

YOUTHFUL SKIN

Means Body Systems in Alignment



Aging, sun exposure, stress, pollution—all can challenge the health of your skin. SKIN ETERNAL PLUS is a Bio-Aligned Formula™ that supports youthful looking skin by influencing multiple body systems involved with skin and connective tissue. These include: antioxidant defense, connective tissue, cell membranes, cell renewal, blood and liver cleansing, muscle and nerve function, and stress response. Source Naturals also offers you SKIN ETERNAL tablets, serum and cream.



SOURCE NATURALS®

Strategies for WellnessSM



SKIN ETERNAL PLUS Supports Multiple Body Systems

As we age, free radicals cause oxidation of skin tissue. The degeneration of elastin fibers and decrease in collagen may cause skin to lose strength and elasticity.

SKIN ETERNAL PLUS provides targeted nutrition to multiple body systems involved with healthy, youthful looking skin.

Antioxidant Defense

Oxidative stress caused by sunlight and toxins is one of the main causes of age-related skin damage. SKIN ETERNAL PLUS contains a range of antioxidants, including C-ester (ascorbyl palmitate). This fat-soluble vitamin C may be more effective than water-soluble C in protecting lipids in cell membranes, according to *in vitro* research. See chart for additional key antioxidants.

Connective Tissue

The dermis, or inner skin layer, is made up of connective tissue. Vitamin C, supplied as C-ester (ascorbyl palmitate) and ascorbic acid, is essential for formation of collagen, a major constituent of connective tissue. Proline and lysine are also needed for collagen synthesis. See chart for additional ingredients.

Cell Renewal

The skin constantly renews itself as damaged cells are lost to wear and tear. It is important to supply nutrients needed for skin repair. SKIN ETERNAL PLUS supports cell renewal with nutrients including vitamin A, which is essential for epithelial (outer layer) skin growth.

Cell Membranes

Healthy cell membranes are essential for signaling and communication, fluid and electrolyte balance, and waste and nutrient exchange. DMAE is the immediate precursor of choline in cell membrane synthesis and repair. SKIN ETERNAL PLUS also protects cell membranes with the membrane component inositol, and biotin, which is necessary for fatty acid synthesis.

Blood and Liver Cleansing

The liver cleanses and detoxifies the body and is vital for healthy skin. Traditionally, dandelion and bupleurum have been used to promote bile flow and liver health. *N*-acetyl cysteine and glutathione safeguard liver cells against oxidation. Lipotropics such as inositol and choline help remove excess fats from the liver.

Muscle and Nerve Function

Taut skin requires healthy muscle tone, which is controlled by nerve impulses. SKIN ETERNAL PLUS supplies critical nutrients for muscle and nerve cell function.

Stress Response

Stress can lead to the production of tissue-damaging free radicals, the release of toxins, and the constriction of blood vessels—all of which negatively impact skin health and appearance. SKIN ETERNAL PLUS addresses stress response with ingredients that support the adrenal glands—vitamins B-5, C, and licorice. American ginseng, an adaptogenic herb, helps the body deal with stress.





A Comprehensive Skin Care Line

SKIN ETERNAL™ Serum contains nutrients and herbs typically unavailable in other topical preparations. It supplies aloe vera, biotin, chamomile, CoQ10, DMAE, lipoic acid, MSM, vitamins A, C-ester (ascorbyl palmitate), D-3 and E.

SKIN ETERNAL™ Tablets contain DMAE, grapeseed extract, lipoic acid, vitamin C-ester (ascorbyl palmitate), and vitamin E. The formula protects against free radical damage and provides cofactors for healthy skin tissue.

SKIN ETERNAL™ Cream features aloe vera, biotin, coenzyme Q10, DMAE, jojoba oil, lipoic acid, MSM, panthenol, rosemary oil, squalane, tocotrienol, vitamin C-ester (ascorbyl palmitate), and a variety of herbal extracts.

Lifestyle Tips for Healthy Skin:

Eat a Healthy Diet

Choose unprocessed foods, high in antioxidants such as beta carotene (carrots, apricots, and squash), vitamin C (oranges and peppers), vitamin E (cold-pressed oils, nuts and seeds), selenium (tuna, garlic, onions

and broccoli) and zinc (whole grains, most seafood, and onions). Essential fatty acids, such as those in oily fish, flaxseed and olive oil, are important for skin repair. Eat high-fiber fruits, vegetables, whole grain bread and cereals, and brown rice.

Drink Water

Our bodies are made up of 50-70% water, so it's important to drink at least 8 glasses daily. Water flushes out wastes, and acts as an internal moisturizer, keeping skin supple.

Protect Your Skin from the Sun

Avoid direct sun from 10 am to 4 pm, when ultraviolet radiation is strongest. Use sunscreen even during winter and on cloudy days. Wear a broad-brimmed hat and sunglasses with full UV protection.

Get Plenty of Sleep

Research has shown that skin regenerates itself between 1-3 am; lack of sleep during those hours can cause skin to look dull or puffy.

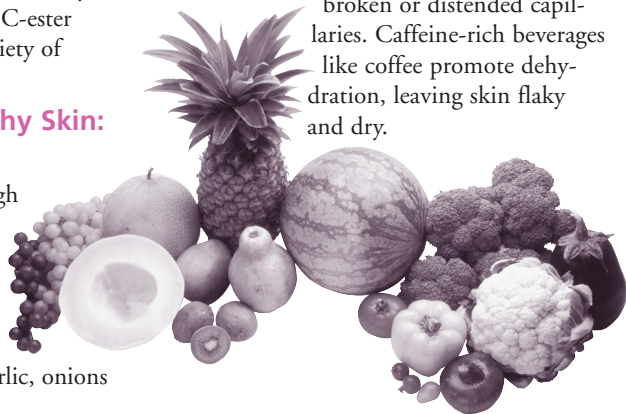
Exercise Regularly

Exercise increases circulation, which delivers nutrients necessary for a clear complexion. It also burns off fat and is a great stress reliever. Exercise three to five times a week until you are perspiring freely and breathing deeply.

Avoid Excessive Alcohol and Coffee

Alcohol weakens the immune system and depletes nutrients. It causes dehydration, depriving skin of moisture, overtaxes the liver, which helps keep impurities from reaching other organs, and can lead to

broken or distended capillaries. Caffeine-rich beverages like coffee promote dehydration, leaving skin flaky and dry.



Skin Eternal Plus™: A Bio-Aligned Formula™

Multi-System Support for Youthful Skin

Antioxidant Defense	Alpha-Lipoic Acid, Coenzyme Q10, DMAE, Glutamine, Grape Seed, <i>N</i> -Acetylcysteine, Selenium, Vitamin C-Ester (Ascorbyl Palmitate), Vitamin E, Ascorbic Acid, Beta Carotene, Tocotrienols
Connective Tissue: the Dermis	Glucosamine Sulfate, Lysine, MSM, <i>N</i> -Acetylglucosamine, Proline, Silica, Vitamin C-Ester (Ascorbyl Palmitate), Ascorbic Acid
Cell Membrane Structure	Alpha-Lipoic Acid, Coenzyme Q10, DMAE, Biotin, Inositol, Tocotrienols
Cell Renewal	Chromium, Zinc, Vitamins A, B-1, B-2, B-6, B-12 (Methylcobalamin & Dibencoside), Biotin, Folic Acid, Niacin, Pantothenic Acid
Blood & Liver Cleansing	Alpha-Lipoic Acid, American Ginseng, Bupleurum, Burdock, Dandelion, L-Glutamine, Licorice, <i>N</i> -Acetyl Cysteine, Sarsaparilla, Yellow Dock, Biotin, Inositol
Muscle & Nerve Function	DMAE, Calcium, Magnesium, Vitamins B-1, B-6, B-12
Stress Response: Adrenals	American Ginseng, Licorice, Vitamin C-Ester (Ascorbyl Palmitate), Ascorbic Acid, Pantothenic Acid



To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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