

Youthful Inside Out

Having flawless and younger-looking skin is everyone's lifelong dream. However, ageing is a natural part of life that can't be avoided. Fret not as the foods you eat, especially polyphenols, can help you age better, both inside and out.

Causes of Premature Ageing



UV rays



Smoking



Caffeine



Stress

DID YOU KNOW?

According to the Australasian College of Dermatologists, 80% of premature skin ageing is caused by UV rays.^{1,2} Repeated overexposure to UV rays can lead to various skin damage such as:



Fine lines



Wrinkles
or sagging



Age spots
or sunspots



Scaly red
patches



Dry and
rough skin



Itchy skin

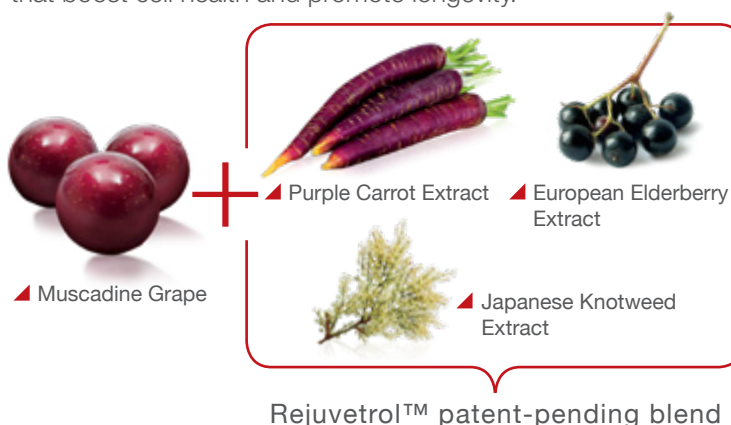
Polyphenols to the Rescue!

Numerous studies show that nature's powerful antioxidants such as polyphenols can help to capture youthful glow naturally in several ways.

- 1 Protects skin from UV damage** by increasing the body's intercellular antioxidant such as superoxide dismutase, which serves as a defense mechanism against free radical damage.³
- 2 Inhibits the levels of proinflammatory cytokines in the skin,^{4,5} reducing redness, sensitivity and inflammation** after exposure to UV rays.
- 3 Inhibits UV-induced damage in DNA as well as activates the repair mechanism of DNA damage,⁶ keeping your skin healthy and glowing** throughout the day!

The Perfect Blend of Polyphenols

These botanicals provide a unique spectrum of polyphenols that boost cell health and promote longevity.



References:

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