

# POLYPHENOL WORKS!

Polyphenols are a group of natural substances found in plants and fruits, giving them colours while protecting them from diseases. They play vital roles in maintaining your health and wellness, protecting the cells in your body from free radical damage including **enhancing skin health** and **improving skin radiance**.

## Did You Know?

Your skin regenerates itself by shedding dead skin cells daily, creating a new layer of skin every 28 days.

## Attain Supple and **Radiant Skin**

Having supple, fresh and glowing skin is every woman's dream. It can be yours with polyphenol, one of the must-have skin nutrients that supports collagen production to plump up skin preventing wrinkling and sagging<sup>1</sup>, and promoting healthy tissue formation, so you can enjoy a flawless complexion.

Recent clinical studies suggest that polyphenols may have the potential in promoting **healthy, radiant skin** by:

- ✓ **Protecting skin from UV damage.**<sup>2</sup>
- ✓ **Reducing premature ageing and wrinkle formation.**<sup>2</sup>
- ✓ **Supporting healthy collagen production.**<sup>2</sup>
- ✓ **Promoting firmer and younger looking skin.**<sup>2</sup>



Here's  
the  
proof!

### Check out how polyphenols enhance skin radiance.

1. James V., Michael K.D., Laure R., Suzanne E.G.F., Sewon K., Gary J., Fisher, and John J. V., *Decreased Collagen Production in Chronologically Aged Skin Roles of Age-Dependent Alteration in Fibroblast Function and Defective Mechanical Stimulation*, *American Journal of Pathology*, Vol. 168, No. 6, June 2006 Copyright © American Society for Investigative Pathology DOI: 10.2353/ajpath.2006.051302
2. Joi A. N., and Santosh K. K., *Skin photoprotection by natural polyphenols: Anti-inflammatory, anti-oxidant and DNA repair mechanisms.*, *Arch Dermatol Res.* Author manuscript; available in PMC 2010 Sep 1. Published in final edited form as: *Arch Dermatol Res.* 2010 Mar; 302(2): 71. Published online 2009 Nov 7. doi: 10.1007/s00403-009-1001-3