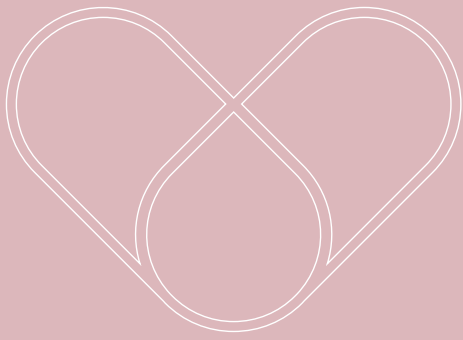




ADVANCED NUTRITION PROGRAMME™

Research Study | **Skin Ultimate**





Objective

The aim of the study was to evaluate the impact of taking Skin Ultimate, a food supplement containing 18 active ingredients on ageing skin, when taken for 12 weeks.

Study method

Test product and ingredients

Participants took one blister pod of Skin Ultimate daily. Skin Ultimate consists of a 28-day supply of blister pods, each containing 5 capsules. Together the capsules contain the following active ingredients: vitamin A, vitamin D, beta-carotene, selenium, bilberry fruit, turmeric root, grapeseed extract, green tea extract, lutein, lycopene, fish oil providing EPA and DHA, evening primrose oil providing GLA, astaxanthin, biotin, CoQ10 and French Maritime pine bark extract.

Participants and procedure

This study was conducted over 12 weeks. 30 women, aged 40 to 59 years (average of 49 years), were enrolled. Participants were healthy women from a range of ethnic groups with signs of ageing such as fine lines, wrinkles, thinning and dull skin. A 2-week washout period was implemented before the start of the study to allow for the clearance of any previously administered food supplements before the new intervention was introduced.

Participants were required to take one blister pod daily with a main meal.

Participants were not allowed to make any changes to their skincare routine, undergo any facial treatments or cosmetic alterations, or take food supplements other than medically prescribed supplements such as iron or vitamin B12. All subjects provided consent prior to participation.

Assessment

Subjects were assessed at baseline, week 4 and week 12. Facial areas measured included the mid-forehead, lateral to the eye (commonly referred to as crow's feet area) and mid-cheek.

Assessment included:

- Imaging of the full face using the Canfield® Visia machine
- High-resolution imaging of the skin surface with the Courage and Khazaka™ Visioscan®, a UVA-light video camera
- Direct measurement of skin parameters using Courage & Khazaka equipment.





Results

Elasticity lateral to the eye increased by 19.2% from baseline to 4 weeks ($p < 0.001$) and by 23.2% from baseline to 12 weeks ($p < 0.001$). Absolute values are shown in figure 1 and table 1. No significant changes were seen in the forehead and cheek.

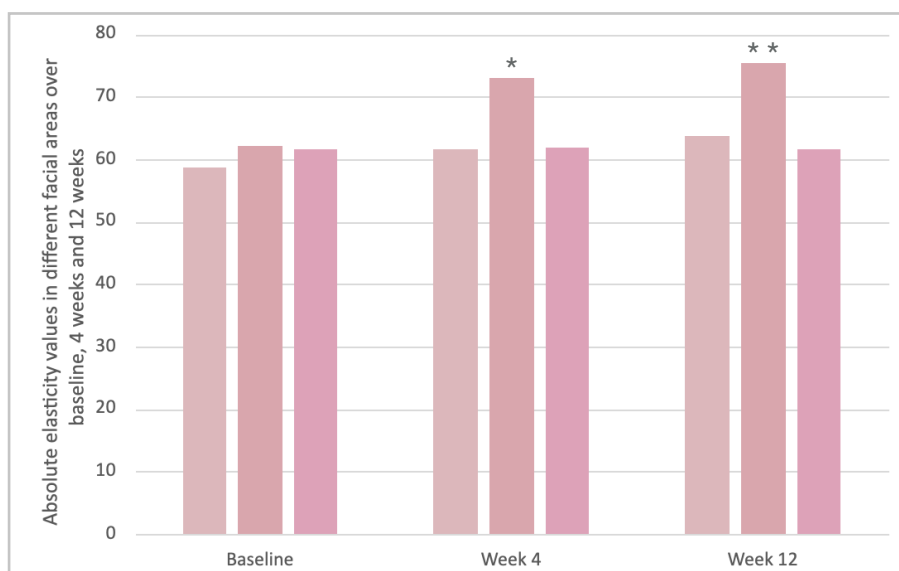


Figure 1: Elasticity in different facial areas at baseline, 4 weeks, and 12 weeks with once-daily use of Skin Ultimate

*Baseline to week 4 ($p < 0.001$), ** Baseline to week 12 ($p < 0.001$)

Table 1: Elasticity at baseline, 4 weeks, and 12 weeks with once-daily use of oral Skin Ultimate

Elasticity in different facial areas	Baseline	Week 4	Week 12
Forehead	58.66	61.49	63.77
Lateral to eye (crow's feet)	62.20	72.93*	75.37**
Cheek	61.54	61.74	61.57

*Baseline to week 4 ($p < 0.001$), ** Baseline to week 12 ($p < 0.001$)

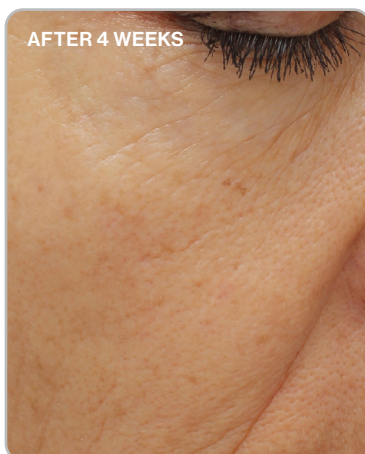
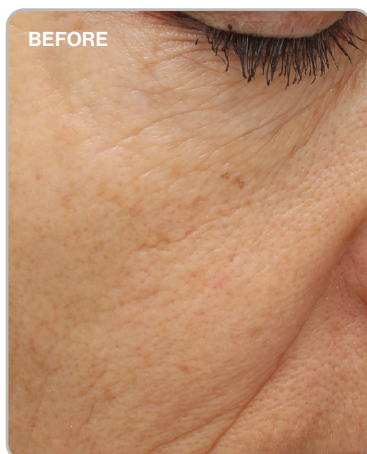
Conclusion

This research study shows that oral Skin Ultimate, used by women with ageing skin, led to improvements in elasticity after only 4 weeks of once-daily use. This improvement was maintained up until week 12, the end of the study. These findings suggest that Skin Ultimate would be a valuable addition to any skincare routine focused on active ageing.



Before and afters

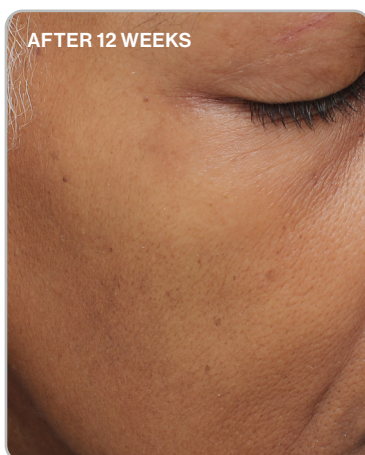
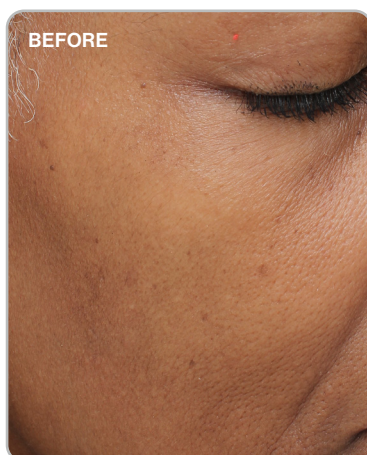
Dose: 1 blister pod (5 capsules) daily | Duration: 4 weeks



Dose: 1 blister pod (5 capsules) daily | Duration: 4 weeks



Dose: 1 blister pod (5 capsules) daily | Duration: 12 weeks



Testimonials

"I noticed an immediate difference when I started taking the product especially my hair and the quality of the skin."

Anna B (58)

"Really happy with improvements in the skin particularly the reduction in red areas and deep wrinkles."

Alice W (40)

"My skin feels in the best condition it has been for many years. People have commented on what skincare routine I'm using and mostly I feel better in myself. Would highly recommend these food supplements."

Michelle M (45)

"Since using this product my skin is no longer dry, my face appears more plump, redness is fading. Overall, I have clearer looking skin that has a glow."

Linda G (54)

"This product has changed my life!! My hair and nails are stronger, and my sleep has improved and my moods and also my skin is radiant and glowing and fresh and firmer."

Lynda V (47)

"I noticed results within a few weeks. Feel like I had an overall improvement in my skin. Skin looked younger".

Gina L (54)