

20 years of skin science in every capsule

For two decades, Advanced Nutrition Programme™, global leaders in skincare and gut health supplements, has been at the forefront of skin transformations. Born in London and now reaching over 20 countries worldwide, the brand continues to shape the future of skincare and gut health supplements as it prepares for further global expansion in 2026, celebrating 20 years in the market.

Trusted by leading skincare professionals worldwide, Advanced Nutrition Programme™ is reshaping how the world thinks about skincare. As Dr Simon Zokaie of Harley Street notes: “No patient leaves my clinic without an Advanced Nutrition Programme™ supplement.”

Backed by research, results, clinically supported ingredients and unwavering trust, the brand continues to lead the global movement in skin nutrition, setting the stage for an even more transformative next chapter.

Supplements for gut and skin health



Championing a gut-first approach to skincare, Skin Clear Biome™ and Skin Youth Biome™ harness peer-reviewed research and clinically supported trials on the gut-skin connection, using advanced pro and postbiotic strains to support long-term skin health from within.



Their newest innovation, Skin Integrate 28 Biome Powder, a prebiotic powder designed to supercharge gut, skin and overall wellness, sold out in just 18 days. Participants in their pre-clinical trial showed 100% gut wellness improvements and 100% experienced improved skin hydration - proof that great skin truly starts in the gut.



Lorraine Perretta Head of Nutrition

Joined the brand in its early development in 2006, initially as an educator, training skincare professionals.

“It has been incredibly rewarding to witness the brand grow from initial concept with just a handful of products to a truly international brand, with a portfolio of more than 25 products. Some of these are patented and patent-pending, driven by one core principle: results. I am particularly drawn to the evolving research in gut-skin axis. We’ve already seen an explosion of studies exploring the power of the human microbiome. As research evolves, supplements become increasingly targeted and personalised. It’s an incredibly exciting time for the industry.”

Dr Gaby Prinsloo Medical Director

Joined the brand over five years ago and is passionate about integrating a deep understanding of skin physiology and pathophysiology.

“What continues to inspire me is the ability to develop products grounded in rigorous science and exacting standards. Supplements are a critical component of an advanced skincare regimen, particularly when used synergistically with topical formulations to maximise outcomes. Emerging research now positions the skin as an active organ in systemic health, with improving skin health shown to help reduce chronic low-grade inflammation and support overall wellbeing, health span, and longevity.”

20 years of Advanced Nutrition Programme™ in numbers

20+

Countries
sold in globally

60+

Awards won

100+

Pre-clinical
trials conducted

30+

Patents Pending

1

Biome™ sold
every 10 minutes

We are Advanced Nutrition Programme™, an award-winning, clinically backed range of supplements developed to support the skin from within. We select targeted active ingredients and effective dosages, carefully formulated by our own doctors and nutrition experts. Driven by groundbreaking research, we create leading, often patented formulas. Every finished product is tested in our own Skin Research Centre, allowing us to guarantee visible and reliable results for you and your skin. We address specific skin needs with solutions for every stage of life - from puberty to perimenopause and beyond. Our mission is to support people in their pursuit of healthy skin, vitality, and their ultimate skin goals, helping them look and feel better for longer.