

How to super-charge your skin health after summer

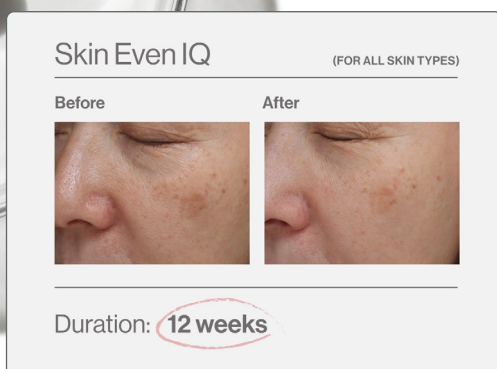
AS THE SUN-KISSED GLOW STARTS TO FADE, SOME DARK SPOTS MAY BE MORE STUBBORN TO DISAPPEAR. Sun exposure takes a toll on the health of the skin, with it becoming drier, more dehydrated and prone to redness. Over time, increased free radicals and oxidative stress caused by sun exposure can lead to **hyperpigmentation**.

"When our skin is exposed to UV rays, it triggers the body to produce **melanin** which acts as a **natural shield against UV radiation**, absorbing and dispersing the rays to protect our skin cells from damage. Because sun exposure can disrupt the normal production and distribution of melanin, you can get excess amounts of it in certain areas, leading to patches of darker skin. This is why a targeted supplement routine, to support these skin-deep issues, is essential. Combining this with a **scientifically proven microbiome supplement** can elevate results even further, ensuring the damage is targeted and skin future-proofed." **Lorraine Perretta**, Head of Nutrition



SKIN EVEN IQ is a revolutionary supplement system designed to even skin tone, reduce the appearance of dark spots and deliver radiant complexion. In the research study*, 88% of participants saw a reduction in pigmentation in just 12 weeks. **Conveniently packaged in protective pods, each daily dose of five smart capsules includes:**

-  **Skin Bright:** Exclusively included in **Skin Even IQ**, includes copper, niacin and amino acid. Regulates body's melanin production.
-  **Skin Blue Filter:** To shield skin from within with targeted antioxidants and prevent future damage.
-  **Skin Co-Q10+:** Energises skin, combined with French maritime pine bark extract.
-  **Skin Vit C:** To support bright, radiant complexion.
-  **Skin Antioxidant:** Safeguards skin against external aggressors.



At Advanced Nutrition Programme™, we care deeply about long-term skin health, and we make it achievable by treating skin from within with truly game-changing nutritional supplements. We're also passionate about the future of our planet. That's why we always innovate, formulate and create responsibly, and develop our ranges based on clinical research carried out ourselves, in-house. It's with this exclusive nutritional knowledge and our transformative skin health solutions that we empower our community with lifelong skin confidence and a planet-positive approach. Together, we're changing the face of skincare.