

BEAUTY FROM WITHIN

YOUR SKIN IS ONE OF THE MOST POWERFUL INDICATORS OF YOUR HEALTH AND NUTRITION

01 | ESSENTIAL BEAUTY INGREDIENTS

Calcium •
Bilberry Extract •
Grape Seed Extract •
Biotin (Vitamin B7) •
Hyaluronic Acid •
Citrus Extract (Bioflavonoids)

Key ingredients linked to the maintenance of

HEALTH AND BEAUTY

• Vitamin E
• Vitamin C
• Vitamin D3
• Magnesium
• Red Wine Extract
• Pine Bark Extract (Pycnogenol®)

02 | NUTRICOSMETICS

Ingestible beauty products that can promote healthy



SKIN

NAILS

HAIR

03 | MANAGING BEAUTY BENEATH THE SURFACE

1. Aids in normal development and maintenance of teeth and gums

2. Helps in wound healing

3. Aids in the normal development and maintenance of bones and cartilage

4. Advanced beauty-care supplements

5. Helps in connective tissue formation

6. Source of antioxidants for the maintenance of good health

04 | SUPPLEMENTATION

You can take your beauty routine to new depth by taking these essential vitamins, minerals and nutrients that research shows can improve your skin, hair and nails.

Note: These ingredients benefits are results from scientific studies and have not been evaluated by Health Canada.

OPCs & Pycnogenol®

- Consumption of 75 mg per day was shown to increase skin hydration and elasticity and decrease melasma area and pigmentation intensity.
- 150 mg of Pycnogenol per day reduced symptoms of psoriasis.

Vitamin C

- Vitamin C (2 g per day) plus vitamin E (1,000 IU per day) suppressed sunburn reaction.
- Intake of 180 mg Vitamin C per day increased radical scavenging activity by 37 %.