

# No Filters Needed. Feel *Beautiful!*

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.<sup>1,2</sup> 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.<sup>3</sup>
- 2 Inhibits the levels of proinflammatory cytokines** in the skin,<sup>4,5</sup> **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,<sup>6</sup> **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.



▲ Muscadine  
Grape



▲ Purple Carrot  
Extract



▲ European  
Elderberry Extract



▲ Japanese  
Knotweed Extract



Find out more about  
polyphenols here!

### References:

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