

Bright & Beautiful

the girlfriend doctor
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Nutritional support for skin health*

Skin may be on the outside of the body, but its appearance reflects processes happening on the inside. Hormone imbalances, nutrient shortfalls and other factors may affect the appearance and condition of skin. Bright & Beautiful capsules are formulated to provide comprehensive support for healthy skin by focusing on the internal healing process to support skin health and appearance from the inside out.*

Key Ingredients: Pantothenic Acid (Vitamin B5) and Carnitine

Pantothenic acid plays a significant role in maintaining healthy keratinocytes, the predominant cell type in the outermost layer of the skin. This vitamin also helps regulate fat metabolism and may thereby affect the balance of oils in the skin.*

Carnitine is an amino acid-derived compound that helps support a proper inflammatory response and works synergistically with pantothenic acid in lipid metabolism.*

Additional Supportive Nutrients

Chromium, biotin, vitamin B6 and other B vitamins helps maintain healthy blood sugar levels. Occasional unstable blood sugar and insulin levels influence hormonal processes that may contribute to bouts of noncystic acne, so maintaining proper blood sugar levels may help maintain healthier skin. Additionally, biotin is well-regarded for supporting healthy skin, hair and nails.*

Vitamins A, D and E are included for their broad-reaching influence on skin health, the immune system, and healthy functioning of cells throughout the multiple layers of skin tissue.* Vitamin A is a powerful antioxidant that's also essential for the maintenance of skin and mucous membranes. Vitamin D is needed for proper balance with vitamin A, and it plays important roles in the immune system. (Various skin conditions may result from altered immune function.) Additionally, the sebaceous glands that secrete oils from the skin are sensitive to vitamin D, and this nutrient may help promote the breakup of comedones (clogged pores, pimples). Vitamin E has antioxidant properties, supports a healthy inflammatory response, and is richly concentrated in sebum, an oily substance the body produces to moisturize skin and hair, which helps give these a lustrous, healthy appearance.*

The minerals zinc, copper, and selenium are all key nutrient for skin health.* The outer layer of skin contains high levels of zinc and various dermatological conditions are associated with suboptimal zinc levels. Copper is involved in the maturation of collagen, the primary structural protein in skin. It is responsible for much of the skin's integrity and appearance. Selenium is needed for recycling of glutathione, one of the body's most important antioxidants and a key compound for detoxification processes.*

Recommended Use: As a dietary supplement, take six capsules per day with meals or as directed by your health care practitioner.

Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.