

Environmental Pollutants Profile



 **HK BioTek**

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Environmental toxins are everywhere!

*'May not make you sick immediately, yet worn you down gradually'*¹



Manmade chemicals can be found in our everyday lives, from food to things that we use daily. More than 10,000 chemicals have been reported as ingredients of cosmetic and food². High dose of chemical usage that lead to acute reactions are monitored by the government. However, the health effect from chronic exposure to low dose is often neglected despite a growing body of literature.

These chemicals could disrupt our endocrine balance even in a trace amount. This is the reason why these chemicals are also called 'Environmental hormone'³.

- 1 Our Stolen Future (1996), a book by Prof Theo Colburn at the University of Florida, Science Journalist Dianne Dumanoski, Environmental Scientist Dr. John Peterson Myers. Prof Colburn was awarded the Time Magazine's 2007 Environmental Heroes Award.
- 2 EWG, the Environmental Working Group, a non-profit, non-partisan organization for human health and environmental research.
- 3 Coined by Prof Taisen Iguchi at Yokohama City University in Japan. Endocrine disruptor means manmade chemicals that mimic hormones after entering our body.

Are parabens and phthalates harmful in makeup and lotions?

By Jill U. Adams September 1, 2014

Should you worry about the chemicals in your makeup, lotion, shaving cream, soap and shampoo? The answer is a clear maybe.

Why maybe? That's because some studies suggest that chemicals such as parabens and phthalates can interfere with the body's hormones, most notably reproductive hormones such as estrogen and testosterone. The possible health risks could include chronic diseases, cancers and a host of developmental disorders and fertility problems.



Fast Food is Full of "Plasticizers" Used for Shower Curtains and Nail Polish

By Nick Rose April 13, 2016





How do toxins get into me?



Environmental	Automotive emission, Active/Passive cigarette smoking, Paints, Volatile solvents, Water sources and air
Household	Domestic chemical cleaners, Home fragrance, Rubber flooring
Personal care	Skincare products, Cosmetics, Deodorants, Perfume, Hair spray, Nail polish, Shampoo, Shower gel
Plastic	Food packaging and containers, Cups and disposable utensils, Microwavable boxes, Plastic wrap, Ziplog bags, Water bottles, Raincoats and boots
Food & Medicine	Processed food and drinks (concentrated juice, sport drinks, jelly, instant food, fast food, pastry), Medical tubing, Some medicine (e.g. sleeping pills & antibiotics), Shell of capsule medicine



Accumulation of toxins in the body

	Irritating eyes, nose, throat & skin, Taste & Olfactory fatigue
	Diarrhea, Nausea, Abdominal pain
	Fatigue, Depression, Anxiety, Excitatory effect, Dizziness, Drowsiness, Impaired balance, Difficult concentration, Insomnia, Anorexia
	Hormone disorder, Anemia, Dermatitis, Dyspnea, Blurred vision

Long term risks of chronic exposure to toxins

- Cancers
- Decreased count in white blood cell and weakened immunity
- Disrupt male reproductive organs
- Birth defect, abnormal fetal development

HK BioTek Environmental Pollutants Profile



- ✓ Revolutionary Air-dried strips allow an easy collection of your first morning urine and a guaranteed sample stability for analysis.
- ✓ Cutting edge technology LC/QQQ measures the level of chemical toxins of the sample with the highest accuracy
 - * Test items: Xylene, Toluene, Benzene, Styrene, Trimethylbenzene, Phthalates, Parabens, Methyl tert-butyl ether (MTBE)
- ✓ Award winning lab in the United States: All tests run in duplicate for the most reliable result.

In 14 days, you will receive:

- ✓ **A Personal Environmental Pollutants Report**
 - Easy interpretation
 - Present your toxins levels, reference range and your position in the population



- ✓ **The LabAssist™ Wellness Report**
 - Accumulation of toxins relates closely to your daily exposure and detoxification capability
 - The report comes with a personalized recommendations on detoxification and nutritional supplementation

環境毒素測試



環境毒素無孔不入！

「不一定令您馬上生病，卻耗弱您的體能」¹



在衣、食、住、行的各個環節裡，都能輕易找到化學物的蹤影。單單在化妝品及食品裡，就能找到上萬種化學物！² 很多國家都立法規管高劑量並能引起急性反應的毒素，卻忽視長期累積微量毒素的後果。

即使是微量的化學毒素，就足以干擾荷爾蒙，損害人體基本調節機能，所以它們俗稱為「環境荷爾蒙」³。

- 1 科普經典《失竊的未來》是由美國佛羅里達大學Theo Colburn教授、科普記者Dianne Dumanoski、環境科學家John Peterson Myers博士於1996年出版。Colburn教授其後於2007年獲美國時代雜誌嘉許為年度環境英雄。
- 2 EWG, the Environmental Working Group (美國獨立環境研究及公眾利益監察組織)
- 3 由日本橫濱市立大學理學部井口泰泉教授提出，意指人造的化學物質進入人體成為內分泌干擾素 (endocrine disruptor)



身體累積過量毒素時的常見症狀



刺激眼睛、鼻和喉嚨、皮膚不適、味覺及嗅覺功能減弱



腹瀉、噁心、腹痛



疲倦、情緒低落、焦慮、亢奮、頭昏眼花、昏睡、失平衡、難以集中精神、失眠、厭食



荷爾蒙失調、貧血、皮膚炎、呼吸困難、視力模糊

毒素積聚的長遠風險

- 癌症
- 白血球減少、免疫力低下
- 影響男性生殖器官發育
- 嬰孩有缺陷，胎兒發展不正常



HK BioTek 環境毒素測試

我從哪裡接觸到毒素？

環境來源

車輛或工廠廢氣、一手/二手煙、油漆、揮發性溶劑、水源、空氣

家居環境

化學清潔用品、家居香薰、塑膠地板

個人護理

護膚品、化妝品、止汗劑、香水、噴髮膠、指甲油、洗髮水、沐浴露

塑膠製品

食品包裝、外賣餐具、耐熱紙杯、微波爐用餐盒、食物保鮮紙、保鮮袋、塑膠水瓶、雨衣或雨靴

食物、藥物

加工食品及飲品（如濃縮果汁、運動飲品、果凍、即食食品、快餐食品、糕點）、醫用膠喉及容器、部份藥物（如安眠藥、抗生素等）、藥物膠囊

✓ 運用革命性的Air-dried採集條收集清晨首個尿液樣本，便捷可靠

✓ 採用先進的LC/QQQ科技，準確量度八大毒素水平
* 包括：二甲苯、甲苯、苯、苯乙烯、三甲苯、鄰苯二甲、苯甲酸酯、甲基叔丁基醚

✓ 美國化驗所屢獲殊榮，獨有的雙重檢測，帶來最高的準確度

化驗需時 14 天，您將會收到：

✓ 個人的環境毒素報告

- 清楚易明的報告；
- 了解每種毒素的水平超標與否，以及於人口中的排名高低。



✓ LabAssist™ 個人化健康報告

- 毒素積聚與否關乎日常接觸和吸收，以及個人排毒能力的強弱；
- 報告附上個人化的排毒或營養補充建議書，讓您掌握針對測試結果的對策。

