

ADVANCED
NUTRITION
PROGRAMME™

Prepare your skin for summer

with **Advanced Nutrition Programme™**

Discover your ultimate summer skin supplement cocktail.

‘SUMMER SKIN’ CALLS TO MIND GLOWING COMPLEXION. In reality, warmer months can often wreak havoc on your epidermis, causing dryness and redness. Not only can seasonal changes disrupt skin barrier, but increased blue light, UV exposure and oxidative stress caused by sun exposure can lead to long-term skin health issues. Over time, increased free radical damage caused by the sun can lead to hyperpigmentation and expedite skin ageing process.

Comprehensive sun protection is a cocktail of topicals, supplements and behavioural factors. Topical SPF is essential, and these smart supplements ensure you are taking care of your skin health internally as well, to achieve 100% summer skin support.

DID YOU KNOW THAT THE BODY MAKES 200 MILLION SKIN CELLS EVERY HOUR?

SKIN BLUE FILTER

Blue light makes up to 30% of the rays from the sun, while UV light only comprises 5% of sunlight. Research shows that blue light from the sun can negatively impact our skin. Blue light waves penetrate deeper into the skin than UVA and UVB radiation, affecting our cells in both epidermis and dermis layers, causing longer-term damage, deep lines, wrinkles, hyperpigmentation, and sagging skin.

To help shield the skin from the effects of blue light, **Skin Blue Filter** features a fusion of cell-protecting nutrients and targeted antioxidants, proven to both protect and repair the skin from blue light damage* from the sun.

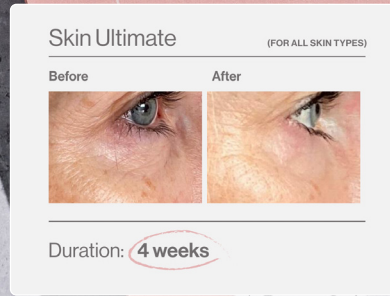
Key ingredients include vitamin E, olive fruit extract, lutein + zeaxanthin, Biotin (vitamin B7).



Skin Blue Filter

“Omegas can help skin moisture, structure, texture and recovery after environmental exposure. **Skin Ultimate** also features astaxanthin – a powerhouse ingredient that has compelling research for skin and antioxidant protection.”

Lorraine Perretta, Head of Nutrition



Skin Ultimate

(FOR ALL SKIN TYPES)

Before

After



Duration: **4 weeks**

Skin Ultimate

Vitamin A + D

Antioxidant with Biotin + Selenium

Omega 3 + 6

Biotin + Astaxanthin

CoQ10 + Pine Bark Extract

Skin Vit A+

Skin Antioxidant

Skin Omega3+

Skin CoQ10+

Skin Asta-Boost

28 x Daily Pods
140 Capsules

References: *Skin Health Research Centre study, 56 days, 16 people (13 women and 3 men) *Vitamin A contributes to the maintenance of normal skin *Selenium contributes to maintenance of normal hair and normal nails *Selenium contributes to the protection of cells from oxidative stress *Vitamin C contributes to the maintenance of normal skin and the normal function of the immune system *Vitamin C contributes to the normal production of collagen *Zinc contributes to the maintenance of normal skin and contributes to the protection of cells from oxidative stress