

Nutricosmetics

The vital anti-aging synergy of cosmetics and nutricosmetics

Nutricosmetics stimulate cell mechanisms in the skin's inner layers (the dermis) and help in its renewal. They also boost the skin's natural defences.

They provide it with nutrients from within, which strengthen the antioxidant defence system, and improve skin hydration and the structural elements which both encourage cell regeneration and stimulate production of collagen, elastin and keratin... thus offering in-depth protection against tissue damage.

Anti-aging cosmetics essentially act on the skin's outer layers (the epidermis) to improve its hydration, appearance and condition. They contain ingredients which help restore hydration and stimulate collagen production... on the skin's surface and in its outer layers. They combat the signs of photo-aging, improve softness and firmness and gradually reduce the most visible damage, fine lines and wrinkles.

Nutricosmetics and cosmetics thus act in perfect synergy to delay the ravaging effects of time on the skin and restore its radiance and youthful appearance.

Natural Skin Formula

90 Vegetarian Capsules

Natural Skin Formula is the only formulation to provide - in one product - all the structural elements necessary (collagen, elastin, ceramides, hyaluronic acid) essential for skin rejuvenation, plus ingredients which stimulate their renewal and two antioxidants, resveratrol and GliSODin®, known for their protective properties.

Nutritional Information

Daily serving: 3 capsules Number of servings per bottle: 30	Quantity per serving
Hyaluronic acid (from 100 mg of sodium hyaluronate also containing 15 to 20% hydrolysed proteins and 10 to 20% polysaccharides)	60 mg
Hydrolysed collagen type II	300 mg
Resveratrol (250 mg Polygonum cuspidatum extract 25% resveratrol)	62.5 mg
Ceramides (from 24 mg wheat ceramides)	12 mg
GliSODin® (melon extract rich in superoxide dismutase, wheat gliadin)	60 mg
L-hydroxyproline	100 mg
Elastin (marine origin hydrolysate)	30 mg
D-biotin	10 mg
Silicon (bamboo extract 75%)	25 mg

Other ingredients: magnesium stearate (E572), maltodextrin, silicon dioxide (E551).
GliSODin® - IsoCell SA.

Directions: Adults. Take one vegetarian capsule with each of your three main meals.

Contains natural ingredients that have a positive effect on the mechanism of skin ageing.

Warning: Contains gluten.

Hair & Nails Formula

120 Vegetarian Capsules

The natural ingredients in Hair & Nails Formula (sulphur-containing amino acids, essential minerals and B group vitamins) work synergistically to improve the health and appearance of the hair and nails.

Nutritional Information

Daily serving: 4 capsules Number of servings per bottle: 30	Quantity per serving
MSM (methyl-sulfonyl-methane)	400 mg
L-cysteine	400 mg
Choline bitartrate	200 mg
N-acetyl cysteine	100 mg
Inositol	100 mg
PABA (para-aminobenzoic acid)	100 mg
Bamboo extract (75% silicon)	100 mg
Taurine	60 mg
Zinc (Zinc gluconate)	20 mg
Biotin	4 mg

Other ingredients: vegetarian capsule, rice flour, dextrin, magnesium stearate.

Directions: Adults. Take two vegetarian capsules with each of your two main meals.

For stronger, more beautiful hair and nails.

Japanese Nutricosmetic Formula

60 Vegetarian Capsules

Japanese Nutricosmetic Formula is comprised of rare, naturally-occurring active ingredients that work in synergy to promote youthful-looking skin. The benefits of purple rice, yuzu and lychees in promoting beautiful, healthy skin are part of Asian legend and tradition. Studies confirm their efficacy as well as that of kiwi and rice ceramides.

• Purple rice is the seed of *Oryza sativa* linn, a rice originating from China where, in ancient times, it was thought to perpetuate youth and extend lifespan. It contains a dark purple pigment, an anthocyanin, which has been found to possess potent antioxidant properties.

• Yuzu (*Citrus junos*), or Japanese grapefruit, originates from the Sichuan and Yunnan provinces of China. It was imported to Japan more than 1000 years ago. Extract of yuzu seed is particularly rich in organic acids, such as citric, tartaric and ascorbic acids, which all play an important role in the health and appearance of the skin.

• Lychees come from southern China where they have been cultivated for more than 3000 years. According to legend, Yang Kuei-Fei (719-756), concubine of Xuan Zang, the sixth emperor of the Tang dynasty, not only maintained her extraordinary beauty but became even more beautiful due to her passion for lychees.

• Originating from central and southern regions of China, the kiwi was introduced into Japan in 1966 and has been grown there since the end of the Seventies.

Research has shown that kiwi seed extract helps to regulate sebum production and has properties that may combat the appearance of wrinkles and dark rings under the eyes.

• Ceramides were first identified in 1884 in the human brain. Many others were subsequently observed in the skin and biological membranes. Ceramides play an important role in barrier and moisturizing functions in the skin. If levels become low, lines and fine wrinkles may appear.

Rare synergy of natural actives to maintain beautiful skin for longer.

Nutritional Information

Daily serving: 2 capsules Number of servings per bottle: 30	Quantity per serving
Purple rice extract	400 mg
Yuzu seed extract	300 mg
Lychee seed extract	300 mg
Kiwi seed extract	100 mg
Rice ceramides	40 mg

Other ingredients: magnesium oxide, silicon dioxide, magnesium stearate.

Directions: Adults. Take two capsules a day.



Polypodium leucotomos Extract 500 mg

90 Vegetarian Capsules

Pre vents UV-induced skin damage and is traditionally used to treat psoriasis and vitiligo.

Polypodium leucotomos is a type of fern which grows in tropical and sub-tropical regions of America. It has a long history of use in traditional medicine in the Honduras, particularly to sooth and protect the skin.

Studies have shown *Polypodium leucotomos* to:

- have antioxidant, soothing and immunomodulatory effects;
- be photoprotective and DNA protective;
- work to reduce the number of cells affected by the sun. Pre-treatment of human keratinocytes before exposure to UV rays has a cytoprotective effect against radiation and increases cell survival rates;
- help eliminate free radicals and reactive oxygen species, particularly superoxide anion;
- help to preserve the structure of cutaneous tissue.

Nutritional Information

Daily serving: 2 capsules	Quantity
Number of servings per bottle: 45	per serving

Polypodium leucotomos: 1 leaf extract 1,000

Other ingredients: microcrystalline cellulose, magnesium stearate, silicon dioxide.

Directions: Adults. Take one to two capsules daily in the morning 30 minutes prior to sun exposure or as recommended by your health practitioner.

Each vegetarian capsule contains 500 mg of Polypodium leucotomos 4:1 leaf extract.



Cosmetics and Nutraceuticals

Injuv® Hyaluronic Acid 70 mg

60 Softgels

Hyaluronic acid (HA) is found in the space surrounding cells and is particularly concentrated in the synovial fluid which lubricates joints, as well as in cartilage, cardiac valves, inner ear fluid, the dermis, epidermis and vitreous humour of the eyes. The function of most of these tissues is cellular hydration and separation of environments.

Forming an extra-cellular matrix, HA acts as a lubricant and shock-absorber. It transports nutrients into, and waste out of, cells. What makes HA ideal for these tasks is its unique structure and the large size of its polymers. However, the large size of HA's molecules is also problematic as it makes it difficult to absorb when taken orally. To date, it has only been possible for HA to be used intravenously or topically. However, an essential innovation has now been produced in Japan: a sophisticated technological process of enzymatic cleaving (known as "Injuv®") enabling supermolecules of HA to be split into low molecular weight polymers which can be easily absorbed.

- Supplementation with HA Injuv® has been found to increase HA activity in the body, thus helping to improving cellular hydration – notably of the skin (almost like an internal cosmetic). It was also found to assist with lubrication of the joints, easing mobility;
- These results are consistent with current understanding of the role of HA in the body. Logic and science have combined to make Injuv® a very promising supplement!

Daily serving: 4 softgels	Quantity
Number of servings per bottle: 15	per serving

Injuv® providing 9% hyaluronic acid on a base specifically designed to improve its bio-availability 280 mg

Other ingredients: Yellow beeswax, rice bran oil.

Hydrates and softens the skin and joints from within

Directions: Adults. Take two softgels twice a day with food for the first three weeks. The dose may then be reduced to two soft gels once a day.

Each softgel contains 70 mg Injuv®.

Cosmetics and Nutraceuticals
Joints

SunProtect Formula

90 Vegetarian Capsules

SunProtect Formula is designed to prepare for, and optimise, the tanning process, whilst at the same time, protect against some of the effects of the sun's rays. It provides a range of antioxidant nutrients which act synergistically to both prepare the skin for UV rays and to optimise and prolong your tan.

Preparing and Protecting the Skin

- SunRox® is an original, patented complex of blood orange extracts, with anthocyanins, hydroxycinnamic acids, flavonones and vitamin C, all of which are known for their potent antioxidant activity.
- GliSODin® is a biologically active form of superoxide dismutase (SOD), an antioxidant enzyme which plays a fundamental role in the endogenous antioxidant system.
- Carotenoids (beta-carotene, lycopene, lutein) act synergistically to trap free radicals before they can do harm and to combat the immunosuppressive action of UV rays, probably due to their ability to regulate intercellular communication;
- Selenium acts on the immune defence system with glutathione peroxidase (which contains four atoms of selenium) and boosts immune response. It is effective at helping to protect the skin.

Initiating, optimising and prolonging your tan

- Extract of iodine-rich fucus accelerates the production of melanocytes, the cells which produce melanin – the skin-protective pigment responsible for tanning.
- Carotenoids are deposited in tissues in the form of finely scattered particles, providing extra protection against incident light by boosting skin pigmentation. In addition, they also appear to have melanin-stimulating properties.

Protecting not only the skin - but the eyes too

• Lutein is one of the two pigments that make up the macula at the centre of the eye. Lutein supplementation boosts macular pigment density, thus boosting eye protection against light and free radicals. Other antioxidants also act in conjunction with lutein to protect the eyes.

Directions: Adults. Take two vegetarian capsules a day, three weeks before, during and two weeks after exposure to the sun.

Nutritional Information

Daily serving: 2 capsules	Quantity
Number of servings per bottle: 30	per serving

SunRox® (anthocyanins and hydroxycinnamic acids extracted from blood oranges, vitamin C, maltodextrin) 150 mg
GliSODin® (melon extract rich in superoxide dismutase, wheat gliadin, maltodextrin) 75 mg
Natural beta-carotene (extracted from *Blakeslea tripora*) 20 mg
Selenium (seleniated yeast) 60 mcg
Lutein 2.5 mg
Lycopene 5 mg
Fucus extract 0.1% iodine 150 mg

Other ingredients: magnesium stearate.
SunRox® - Fitexia-NB Consulting Group. — GliSODin® - Isocell.

Natural ingredients to prepare, optimise and prolong your tan.

Sun cream should still be used. Warning: This product contains wheat proteins and should be avoided by those with a gluten intolerance.