

## Skin Nourish

NPN 80088158

### DESCRIPTION

Skin Nourish contains a special skin nutrient blend containing polyphenolic compounds from grape seed, superoxide dismutase (SOD) from melon, vitamin C, and zinc, which are primary and secondary antioxidants that support the appearance of radiant skin and integrity. Phytoceramides work in the skin's epidermis layer to help retain moisture and improve the appearance of wrinkles and elasticity. Together, these nutrients work within the body to provide skin radiance, hydration, and a nourished appearance.

### FUNCTIONS

Skin radiance can be measured by elasticity and luminosity, which change as a result of aging, nutrient intake, environmental stress, and exposure to damaging ultra violet (UV) light. More specifically, collagen and elastin are degraded, resulting in wrinkles caused by the loss of elasticity and firmness. Skin hydration depends on key lipids called ceramides. As we age, we start losing ceramides, resulting in dry and itchy skin, pulling sensations, and wrinkles.

The ingredients in the SkinAx2™ blend are selected for their ability to fight these visible signs of aging by providing antioxidant protection with both primary and secondary antioxidant defences. French grape seed extract (*Vitis cinifera L.*) contains monomers of flavanols that constitute a bioavailable form and help to support the integrity of collagen and elastin by fixating on fibres, which can moderate the action of collagenase and elastase. Grape seed also acts on melanin synthesis, which is important for skin colour and homogeneity. Moreover, flavanols are known to stimulate the synthesis of amino acids, precursors of collagen and elastin, leading to healthy skin integrity. SOD is a primary antioxidant provided by the melon fruit concentrate from a unique selected French variety, and is coated to protect it from gastric acid for release in the small intestine. The combination of grape flavanols and SOD has been shown to promote vasodilation and microcirculation in the skin. Vitamin C stimulates connective tissue synthesis, acting as a cofactor in the hydroxylation of proline and lysine, essential amino acids in the formation of collagen fibres. It also acts as an antioxidant in the protection of dermal cells from UV-induced oxidative stress. Coated vitamin C provides more protection and delayed release as it travels through the gastrointestinal tract. Zinc is known for its tissue-supporting properties, as it improves oil gland function and local skin hormone activation within the skin and tissue regeneration of skin cells. In an eight-week clinical trial, women taking SkinAx2™ once daily reported improved skin radiance, including skin luminosity, complexion homogeneity, and firmness.

Phytoceramides are glucolipids such as glycosylceramides and digalactosyl diglyceride (DGDG) derived from wheat seed oil, and are responsible for the skin-nourishing benefits in Ceramosides™. The ceramides are lipids extracted from wheat and are processed to remove the wheat gluten. Ceramides are a major constituent of skin epidermis, and when ceramides are lacking, water is lost through the epidermis layer, resulting in the appearance of skin dryness, wrinkles, and aging. Women in clinical trials who were given oral supplements containing Ceramosides™ phytoceramides showed improvement of skin moisture by measuring transepidermal water loss. In addition, a double-blind, placebo study showed that Ceramosides™ provided significant support for skin moisture and elasticity, as 80% of supplemented subjects reported improved skin appearance after two weeks.

This formula also offers bamboo, which contains silica, the natural form of silicon.

### INDICATIONS

- Support for moisture retention, elasticity and appearance of the skin

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**FORMULA (#202269-30HYC-C)**

Each Capsule Contains:

SkinAx2™ .....	150 mg
Grape Seed Extract ( <i>Vitis vinifera</i> ) (35-45:1) (4-5 g dried equivalent).....	114.7 mg
Providing:	
Total Polyphenols .....	105 mg
Flavanol Monomers.....	42 mg
Flavanol Oligomers.....	12 mg
Melon Fruit Extract ( <i>Cucumis melo</i> ) (37:1) (85 mg dried equivalent).....	2.3 mg
Providing:	
Superoxide Dismutase (SOD) .....	31.5 IU
Vitamin C (ascorbic acid).....	12 mg
Zinc (zinc citrate) .....	4 mg
Silicon (silicon dioxide, <i>Bambusa bambos/vulgaris</i> stem) .....	33 mg
Ceramosides™ Wheat Seed Extract ( <i>Triticum aestivum</i> ) (666:1) (20 g dried equivalent) (providing 50% glycosylceramides and 40% digalactosyl diglyceride) .....	30 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose, ascorbyl palmitate, magnesium stearate, ethylcellulose, palm oil.

SkinAx2™ is a trademark of Activ' Inside  
Ceramosides™ is a trademark of EPI France

**SUGGESTED USAGE**

Adults: Take 1 capsule daily with a meal, a few hours before or after taking other medications or natural health products, or as directed by your healthcare practitioner.

**RISK INFORMATION**

Consult your healthcare practitioner if you are pregnant or breastfeeding.

**STORAGE**

Keep out of the reach of children. Store in a cool, dry place.

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### REFERENCES

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**For more information on Skin Nourish visit [douglaslabs.ca](http://douglaslabs.ca)**

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