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甚么是老梅？

台湾高山自然农法种植的无毒青梅
保留完整青梅全果，经过盐水去涩、日光萎凋、糖渍熬煮、以及十年以上时间无菌自然缓慢熟成
长期熟成的碱性食材，富含珍贵有机酸、游离胺基酸及微量元素，有助体内克式循环，提升代谢能力，平衡酸化体质

原料
作法
好处

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甚么是义式陈醋？

义大利Modena生产的指定品种葡萄
在义大利Modena地区生产，葡萄全果榨汁，于特制橡木桶中，经十年以上时间缓慢发酵酿造
欧洲中世纪时期文献就有记载，具有特殊食疗效果，富含抗氧化物质及有机酸，是西方历史悠久的碱性养生食材



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老梅膏、梅精、梅醋，有甚么不同？

说明	力碱梅老梅膏 (BalsaUme)	梅精	梅醋
所需时间	十年	三天	一年
制作方式	独家融合无菌自然熟成、去籽制浆的老梅果肉，以及原产义大利的balsamico义式陈醋	青梅榨汁熬煮浓缩	梅汁、糖与米醋混和或发酵
营养成分	富含长时间分解的有机酸、游离胺基酸和碱性元素	浓缩梅汁	梅汁与醋酸
使用方式	可直接饮用或加水稀释；可入菜调理	需溶解稀释饮用	视酸度加水稀释饮用
风味口感	醇厚的酸、甘、咸丰富口感，可直接饮用或是调理入菜	偏酸	偏酸或偏甜

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力保酵酵素膏，跟其他酵素有甚么不同？

	力保酵酵素膏	一般发酵酵素
主要目的	老梅膏抗体质酸化、全果诺丽酵素抗自由基氧化、降低罹癌风险	助消化 营养补充
是否需要稀释	可直接饮用，也可加水稀释	视浓缩程度决定

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老梅产品的碱性，跟碱性水有甚么不同？

	老梅产品	碱性水
营养成分	长时间自然熟成、无菌状态分解的珍贵有机酸，跟多种碱性矿物质	水、碱性矿物质
主要目的	抗体质酸化，顺畅能量代谢循环	补充流失的电解质

Q What is **Aged Ume**?

Ume Plums, 100% Naturally Grown in Mountain Farms of Taiwan

Whole fruit soaked in sea salt water (4 mo)→ sun-dried (3 mo)→ pickled in sucrose + cooked in low heat (2 mo)→ **aged in bacteria-free barrels (10 yrs)**

Rich in **alkaline nutrients (organic acids, amino acids & minerals)**, good for balancing acidic diets

Q What is **Balsamico**?

Trebbiano & Lambrusco Grapes, Produced in Modena, Italy

Whole fruit pressed & juiced→ **aged for at least 10 years** in oak barrels of successively smaller sizes

Rich in **anti-oxidants** and **organic acids** of alkaline nature, known to Europe in the Middle Ages for being restorative or curative

Q Differences between **BalsaUme**, **Plum Essence**, and **Plum Vinegar**?

	BalsaUme (老梅膏)	Plum Essence (梅精)	Plum Vinegar (梅醋)
Time to Make	10 Years	3 Days	6~12 Months
How to Make	Blend of aged ume purée and Italian balsamico	Reducing plum juice in low heat	Juice & sweetened rice vinegar, mixed and fermented
Nutrient	Organic acids and amino acids released by long-term aging	Juice concentrate	Juice and acetic acid
How to Use	Drink 1 or 2 table spoons daily, with or without dilution	Dilute in water before drinking	Dilute according to acidity & sweetness
How It Tastes	Rich and creamy blend of slightly sour, salty and sweet flavors	Very sour	Sour and sweet

Q Differences between **Aged Ume** and **Alkaline Water**?

	Products of Aged Ume	Alkaline Water
Nutrient	Organic acids, amino acids, & alkaline minerals released via long-term aging	H ₂ O (water), mineral ions
Benefit	Anti-acidity, facilitating Krebs Cycle (Citric Acid Cycle) and metabolism	Source of supplementary electrolytes

Q Differences between **BalsaNoni** and common **Enzymes**?

	BalsaNoni (力保酵酵素膏)	Enzyme
Benefit	Anti-acidity + anti-oxidation; reducing risk of cancer against free radicals	Improving digestion, nutritional supplement
Dilution or Not?	Drink 1 or 2 table spoons daily, with or without dilution	Depends on manufacturer's instruction

