

# Men's Health

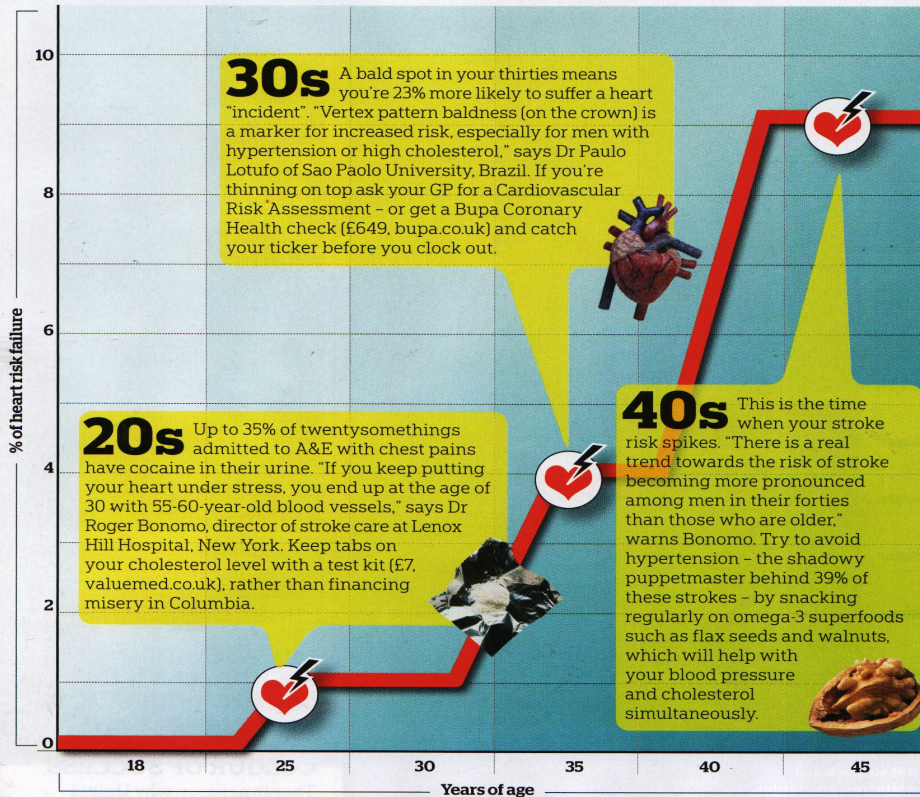
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**HEALTH** | 7.09

New series!

## ACT YOUR AGE

Don't let Old Father Time ambush your organs. Help is here. This month: your heart



### WRINKLE BASHERS

The best natural products for smoother, healthier skin



#### PYCNOGENOL

Cost £11, [healthspan.co.uk](http://healthspan.co.uk)

**Science** "The antioxidants bind to the collagen and elastin in your skin to strengthen it," says Dr Susan Mayou, dermatologist at London's Lister Hospital.

**Dose** One tablet daily with dinner

**Use** Lift sagging skin

**MH Rating...** "After a week my skin felt firmer. But it didn't improve any more after that." **8/10**

#### COLLAGEN

Cost £30, [collagen4u.co.uk](http://collagen4u.co.uk)

**Science** "Collagen encourages faster turnover of cells and general skin health," says Mayou.

**Dose** Three tablets daily

**Use** Healthier complexion

**MH Rating...** "This really didn't disappoint. After three days I was savouring unprompted comments on not just my skin, but hair too. Even my dodgy knee felt better for it." **9/10**

#### PROTOX 20

Cost £65, [body4real.co.uk](http://body4real.co.uk)

**Science** "Argireline can prevent and even reverse wrinkles by lessening muscle activity," says Jayney Goddard, president of the Complementary Medicine Association ([the-cma.org.uk](http://the-cma.org.uk)).

**Dose** Once a day, around the eyes

**Use** Erasing deep lines

**MH Rating...** "Felt like a mild local anaesthetic and my lines did start fading almost within a day." **8/10**

#### DMAE

Cost £29 ([theorganicpharmacy.com](http://theorganicpharmacy.com))

**Science** Studies have shown a positive influence on mood, as well as skin-firming effects.

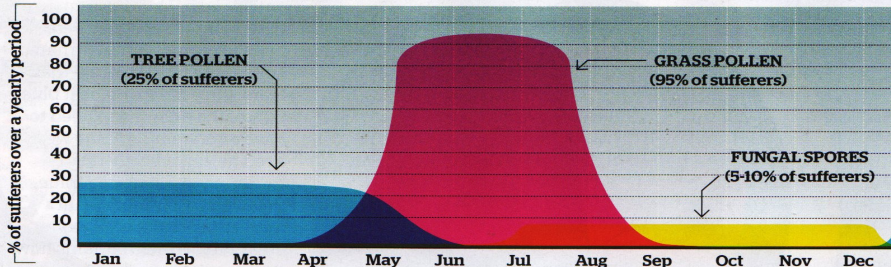
**Dose** One tablet 3 times a day.

**Use** Disguising a rough night

**MH Rating...** "The most dramatic effect of all the products. After 24 hours I woke up looking like I'd just been on holiday. And it got better with each day." **10/10**

### SLAY FEVER BECAUSE HAPPINESS IS HAVING A SCRATCH FOR EVERY ITCH

If you're one of the UK's 13 million hayfever sufferers, you can crush your annual nasal nemesis for good. "Start antihistamines (Loratadine, 69p, [chemistdirect.co.uk](http://chemistdirect.co.uk)) up to 10 days before your allergic season," says John Collard of Allergy UK ([allergyuk.org](http://allergyuk.org)). Help is in your hands. Just wipe the snot off them first.



**TWO-SECOND TIP** KILL MOUTH ULCERS WITH RAW CABBAGE'S ANTI-ULCER COMPOUNDS: GLUTAMINE AND S-METHYLMETHIONINE