

7 SKIN PROTECTING NUTRIENTS A BOUQUET FOR BEAUTY

1 Green Tea

Exerts protective effects against sunburn inflammation & ultraviolet radiation damage.¹

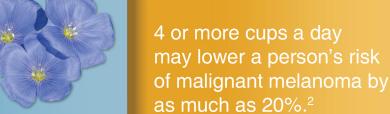


2 Coffee



3 Omega-3 Fatty Acids

Modulate photoimmuno suppression in skin.³





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



5 Milk Thistle

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



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.⁶



7 Aspirin

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



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