



NOW GORGEOUS  
**INSIDE**  
AND  
**OUT**<sup>™</sup>

ADVANCED  
NUTRITION  
PROGRAMME<sup>™</sup>



BEAUTY MAY ONLY BE SKIN DEEP,  
BUT WE BELIEVE IT STARTS A  
LITTLE DEEPER THAN THAT.

# OUR CORE VALUES



## INNOVATE

We innovate. We challenge. Our products are developed using leading research from around the world, which is used to guide our formulations.



## INTEGRITY

We are proud of our products, our partners and our staff. We only form partnerships with suppliers we trust, exceeding industry standards in quality, testing and manufacturing processes.



## QUESTION

We question. We grow. By continually pushing boundaries and the norm, we lead the way in internal beauty.



## THINK FURTHER

We are an environmentally conscious company, always learning and aiming to reduce our impact on the world around us.

# SKIN RANGE

## BEAUTIFUL SKIN STARTS FROM WITHIN

The process of ageing starts from within, so feeding skin with the right nutrients from the inside is just as important as what you apply topically. The right vitamin-rich skincare creams and lotions play a role, but they can only reach so far.

Our Skin Range is the first step to ensuring an effective skincare programme with scientifically formulated supplements to help address skin concerns and support overall skin health.





## SKIN COMPLETE

### THE ULTIMATE SKIN-POWER PARTNERSHIP

Our customers love the extraordinary anti-ageing benefits of vitamins and antioxidants when combined.

Skin Complete brings together two premium supplements that improves the appearance of wrinkles, elasticity and hydration of skin\*. Combines Skin Vit A+ and Skin Antioxidant.



## SKIN VIT A+

### YOUR SKIN'S SUPER-NUTRIENT

Vitamin A is the ultimate skin nutrient. Research recognises the importance of vitamin A in maintaining healthy skin\*. Our beauty supplement goes one step further by enriching Skin Vit A+ with vitamin D.



## SKIN ANTIOXIDANT

### NATURE'S POWER GARDEN

Our Skin Antioxidant contains seven super phytonutrients taken directly from nature's garden. Just as plants need antioxidants to protect them from overexposure to light, skin also needs protection, as any source of light, even artificial light may create damaging free radicals.

# SKIN ACCUMAX™

## PROBLEM SKIN SOLUTION

Skin Accumax™ is unique.

Problematic skin may affect people of all ages. Skin Accumax™ contains our patented, highly active plant compound DIM, combined with additional key ingredients including vitamins A, C & E which work from within for clear, flawless skin naturally.

“Skin Accumax™ has totally changed my life. My skin is glowing! I'd rate it 11 out of 10!”

Ellie, Manchester



— BEFORE AND AFTER —



—

“Skin Accumax™ has made a huge difference to my complexion. People have really started to notice and I'm so happy. It has really boosted my self-esteem and I can't thank you enough.”

Katie, USA

## WHY IS SKIN ACCUMAX™ SPECIAL?



### NO CHEMICALS

Skin Accumax™ helps to address problem skin from the inside-out. It won't cause dryness or flakiness and doesn't contain harsh chemicals.



### ACTIVE INGREDIENTS

Skin Accumax™ contains key ingredients for people prone to problem skin.



### ONE OF A KIND

The formulation is so ground breaking that it has been granted a patent. There's no other product like Skin Accumax™.

— BEFORE AND AFTER —



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## SKIN OMEGAS+

### PURE SKIN HYDRATION

The natural oils in your skin help to keep it healthy and hydrated but factors like age, diet, pollution and changes in temperature may cause dryness.

Skin Omegas+ contains Omega 3 and 6 fatty acids and is enriched with vitamin A to help support healthy skin\*. Made with exceptionally pure fish oil from Epax, a leading supplier partner with simply the best green credentials. Nice to know that you're caring for the environment as well as your skin.

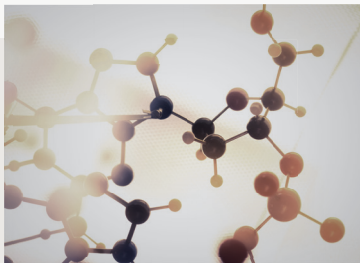


“I have been taking Skin Omegas+ since November 2014 for my excessively dry skin. It has completely changed my skin! Everyone has noticed the improvements and tells me how much better my skin looks. I feel so much more confident in myself and comfortable in my skin.”

**Beth, Tunbridge Wells**

BEFORE AND AFTER





## COLLAGEN SKIN GYM

It's a fact that as we get older our skin loses elasticity and our natural collagen production slows down. Suddenly, our skin sags and wrinkles become more visible. Time to get collagen active with a skin work-out duo.



## SKIN COLLAGEN SUPPORT

### COLLAGEN COMPANION

Skin Collagen Support is packed with vitamin C which plays a role in collagen formation\* and vitamin A which contributes to the maintenance of healthy skin\*. The key to this supplement is the added plant extracts which are rich in antioxidants. Pair Skin Collagen Support with Skin Vit C for super skin anti-ageing.



## SKIN VIT C THE C-FACTOR

Vitamin C helps to keep your immune system functioning normally, contributes to collagen formation and normal blood vessel health\*. The more active collagen production, the better the appearance and quality of skin. The added bonus? Vitamin C is a powerful antioxidant which has been shown to protect cells from environmental oxidative stress\*.



## SKIN PURE

### YOUR SKIN DETOX

The liver is the body's main detoxifying organ. Research has shown that liver function can affect your overall health which may be reflected in your skin's appearance. Skin Pure's hero ingredient is choline, to support normal liver function\*. It also contains biotin, B vitamins and riboflavin which help maintain normal skin and hair\*.



## SKIN VITALITY 1

### YOUR ALL ROUNDER

This beauty multivitamin helps to maintain healthy looking skin, shiny hair and strong nails\*. Our experts have blended a range of vitamins and minerals to provide the perfect foundation to support your overall wellbeing.



## SKIN VITALITY 2

### YOUR SKIN MULTI PLUS...

Make your daily routine easy with Skin Vitality 2. Each daily blister strip contains 4 supplements including a broad-spectrum multivitamin, powerful antioxidants, omega 3 and 6 fatty acids plus special nutrients for collagen and hair.

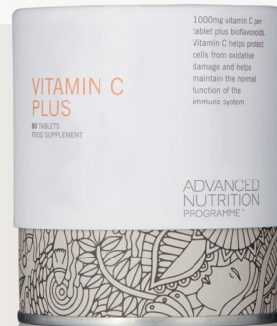


# WELLBEING RANGE

## HEALTHY ON THE INSIDE AND OUTSIDE

Our Wellbeing range works alongside a healthy, balanced diet. Each product contains the purest ingredients at optimum levels. Personalise your supplement programme, a multivitamin formula and possibly a wellbeing supplement, where you need a little extra support.

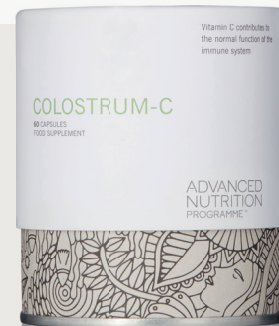




## VITAMIN C PLUS

### IMMUNITY MATTERS

Vitamin C is an important antioxidant which contributes to the normal function of the immune and nervous systems\*. It can contribute to energy metabolism, protect from oxidative stress and reduce fatigue\*. Each Advanced Nutrition Programme™ Vitamin C Plus capsule contains 1000mg of vitamin C together with 500mg of bioflavonoids.



## COLOSTRUM-C

### NATURAL ANTIBODIES

Colostrum is a natural product which contains immunoglobulin (IgG) - the most common antibody found in the body. Antibodies are an important part of your immune system helping to fight infection. Combine Colostrum-C with Vitamin C Plus.

## METABOLIC SUPPORT

### WEIGHT MANAGEMENT SUPPORT

Any weight loss plan depends on a well-functioning metabolism. Our expert nutritionists have combined Garcinia Cambogia Fruit, Chromium and B vitamins to give extra nutritional support. Chromium helps maintain normal blood glucose levels\* and B vitamins help your body use the energy from foods efficiently\*.



## NAIL SCIENCE

### NAIL & HAIR LOVE

Our team of nutritionists have blended key nutrients such as zinc, biotin and copper to help maintain normal hair and nails\*.

“I’m really pleased with the condition of my nails. I’ll definitely keep taking Nail Science.”

Kathy, Buckinghamshire

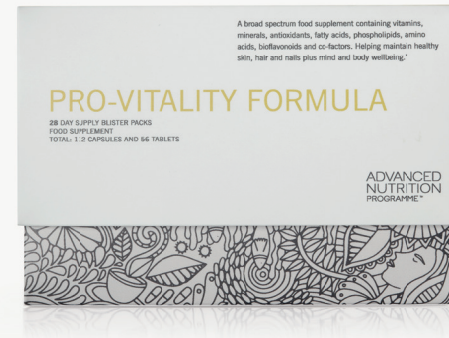


## PRO-VITALITY FORMULA

### YOUR BODY NUTRIENT BOX

Pro-Vitality is a super combination of nutrients. Each convenient daily blister strip contains 6 top-of-the-range supplements expertly formulated in a specific ratio to provide vitamins, minerals, amino acids and plant extracts.

Nutrients include vitamins A, C and zinc for radiant skin, biotin and selenium for healthy hair, plus vitamins, minerals and amino acids to help support healthy heart, muscles, bones and energy levels\*.

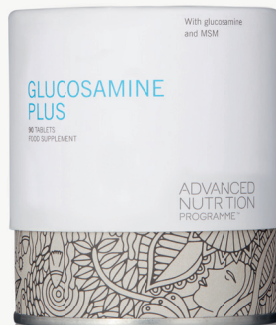




## GLUCOSAMINE PLUS

BE SUPPLE AT ANY AGE

This superior formulation is enriched with MSM, zinc and is combined with vitamin C to help maintain healthy bones and connective tissue\*.



## OMEGA 3 FISH OILS

HEARTS AND MINDS

The Advanced Nutrition Programme™ Omega 3 supplement contains important fatty acids EPA and DHA, which support heart and brain health\*. These premium capsules use fish oil filtered and concentrated by PureMax™ and are among the highest quality on the market.



## PEAK PERFORMANCE DIGESTION

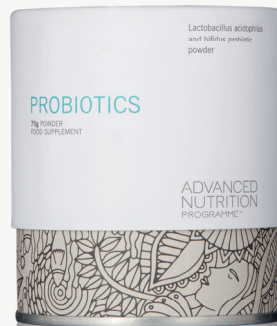
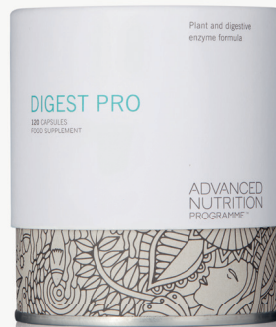
Enzymes play an important role in helping you break down your food so that you get the most nutrients from it. A happy digestive system keeps you at your best.

### DIGEST-PRO

Digest Pro is a special blend of digestive enzymes and herbal extracts such as fenugreek, ginger and fennel.

### PROBIOTICS

This great-tasting Probiotics powder contains a special ratio of Lactobacillus acidophilus and Bifidus cultures. Simply sprinkle over food or mix into a drink.



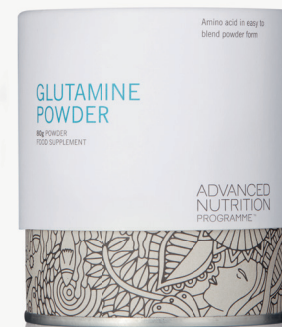
## GLUTAMINE POWDER

Glutamine is the most common amino acid created by your body. Amino acids are the building blocks of protein and play a crucial part in almost all biological processes. Like Probiotics, our Glutamine Powder can be sprinkled over your food or mixed into your drinks.

## FOOD INTOLERANCE TEST

Self test at home to detect IgG antibody reactions to food.

A first step in the right direction.



## SKINCARE BOXES

### A NEW CONCEPT IN BEAUTY SUPPLEMENTATION

Designed to help you take the guesswork out of nutrition, this innovative trio of skincare boxes each contains 28 convenient daily beauty pods. Each box is designed with specially selected supplements to support your individual beauty needs. The perfectly balanced ingredients are presented in unique, environmentally responsible packaging from ethical suppliers who share our concern for the environment.

#### SKINCARE SELECT

Our most popular skin supplements focussing on vitamin A to support the maintenance of skin health\*. Skin Vit A+, Skin Antioxidant, Skin Omegas+ - a powerful foundation for your daily skincare regime.



#### SKINCARE PLUS

The key supplement astaxanthin, an antioxidant produced by microalgae, combines with biotin to contribute to hair health\*. Adding this to foundation supplements Skin Vit A+, Skin Antioxidant, and Skin Omegas+ makes this pack the choice for glowing skin and flowing hair.

#### SKINCARE ULTIMATE

Gold standard pack offers powerful combinations designed to support skin, hair, and minimise signs of skin ageing. Pack comprises: Skin Vit A+, Skin Antioxidant, and Skin Omegas+, with vitamin A to support the maintenance of healthy skin\*. Added astaxanthin/biotin to maintain healthy hair\* plus a combination of CoQ10 with pine bark extract to help lighten and brighten the skin.

# \* EUROPEAN FOOD SAFETY AUTHORITY - AUTHORISED HEALTH AND NUTRITION CLAIMS

## BIOTIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system. Contributes to normal macronutrient metabolism and to the maintenance of normal hair and skin.

## CALCIUM

Contributes to normal energy-yielding metabolism. Also contributes to normal blood clotting, muscle function, neurotransmission and to the function of digestive enzymes. It plays a role in cell division and specialisation and is needed for the maintenance of normal bones and teeth. It helps to reduce the loss of bone minerals in post-menopausal women. Low bone density is a risk factor for osteoporotic bone fractures.

## CHOLINE

Contributes to normal homocysteine metabolism and to normal lipid metabolism. Also contributes to the maintenance of normal liver function.

## CHROMIUM

Contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

## COPPER

Copper contributes to the maintenance of normal connective tissues and to normal energy-yielding metabolism. It contributes to normal functioning of the nervous system.

## DHA/ EPA

Both EPA and DHA contribute to the maintenance of normal blood pressure and to the normal function of the heart.

DHA contributes to the maintenance of normal blood triglyceride levels, normal brain function and to the maintenance of normal vision. Maternal intake also contributes to the normal development of the brain and eye of the foetus and of breastfed infants.

## FOLIC ACID

Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.

## IODINE

Contributes to normal cognitive function and normal energy-yielding metabolism. It contributes to the normal functioning of the nervous system and to the normal production of thyroid hormones and normal thyroid function. Also contributes to the maintenance of normal skin.

## IRON

Contributes to normal cognitive function and to the normal function of the immune system. It plays a role in the process of cell division. It contributes to the formation of red blood cells and haemoglobin and to normal oxygen transport in the body. Also contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.

## MANGANESE

Contributes to normal energy-yielding metabolism, the maintenance of normal bones and the normal formation of connective tissue. Also protects cells from oxidative stress.

## MAGNESIUM

Contributes to the reduction of tiredness and fatigue. Also contributes to electrolyte balance and normal energy-yielding metabolism. It contributes to the normal functioning of the nervous system, normal muscle function, protein synthesis and to the maintenance of normal bones and teeth. It also plays a role in the process of cell division.

## MOLYBDENUM

Contributes to normal sulphur amino acid metabolism.

## NIACIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system. Protects cells from oxidative stress and contributes to the reduction of tiredness and fatigue. Contributes to the maintenance of normal skin.

## PANTOTHENIC ACID

Contributes to normal energy-yielding metabolism. It contributes to normal mental performance and to the reduction of tiredness and fatigue. It also contributes to normal synthesis and metabolism of steroid hormones, Vitamin D and some neurotransmitters.

## RIBOFLAVIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system. Maintains normal red blood cells, mucous membranes and skin. Contributes to the maintenance of normal vision and metabolism of iron.

## SELENIUM

Contributes to the maintenance of normal hair and normal nails. Also contributes to the normal function of the immune system and to normal thyroid function. It protects cells from oxidative stress.

#### THIAMINE

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system and heart.

#### VITAMIN A

Maintains normal skin and vision. Also contributes to the normal function of the immune system and plays a role in the process of cell specialisation.

#### VITAMIN B12

Contributes to normal energy-yielding metabolism as well as normal functioning of the immune and nervous systems. Also contributes to normal homocysteine metabolism and to normal red blood cell formation. It plays a role in the process of cell division and contributes to the reduction of tiredness and fatigue.

#### VITAMIN B6

Contributes to normal energy-yielding metabolism, the normal functioning of the immune and nervous systems and to the formation of normal red blood cells. Contributes to normal homocysteine, protein and glycogen metabolism. Also contributes to the reduction of tiredness and fatigue. Vitamin B6 also contributes to the regulation of hormonal activity.

#### VITAMIN C

Maintains the normal function of the immune and nervous systems. Contributes to normal collagen formation for the normal function of skin. Also contributes to normal energy-yielding metabolism. Protects cells from oxidative stress and contributes to the reduction of tiredness and fatigue.

#### VITAMIN D

Contributes to the normal absorption of calcium and phosphorus and contributes to the maintenance of normal blood calcium levels. Also contributes to the maintenance of normal bones and teeth as well as the maintenance of normal muscle function.

#### VITAMIN E

Protects cells from oxidative stress.

#### VITAMIN K

Maintains normal bones as well as normal blood clotting.

#### ZINC

Contributes to normal DNA synthesis, normal fertility and reproduction, normal immune system function and normal cognitive function. Contributes to normal acid-base and carbohydrate metabolism. Zinc also contributes to normal macronutrient, fatty acid and vitamin A metabolism. It contributes to normal protein synthesis while it maintains normal bones, hair, nails and skin. It maintains normal testosterone levels in the blood, maintains normal vision. It protects cells from oxidative stress and plays a role in the process of cell division.





# ADVANCED NUTRITION PROGRAMME™

For more information about our skincare supplements  
or to find a local stockist contact us on:

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