

# 7 SKIN PROTECTING NUTRIENTS A BOUQUET FOR BEAUTY

## 1 Green Tea

Exerts protective effects against sunburn inflammation & ultraviolet radiation damage.<sup>1</sup>



## 2 Coffee



## 3 Omega-3 Fatty Acids

Modulate photoimmuno suppression in skin.<sup>3</sup>



4 or more cups a day may lower a person's risk of malignant melanoma by as much as 20%.<sup>2</sup>

## 4 Pine Bark

Contains leelamine, a compound that disrupts the cellular processes necessary for cancer cells to survive.<sup>4</sup>



## 5 Milk Thistle

Contains silibinin, an extract shown to kill skin cells mutated by UV-A radiation.<sup>5</sup>



## 6 Licorice

The root extract of *Glycyrrhiza inflata* (Chinese Licorice) is a source of Licochalcone A, shown to protect the skin from damage after UV irradiation.<sup>6</sup>



## 7 Aspirin

Large-scale study suggests that women who used aspirin for five or more years are at 30% lower melanoma risk.<sup>7</sup>



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