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Recipe by Chef Tan, Dim Sum Master with 25 Years of Experience
陈凯權师傅, 拥有 25 年经验的点心大师
Zuan Yuan Chinese Restaurant

KINDORI moments

A Malaysian scientist's gift to humanity.
马来西亚科学家赐予人类的礼物。

Augustine Ong

Introduced by FATHER OF PALM OIL
由棕榈油之父特别专研

YBhg. Academician Tan Sri Emeritus Professor Datuk Dr. Augustine Ong Soon Hock
丹斯里名誉院士拿督奥古斯丁王顺福博士教授



Specially For Mommies 特别适合妈妈

Red P90 is especially beneficial for mothers who are expecting, and mothers who are recovering during confinement period. 红 P90 对孕妇和坐月子期间的妈妈特别有益。

Why? 为什么?

- ✓ Tocotrienol is good for recovery during the confinement period. 生育三烯酚有利于坐月子期间的恢复。
- ✓ Vitamin E can prevent premature birth and reduces the occurrence of neonatal jaundice. 维生素 E 可以防止早产, 减少新生儿黄疸的发生。
- ✓ Helps increase the quality of the breast milk and improves maternal anemia. 有助于提高母乳质量并改善孕妇贫血。
- ✓ When consumed by lactating mothers, the carotenoids from red palm oil which are transferred through breast milk directly benefit the infant by boosting the neonatal immune system and aiding brain development. 哺乳期母亲食用红棕榈油中的类胡萝卜素会通过母乳直接使婴儿受益, 增强新生儿的免疫系统并促进大脑发育。
- ✓ Red Palm Oil which is rich in natural carotenoids (Vitamin A) can significantly enhance the levels of these nutrients in the maternal plasma. 红棕榈油富含天然类胡萝卜素(维生素A), 可以显著提高母体血浆中这些营养素的水平。
- ✓ Extra Virgin Olive Oil which is rich in Omega 3 fatty acids are very good for the heart. Consuming it during pregnancy can help in the healthy development of the baby's brain. 特级初榨橄榄油富含 Omega 3 脂肪酸, 对心脏非常有益。怀孕期间食用它可以帮助婴儿大脑的健康发育。

Red P90: A Nutrient-Rich Choice
营养丰富的选择

Benefits of Red Palm Oil 红 P90 的好处

- Rich in vitamins: Contains high levels of vitamin E and beta-carotene, which are crucial for vision, immune function, and skin health. 富含维生素: 含有高水平的维生素 E 和 β-胡萝卜素, 对视力、免疫功能和皮肤健康至关重要。
- Essential for growth and development: Provides essential fats needed for building body tissues, brain development, and preventing deficiencies. 对生长发育至关重要: 提供构建身体组织、大脑发育和预防缺乏所需的必需脂肪。
- Supports breastfeeding: Enhances the quality of breast milk by providing essential nutrients and promoting the absorption of DHA, a vital nutrient for brain development. 支持母乳喂养: 通过提供必需营养素和促进 DHA (婴儿大脑发育的重要营养素) 的吸收来提高母乳质量。

Fact! 事实!

According to research conducted in Hyderabad India and Tanzania, pregnant and lactating mothers who incorporate red palm oil in moderation as salad dressing or in stir fry cooking have higher retinoids level in mother and infants and lesser rate of anaemia (red blood cells deficiency) compared to those who don't have red palm oil in their diet.

根据在印度海得拉巴和坦桑尼亚进行的研究, 与饮食中不含有红棕榈油的孕妇和哺乳期母亲相比, 适量添加红棕榈油作为沙拉酱或炒菜的孕妇和哺乳期母亲的类视黄酸水平更高, 贫血(红细胞缺乏症)的发生率更低。

References 参考文献:

- Red palm oil supplementation: a feasible diet-based approach to improve the vitamin A status of pregnant women and their infants 红棕榈油补充剂: 一种可行的基于饮食的方法来改善孕妇及其婴儿的维生素 A 状况: <https://pubmed.ncbi.nlm.nih.gov/12891825/>
- Red Palm oil offers a nutritional boost for pregnant, nursing mothers and their infants 红棕榈油为孕妇、哺乳期母亲及其婴儿提供营养补充: <https://focusmalaysia.my/red-palm-oil-offers-a-nutritional-boost-for-pregnant-nursing-mothers-and-their-infants/>

source 来源:
<https://focusmalaysia.my/red-palm-oil-offers-a-nutritional-boost-for-pregnant-nursing-mothers-and-their-infants/>

TAN SRI ONG
— RED —
P90

The World's First Red Palm Olein (RPO) + Extra Virgin Olive Oil (EVOO) Blend
世界第一个混合红棕榈油 + 特级初榨橄榄油的食用油

WORLD'S 1st
TAN SRI ONG P90

The A-Game of Cooking Oil: Uniquely Backed by Science
以科学研究为基础的 A+ 烹饪油

TAN SRI ONG RED P90

Introducing the world's first Red Palm Olein (RPO) + Extra Virgin Olive Oil (EVOO) Blend.

Red P90 is the first blended oil in the world that contains 90% Red Palm Olein (RPO) and 10% Extra Virgin Olive Oil (EVOO). It is definitely a one-of-its kind cooking oil backed by science!

The Red Palm Olein (RPO) is rich in beta- and alpha-carotene, which the body converts into vitamin A1. RPO's red colour comes from its high carotene levels and low free fatty acid levels. It is also a good source of vitamin E, which acts as an antioxidant to help prevent cell damage.

RPO is a refined oil that retains its carotenoid content because it doesn't undergo the same refining and bleaching processes as other palm oils, which can reduce carotenoids. RPO has been studied as a way to help with vitamin A deficiency. One study found that RPO supplements were as effective as a large dose of vitamin A in providing protection for three months after supplementation stopped. RPO is also ideal for stir-frying because most of the carotene is retained in the cooked food.

全球首款红棕榈油 + 特级初榨橄榄油混合油

红 P90 是全球首款含有 90% 红棕榈油和 10% 特级初榨橄榄油的混合油。它绝对是一种独一无二的、有科学依据的食用油！

红棕榈油 (RPO) 富含 β- 和 α-胡萝卜素，人体可将其转化为维生素 A1。RPO 的红色源于其高胡萝卜素含量和低游离脂肪酸含量。它也是维生素 E 的良好来源，维生素 E 可作为抗氧化剂帮助防止细胞损伤。

RPO 是一种高度保留了其类胡萝卜素含量的精炼油。与其他棕榈油不同，因为它不经过与其他棕榈油相同的精炼和漂白过程，所以它相对的保留了类胡萝卜素。RPO 已被研究为一种帮助治疗维生素 A 缺乏症的方法。一项研究发现，RPO 补充剂在停止补充后三个月内提供保护的效果与大剂量维生素 A 一样好。RPO 也非常适合炒菜，因为大多数胡萝卜素都留在煮熟的食物中。

Suitable for 适用于:



Stir-frying 炒菜



Marinade 腌制



Dressing 调味



Sauce 酱料



Decorate 点缀



Red P90 makes healthy food tasty!
红 P90 让健康的食物变得更美味!

Texture and flavour profile:

Light red colour 浅红色

Non-greasy 不油腻

Neutral in taste with a slight olive aroma
味道中性，略带橄榄香气

Benefits of Red P90 红 P90 的好处

1 It is packed with phytonutrients - rich in Vitamin A and E, phytosterols, squalene, and coenzyme Q10. 它富含植物营养素 - 富含维生素 A 和 E、植物固醇、角鲨烯和辅酶 Q10。

2 Rich in Vitamin A - prevents Vitamin A deficiency which is normally associated with skin and eye diseases. 富含维生素 A - 可预防通常与皮肤和眼部疾病有关的维生素 A 缺乏症。

3 High levels of tocotrienols - tocotrienols are powerful antioxidants with beneficial health properties. 高含量的生育三烯酚 - 生育三烯酚是具有有益健康的强效抗氧化剂。

Tip: The presence of both vitamin E and carotene provides synergistic protection against auto and photo-oxidation of unsaturated triglycerides. 提示：维生素 E 和胡萝卜素的存在可协同保护身体免受不饱和甘油三酯的自氧化和光氧化。



High Vitamin E tocotrienol content
维生素 E 生育三烯酚含量高
Vitamin E, also known as alpha-tocopherol. Tocotrienol has a similar chemical structure to it, but it is **60 times** more active as an antioxidant when compared to alpha tocopherol.

Rich in carotenoid (Vitamin A1)
富含类胡萝卜素 (维生素 A1)
RPO is one of the richest natural plant sources of carotenoids which are naturally occurring as fat-soluble pigments. RPO contains **300 times more** retinol equivalents (provitamin A) than tomatoes.
RPO 是类胡萝卜素最丰富的天然植物来源之一，类胡萝卜素是天然存在的脂溶性色素。RPO 所含的视黄醇当量 (维生素 A) 比番茄多 **300 倍**。

Non-GMO
非基因改造
The naturally high yield of palm oil from the fruit does not require the plant to be genetically modified. Palm oil is nature's gift to the world.
棕榈油的天然高产量令出产商无需对棕榈果进行基因改造。棕榈油是大自然送给世界的礼物。

Packed with phytonutrients - phytosterols, squalene, and coenzyme Q10
富含植物营养素 - 植物固醇、角鲨烯和辅酶 Q10
All major sterols in CPO are retained in RPO. Sterols are valuable minor components in RPO which are effective in lowering plasma cholesterol level.
In RPO, ubiquinone-10, also known as coenzyme Q (COQ1) is present. It has been reported that COQ helps in boosting the immune system, relieves angina, protects against heart disease and reduces high blood pressure.
CPO 中的所有主要固醇均保留在 RPO 中。固醇是 RPO 中有价值的次要成分，可有效降低血浆胆固醇水平。
RPO 中存在泛醌-10，也称为辅酶 Q (COQ1)。据报道，COQ 有助于增强免疫系统、缓解心绞痛、预防心脏病和降低高血压。

Genuine Australian Olives
真正的澳大利亚橄榄
We collaborate closely with Western Australia's local olive farmer to ensure that our olives are genuine.
我们与西澳大利亚当地的橄榄农密切合作以确保我们使用的橄榄是正宗的。



Do you know? 你知道吗?

What is oxidation of cooking oil? 什么是食用油氧化?

When a cooking oil is exposed to heat, light and oxygen, it oxidises. Oxidation degrades the quality of your cooking oil and eventually produces rancidity, with accompanying off flavours and smells. We cannot stop oil oxidation, but there are ways to reduce it, including keeping them away from oxygen and storing them at low temperature and away from light, and adding anti-oxidants into the oil.

Red P90 is stored in a dark green bottle to help increase the shelf life and reduce the oxidation that occurs naturally as time passes. It also contains an abundance of tocotrienols, which is a natural antioxidant for the oil.

当食用油暴露在热、光和氧气中时，就会氧化。氧化会降低食用油的质量，最终产生腐臭，并伴有异味。我们无法阻止油氧化，但有办法减少它，包括让它远离氧气、在低温避光下储存，以及在油中添加抗氧化剂。

红 P90 储存在深绿色瓶子中，有助于延长保质期并减少随着时间的推移自然发生的氧化。它还含有丰富的生育三烯酚，这是油的天然抗氧化剂。



Fried Mee Siam served with Grilled Marinated Lobster (Cooked with Red P90)



Recipe by Master Class Chef Bob Adnin



Grilled Marinated "Nyonya Style" Cod Fish with Wilted Spinach (Cooked with P90)



Recipe by Master Class Chef Bob Adnin