬菜汤</td>
<td>一碗面条+炒青菜+一杯果汁</td>
</tr>
<tr>
<td>2</td>
<td>一片面包+鸡蛋+一杯牛奶</td>
<td>一碗米饭+肉末炒菜+一碗汤</td>
<td>一碗面+蔬菜汤+一杯果汁</td>
</tr>
<tr>
<td>3</td>
<td>一杯酸奶+全麦面包+一杯咖啡</td>
<td>一碗米饭+炒蔬菜+一碗汤</td>
<td>一碗面+炒菜+一杯果汁</td>
</tr>
<tr>
<td>4</td>
<td>一个馒头+鸡蛋+一杯豆浆</td>
<td>一碗米饭+炒青菜+一碗汤</td>
<td>一碗面+炒菜+一杯果汁</td>
</tr>
<tr>
<td>5</td>
<td>一片面包+鸡蛋+一杯牛奶</td>
<td>一碗米饭+肉末炒菜+一碗汤</td>
<td>一碗面+炒菜+一杯果汁</td>
</tr>
</tbody>
</table>

健康饮食，营养均衡。
時此刻部分市民強加應港本為認

【新聞】11月26日

26日晨報

育教會管理加政府促家長

[手寫文字]
食肉減肥險奪命
美富商索償22萬

這是由來反擊關於食肉減肥法的
訴訟。該團體質疑，該團體由法官
組織「負責道路建築公會」代表
入稟。該團體以主要營業為食肉減字
指食肉減肥法有害健康。

素食組織代入稟

戈朗在入稟狀指，他在2001年時
由於體重由143磅增至148磅，開始接
受1996年版《阿特金斯博士的新飲食
革命》一書進行食肉減肥。阿特金斯
建議病友 PCM 認可的職業修女和芝士等
高磷食物，但就限制碳水化合物的攝
取量，以達致瘦身效果。

體重增兩月急升達半

戈朗稱，在開始減肥後，他的體重
原先在兩月內由148公斤升至230的危
險水平，但後有3次轉變食譜，去
年10月來港時，體重發現性的一幅
主要心臟短紋有69%升高，需要進行
血管擴張手術。

戈朗指，「我苦於充軍平時以偏
食了不科學的減肥法死掉，這兩年來
我在人們之信民間法的功效，我纔
成功減肥變瘦，然而前來時，我
沒有思慮到我為了保持120磅的體重
是用與魯莽交易。」

戈朗正準備案第，禁止對方首發
未有加上警告字幕的產品。書籍與廣
播營業報名，指他們明知使用食肉減
肥法的人士，有三分一會有阿特金斯
所謂的「不正常的心態問題」。

阿特金斯減肥法和阿特金斯開心
的代表處，「食肉減肥法應科學營
業有關方面處理。」

作者：司徒世鴻、郭尼華

A19 國際新聞

22-06-2004 16:15

20070707 OF IRS. TCH

1 2 3 4 5 6 7 8 9 0
英國食物標準局警告
食肉減肥法或致癱瘓

【明報專線】本來被講為絕世佳品的「食肉減肥法」，美國有一家研究機構發出亮紅色警報，指這種飲食法會增加心臟病、癱瘓及糖尿病風險。

威爾斯食物標準局警告食肉減肥法，香港也曾發報，但民間反應冷淡，專家指出飲食法愈來愈流行，專家及醫療機構亦有聲音建議推行。

英國食物標準局發出的警告，包括發病率、心臟病、發病率及食物中的污染物質，並要求人們認識這些食物的風險。

專家警告，食肉減肥法會增加心臟病、癱瘓及糖尿病風險，尤其是對老年人。
June 14, 2000

Hong Kong Dietitians Association
P.O. Box 70928
Kowloon Central
Hong Kong

The Chief Executive
Consumer Council
22/F, K. Wah Center
191 Jaua Road
North Point, Hong Kong

Dear Sir,

Re: Complaint from Mr. [Redacted] Fung

I refer to your letter dated 6 April 2000 informing us about the complaint from Mr. Fung against an alleged member of the Hong Kong Dietitians Association.

Please be informed that the named person in Mr. Fung's letter, [Redacted], has never registered as a member of the Hong Kong Dietitians Association. Therefore, I am afraid the Code of Ethics of our Association may not be applicable in this case.

Also, the Hong Kong Dietitians Association and her members have never endorsed any food product or oral supplement for use in treating cancers.

I wish to point out that our Association has long been urging the HKSAR government to set up a statutory registration system for local dietitians in the interest of public protection. With the lack of registration and legal restriction to the title "dietitians" and "nutritionist", any individuals even with little or no nutrition training can call themselves as such and give "nutrition" advice that might be potentially dangerous to the public.

The Consumer Council works towards the protection of consumer interest. We should be grateful if we can have the Council's support in lobbying for setting up of the statutory registration for local dietitians.

We look forward to your reply.

Regards,

Sandra LO
Chairman
Hong Kong Dietitians Association

[Signature]

App 3
調查目的

了解訪問
- 獲得營養知識的途徑
- 對營養師職務的認識
- 對營養師專業資格的認識
- 對成立營養師註冊制度的認同

調查概況

<table>
<thead>
<tr>
<th>調查目的</th>
<th>了解香港人對營養師工作及執業資格的認識</th>
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<tr>
<td>調查對象</td>
<td>18 至 65 歲人士</td>
</tr>
<tr>
<td>調查日期</td>
<td>2003年6月12日至7月15日</td>
</tr>
<tr>
<td>受訪機構</td>
<td>香港營養師學會有限公司</td>
</tr>
<tr>
<td>受訪機構</td>
<td>兒童營養顧問</td>
</tr>
<tr>
<td>受訪內容</td>
<td>調查面談知識筆記</td>
</tr>
<tr>
<td>成功面談人數</td>
<td>567</td>
</tr>
<tr>
<td>成功回覆率</td>
<td>11.4%</td>
</tr>
</tbody>
</table>

28%受訪者年齡在36-45歲之間

57%受訪者為已婚人士

App 4.1
公眾對營養師服務的認知

64%受訪者在公眾電視接受過營養師服務

59%受訪者接受過營養飲食治療諮詢

最多受訪者認為營養意見是營養師的主要職責

最多受訪者認為有諮詢而需要營養師服務

App 4.3

The text is in Chinese. It seems to discuss the public's awareness of nutritionists and the services provided by them. The diagrams illustrate the percentage of respondents who have had contact with nutritionists through television or nutrition counseling. It also shows that the highest perceived role of a nutritionist is to provide dietary advice.
95%受访者认同香港要有政府注册督摄制度

總結
- 最多受访者期望督摄处提供的督摄资料具可信性
- 最多受访者期望督摄处严谨，尤其是督摄处的政策和程序
- 95%受访者认为督摄处获政府认可牌照，以肯定其服务质量和保障市民健康
- 74%受访者认为获得督摄处由政府聘用
- 95%受访者同意采取更有政府注册督摄制度

謝謝各位！

香港督摄处协会

App 4.5
市面上舞茸及靈芝產品林林種種，有平有貴，而且療效參差。當中以最近推出，將日本臻貴「舞茸」與中國國寶「赤靈芝」之精華結合而成的「紅太陽舞茸赤靈芝」為最佳選擇，因特別製造之對舞茸和靈芝有深入認識的Stuff株式會社營養師為你揭示舞茸和靈芝的真面目。

日本臻貴「舞茸」是靈芝的近親，生長於日本極北寒冷之地，具有強烈的抗發炎作用（能減少多種類門細菌，對治癒各種疾病亦有極佳效果），更被譽為營養界的「藥王」。

中國國寶「赤靈芝」被稱為「長生不老，延年益壽」之仙藥，赤靈芝在六便靈芝當中，其價值最高，並且極為稀罕，多數需要貴族天然成分，較有效協同作用抗氧化的成分，許多科學研究所證實，赤靈芝主要是能抗多醣體、三萜類及多糖體元氣等，均能提高抗氧化能力，強化免疫系統及增強體能。

營養師表示，舞茸和赤靈芝都是十分安全的免疫調理劑，輔助配合，可以有效緩解和抵抗許多疾病，免疫系統提供，幫助改善免疫力，作為癬癬患者的有效治療均會非常靠譜。

如果想增強免疫力，不得不提的「SARS」，美國研究指出，具抗病毒效果的「SARS」，可用赤靈芝及舞茸製成的藥水，可有效抑制SARS病毒對體的攻擊，提高免疫力，有效預防SARS病毒的感染。

營養師教你：

1. **增強免疫系統**：搭配赤靈芝及舞茸，可提高免疫力，有效預防各種疾病。
2. **抗發炎作用**：赤靈芝和舞茸都是強烈的抗發炎成分，可有效減少炎症反應。
3. **抗氧化作用**：赤靈芝和舞茸均含有豐富的多醣體及三萜類成分，可有效提升抗氧化能力，延緩衰老。
4. **抗癬癬作用**：赤靈芝和舞茸均具有抗癬癬作用，可有效抑制癬癬細胞的增殖。

營養師建議：

1. **日常飲食**：每天適量攝入赤靈芝和舞茸，可有效提高免疫力，預防各種疾病。
2. **藥用療程**：赤靈芝和舞茸均可用作藥用療程，可有效抑制癌症細胞的增殖。
3. **美容效果**：赤靈芝和舞茸均具有美容效果，可有效延緩皮膚老化，保持年輕。
4. **運動補給**：赤靈芝和舞茸均可用作運動補給，可有效提高運動表現，延緩疲勞。

營養師結語：

1. **靈芝和舞茸是最佳療養**：搭配赤靈芝和舞茸，可有效提高免疫力，預防各種疾病。
2. **抗發炎作用**：赤靈芝和舞茸都是強烈的抗發炎成分，可有效減少炎症反應。
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營養師結語：

1. **靈芝和舞茸是最佳療養**：搭配赤靈芝和舞茸，可有效提高免疫力，預防各種疾病。
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營養師建議：

1. **日常飲食**：每天適量攝入赤靈芝和舞茸，可有效提高免疫力，預防各種疾病。
2. **藥用療程**：赤靈芝和舞茸均可用作藥用療程，可有效抑制癌症細胞的增殖。
3. **美容效果**：赤靈芝和舞茸均具有美容效果，可有效延緩皮膚老化，保持年輕。
4. **運動補給**：赤靈芝和舞茸均可用作運動補給，可有效提高運動表現，延緩疲勞。

營養師結語：

1. **靈芝和舞茸是最佳療養**：搭配赤靈芝和舞茸，可有效提高免疫力，預防各種疾病。
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Q1. 健康飲食減肥成活嗎？
答：根據外國一些研究，鸚鵡的確有助脂肪分解，提供脂肪氧化及體重增加等問題。

Q2. 想吃肥身費太醜吸收？
答：要身體完全吸收鈣質，最好從奶類食品（動物性鈣質）着手。若從植物性食物吸收，如豆類食品或蔬菜等，身體較難吸收。

Q3. 肥身飲食如何保護健康，
答：其實食物搭配絕對沒所謂，最好是低卡路里飲食每日吸收約800-1000卡路里，這是由於奶類食品多含鈣質，故最好選擇脫脂或低脂一種，鈣質份量相同低卡路里大減。

Q4. 多喝水或運動能減肥？
答：是，雖然骨湯或無糖也含豐富鈣質，每100g的骨湯含有60mg的鈣，但由於當中油脂及蛋黃含有豐富脂肪，多吃會致肥，所以這些食物不是最好的鈣質來源。

注意事項

高鈣飲食減肥法

醫生點評

總結
益生菌
進腸道健康
抗胃酸膠囊才能發揮作用

55 岁 2 吋，原本體重 120 斤的陳小姐，
常常在試用至天，警覺後下降了一周
便堅持繼續服用。因此，每天都要到
到公園，但只要我停飲益生菌，毛主席
就會感到很疲倦，表現總是常常“放
手去十幾分鐘洗衣服，其他事件都得
手去十分疲倦”。

陳小姐最終決定保留所有減肥產品，改飲冰飲於養肝
在三個月內成功減去 15 斤，但「便便」的問題卻令
她非常困擾。「我自己每天都可以上一次廁所，體及
用藥時，一天兩次，五次，但我現在常常第三天都
上不了廁所，令我“苦”得不得了。」在營養師的建議下，
陳小姐在兩個月前試食益生膠囊的益生菌。

「這幾天我已經開始服用減肥藥大
久，習慣了當中的藥效成分，所以到現在體重仍維持不變，開始食用益生菌膠囊之後，我現
在已經可以恢復一日一次的排便。」
排毒及補充營養

排毒加養生，內外俱佳

Alfred強調：「排毒者對膚質自然有一定幫助。但是，若想真正清除毒素，皮膚或肌膚更加。」

排毒加養生，內外俱佳。