



## Food Intolerance Test

Food intolerances can underlie many health and skin problems. This unique test is the quick way to determine whether or not symptoms could be food related.

### Further Reading

A selection of books by nutrition expert Patrick Holford and other carefully selected authors. Each title approaches a different aspect of life and health, addressing areas of concern like skin problems, weight loss and detoxification.



## Pregnancy Pack

This supplement trio is for women to take during and after pregnancy. It is designed to provide additional nutritional support for mother and baby

Contains: **Skin Vitality 1** **Omega 3** **Probiotics**



## Sun Pack

Designed to protect the skin against sun exposure and premature ageing from UV rays, an internal boost to your topical sunscreen.

Contains: **Skin Defender** **Skin Vitality 1** **Omega 3**



## Party Pack

Rich food and the dehydrating effects of alcohol can take their toll on your body, so the party pack has been designed to provide additional nutritional support at times of over-indulgence.

Contains: **Skin Vit C** **Skin Vitality 1** **Glutamine**



## Travel Pack

Travelling can put extra strain on the body. This trio of supplements supports immune functions and digestion on holiday.

Contains: **Skin Vitality 1** **Skin Vit C** **Probiotics**



## Pure Detox Pack

This one-month programme is designed to support your liver when filtering toxins, your digestive system when excreting them and your immune system when mopping up free radicals.

Contains: **Skin Pure** **Probiotics** **Skin Vit C**

## Skin range

HYDRATE	<b>Skin Omegas</b>
PROTECT	<b>Skin Defender</b>
BOOST COLLAGEN	<b>Skin Collagen Support</b> <b>Skin Vit C</b>
SKIN DETOX	<b>Skin Pure</b>
GENERAL SKIN SUPPORT	<b>Skin Vitality 1</b> <b>Skin Vitality 2</b>

## Wellbeing range

WEIGHT LOSS	<b>Metabolic Support</b>
NAILS	<b>Nail Science®</b>
IMMUNE SYSTEM	<b>Vitamin C Plus</b>
DIGESTION	<b>Digest - Pro</b> <b>Probiotics</b> <b>Glutamine</b>
JOINTS	<b>Joint Support</b> <b>Omega 3</b>
GENERAL WELLBEING	<b>Pro-Vitality Formula</b>

ADVANCED  
nutrition programme

Beautiful Skin  
Starts From Within



# Advanced Nutrition Programme™ Feeding Skin From Within

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When it comes to healthy skin, what you put inside the body can be as important as what you apply topically. Advanced Nutrition Programme™ products can be combined to effectively target skin health.

## Why take supplements?

In recent years the nutritional profile of food has changed and it is not always possible to obtain optimum levels of nutrition from our daily diet. High-quality supplements can have a role to play in helping to ensure the daily intake and support a **healthy, radiant complexion.**

## Why we're different

Advanced Nutrition Programme™ products contain only **the finest ingredients that are easily absorbed by the body.** There are no artificial colours, flavourings or sweeteners and where possible only the most natural components available are used.

## Skin range

### Skin Collagen Support

Combination of vitamins and plant extracts which help provide the key building blocks for collagen, to help maintain plump, firm-looking skin.

### Skin Defender

Antioxidant complex to support skin exposed to sunlight, helping to protect from within with various herbs and plant nutrients.

### Skin Vit C

Vitamin C complex to help fight free radicals while supporting the strength of collagen, capillaries and blood vessels.

### Skin Vitality 1

A combination of vitamins, minerals, antioxidants and plant extracts designed to support healthy skin, hair, nails and total body wellbeing.

### Skin Omegas

A combination of omega 3 and omega 6 fatty acids to aid skin hydration and health. This fish oil is scrupulously screened for pollutants.



### Skin Pure

A special combination of nutrients aimed at supporting the liver, which plays a role in detoxing the body and therefore the skin.

### Skin Vitality 2

Blister strips containing 4 supplements which provide the optimum level of vitamins, minerals, essential fatty acids, antioxidants and bioflavonoids to support healthy skin, mind and body.



## Wellbeing range

**Vitamin C Plus** A super high concentration of vitamin C plus bioflavonoids to support the function of the immune system.

**Joint Support** Designed to help keep joints supple and flexible.

**Probiotics** A powder containing beneficial bacteria that support a healthy gut and aid digestion.

**Omega 3 Fish Oil** A fish oil blend rich in EPA and DHA, two key fatty acids for maintaining a healthy heart. Scrupulously screened for pollutants.

**Glutamine Powder** Glutamine is the primary fuel of the digestive and immune systems, making this an ideal supplement during times of stress or convalescence.

**Metabolic Support** Nutritional support for those following a weight loss plan, containing key nutrients which may help to manage appetite and play a role in the body's natural management of fats and carbohydrates.

**Digest-Pro** An effective blend of enzymes and herbal extracts to maintain a healthy digestive system.

**Nail Science®** This innovative complex contains biotin, calcium and zinc which support strong, healthy nails.

**Pro-Vitality Formula** Blister strips containing 6 top-of-the-range supplements including vitamins, antioxidants, fatty acids, plus amino acids and herbal extracts for total mind and body wellbeing.