

FOR A MORE Beautiful YOU



B6

B12

ZINC

SILICON
82 MG

MSM
250 MG

VITAMIN C
250 MG

L-CYSTEINE
250 MG

PURE
BIOTIN
5000 MCG

MARINE
PEPTAN®
4000 MG

You can buy the best cleansers, toners, serums and moisturizers, but if you do not provide the body with the ingredients it needs to repair and regenerate from the inside, your efforts will be futile. Beautiful skin, hair and nails come from the inside. Diet and lifestyle are extremely important for maintaining a healthy and youthful appearance. A clean diet consisting mostly of fruits, vegetables and water is a good place to start.

Eliminating unhealthy lifestyle habits like smoking, excessive alcohol consumption, lack of sleep, excessive sun exposure and using chemical laden products are also important steps for maintaining a healthy appearance. It is also necessary to provide the body with nutrients required to maintain a healthy and youthful appearance.

When choosing a supplement to help enhance the radiance of one's skin, hair and nails, the following are ingredients to look for:

Peptan F Type 1 (Hydrolyzed collagen, Marine source)

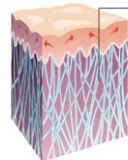
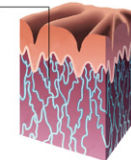


The main component of skin and the most abundant protein in the body is collagen. Collagen is responsible for maintaining the structure and tone of the skin. As we age collagen production decreases and results in signs of aging like wrinkles and sagging skin. Peptan Hydrolyzed Collagen peptides are the most extensively researched collagen peptides on the market. Of the three types of Peptan Hydrolyzed Collagen available, Peptan F is the most popular variety for cosmetic purposes. All types of Peptan hydrolyzed collagen have been clinically found to enhance collagen production as well as hyaluronic acid in the skin. Hyaluronic acid is important for maintaining skin moisture. Increased collagen density of the skin and production of hyaluronic acid has been seen as soon as 9 days after beginning supplementation with Peptan F Hydrolyzed collagen. The increase of these compounds results in improvement of skin tonus (the tone of the muscles underlying the skin), elasticity and moisture. There have been a number of double-blind randomized clinical studies examining the cosmetic effects of Peptan Hydrolyzed Collagen.

- ✓ 8 week Japanese study found a 28% increase in hydration and a 19% increase in skin suppleness and reduction of wrinkles
- ✓ 12 week French study found a 31% decrease in collagen fragmentation (leads to wrinkles and decreased tonicity) and a 9% increase in collagen density

Peptan® -Delivering proven anti-aging benefits

Weakening and low production of Collagen fibers leads to the onset of wrinkles.



An optimal production of Collagen fibers is essential for young and healthy skin.

Peptan Hydrolyzed Collagen is highly digestible and bioavailable. It is instantly water soluble in warm or cold water as well as pH and heat resistant. It contains eighteen amino acids, which also makes it an effective supplement to restore the protein content of muscles after exercise. It is specifically high in the amino acids glycine, proline/hydroxyproline, amino acids from which all Collagen is derived. Peptan Hydrolyzed Collagen has been studied and found effective for the treatment of Osteopenia, Osteoarthritis, Sarcopenia, general joint and muscle health, muscle regeneration and performance boosting in athletes, as well as weight management by providing a sense of satiety.

MSM

This sulfur compound is best known as an anti-inflammatory and for improving joint pain; however, it is actually beneficial to all connective tissue, including skin hair and nails. MSM forms the bonds between amino acid chains. It helps to build and maintain collagen cell walls in all tissues. MSM decreases wrinkles, cracked skin, scar tissue, moles, brown spots and improves healing of cuts and burns. As a detoxifier, it moves nutrients and oxygen into the cells and waste out. Most individuals experience a substantial increase in the speed of hair, fingernail and toenail growth as well as increased strength of these tissues when supplementing with MSM.

L- Cysteine

This is a non-essential amino acid and a precursor to the body's most important antioxidant, glutathione. L-Cysteine is very important for detoxification as well as formation and repair of skin, hair and nails. Aside from reducing the effects of aging, L-Cysteine also enhances immune function, heals damaged tissue, builds muscle and burns fat.

Biotin - B7

Biotin is a water-soluble B vitamin, also known as Vitamin B7. It is essential for the health of connective tissues, like skin hair and nails. Oral supplementation of biotin has been found to improve the strength and thickness of fingernails and toenails by 25%. Hair loss is a symptom of biotin deficiency; therefore, supplementation may help to treat this problem.

Beta Carotene

This is a fat-soluble carotenoid compound found in fruits and vegetables like, carrots, sweet potatoes, pumpkin, mango and papaya. Beta Carotene is a natural antioxidant that has been shown to protect skin against damaging UV rays. It also improves the rate of skin turn over.

Ascorbic Acid (Vitamin C)

This is a water-soluble vitamin that is not manufactured by the body and is very important for many aspects of health. Vitamin C is usually the first thing many people reach for at the sign of a cold or flu. Aside from the important role it plays for the immune system, Vitamin C is also an essential ingredient in Collagen production and therefore for the health of all connective tissue in the body. The most common symptoms of Vitamin C deficiency are associated with impaired collagen synthesis.

Vitamin E

This is a fat-soluble antioxidant that helps reduce free radicals in the body. It is the most abundant antioxidant found in the skin. Vitamin E and Vitamin C work synergistically to combat free radicals produced by UV radiation. There is a significant difference when these compounds are used together to fight the effects of UV radiation compared to monotherapy of either compound.

Thiamine - B1

This is part of the B complex family and is known as Vitamin B1. Thiamine is helpful for energy production, cardiovascular and neurological functioning, protecting vital organs in diabetic individuals as well as anti-aging. Vitamin B1 is an antioxidant that helps to reduce wrinkles, age spots and other effects of aging on organs.

Riboflavin - B2

This is another member of the B complex family, also known as Vitamin B2. Riboflavin plays many roles in the body, one of them being to contribute to the production of glutathione. Research has shown that Riboflavin plays an important role in making the other B vitamins biologically active and is important for benefiting connective tissue like skin, hair and nails through the role it plays as an anti-inflammatory and healer of damaged tissue.

Niacin - B3

Healthy skin cells require a constant influx of nutrients and also the removal of waste products and toxins. Niacin, also known as Vitamin B3, increases capillary dilation, which increases blood flow to the skin and other organs facilitating the movement of nutrients and toxins in and out of the cells. Niacin enhances oxygenation to the dermis (the lower layer of the two main layers of cells that make up skin). It also helps to retain moisture in the upper layer of the skin.

Pantothenic Acid - B5

This B Vitamin, also known as Vitamin B5, plays important roles in the production of the antioxidant glutathione, energy, cholesterol, hormones, neurotransmitters and antibodies. It is also required by skin cells for repair and regeneration. Research suggests that it may also be involved in the growth and differentiation of keratinocytes, which are important for maintaining the barrier function of skin.

Vitamin B6

Vitamin B6 is important for many functions in the body, from the production of dopamine to helping regulate blood sugar. It is also essential for skin health and is used to treat skin conditions like: eczema, dandruff, acne, hair loss and dry skin.

Vitamin B12

Aside from being very important for the function of the nervous system as well as many other physiological processes, Vitamin B12 is essential for the health of skin hair and nails. It plays a role in cell reproduction and continuous renewal of these tissues.

Zinc

Zinc is a component of over 300 enzymes in the body. It plays an involved in cellular replication and repair. Without adequate zinc,

tissues will take longer to heal. Zinc deficiencies can manifest in the skin where cellular turn over occurs rapidly and is responsible for skin renewal and a fresh looking complexion.

Selenium

This is an essential trace mineral for thyroid function. It is also important for anti-aging. As an antioxidant, it helps to prevent heart disease and chronic illness. Selenium also protects the skin and delays aging by helping to maintain elasticity and prevent sun damage.

Silicon

This mineral is involved in collagen synthesis and has been found in animal and human studies to promote the growth of all connective tissue, including skin, hair and nails. Silicon is also involved in the mineralization process of bone and has been found to increase bone mineral density in men, pre-menopausal and post-menopausal women.

Hyaluronic Acid

Our skin is composed mostly of collagen, elastin and hyaluronic acid. Hyaluronic acid is responsible for trapping and holding water, resulting in the appearance of plump skin. It is one of the most important compounds for a youthful looking appearance. Hyaluronic acid is involved in collagen synthesis, the prevention of wrinkles, increase of hydration and elasticity, as well as the promotion of firm skin tone.

It is becoming widely understood that a healthful appearance comes from the inside. Providing the body with a healthy diet, eight to ten glasses of water per day, exercise and avoiding unhealthy lifestyle habits is the first place to start. To further assist the body to rebuild, repair and radiate, one should add the above nutrients to his or her daily regime.



STAFF FAVOURITES



- Ease joint pain and inflammation
- Supports healthy skin, hair & nails
- Helps support bone density

- Most bioavailable coenzyme form of B Vitamins
- Added Sensoril optimized Ashwagandha for stress and mood management
- Added Rhodiola to support the nervous system and physical endurance
- Added Panax Ginseng to support cognitive function + energy production



- Supports digestive health
- Fights irritable bowel syndrome
- Aids in weight management
- Supports the immune system
- Added L-Glutamine to remedy leaky gut



Natural Beauty

ENHANCEMENT

- Supports healthy hair, skin and nails
- Supports collagen formation

