

# NEFFUL's Anti-Aging Skin Supplement—A Natural Skin Regimen

## THE NEED FOR A NATURAL ANTI-AGING SKIN REGIMEN

Aging has once been thought as solely determined by genetics. Advances in our understanding of nutrition, lifestyle and environmental factors, however, have shaped our view to that of a multi-faceted process. More and more, people are introduced to the ill effects of many lifestyle habits such as smoking, poor diet, and excessive alcohol consumption as it damages internally and externally. Researchers believe that aging is heavily influenced by lifestyle habits than genetics, as previously thought.

As life expectancy rates rise exponentially as new medical breakthroughs are reached, our understanding of aging also leap forward in terms of what could be done to prevent rapid aging as a result of a combination of factors. Changes in popular culture, medical research, and in health and nutrition practices have led to significant numbers of new products, procedures, and regimens that range from topical applications to nutritional supplements and to more invasive surgical procedures. The dominant trend to reverse the signs of aging has seen an influx of surgical procedures to nip, tuck, trim and shrink according to the patient's preference. These procedures, however, pose many serious and often avoidable health risks at the expense of the patient's body and finances. Additionally, many anti-aging products are topical applications that may use harsh chemicals and unnatural ingredients that can have unwanted reactions with the body and skin.

Topical applications have also seen an increase in the industry, indicating the rising desire to have visibly youthful looking skin without surgery. Topical applications do run the risk of allergic skin reactions, which can lead to more skin cell inflammation and have not, until recently, incorporated completely natural ingredients in their formulas.

Newer trends in the industry and consumer demand led to the formulations of anti-aging skin regimen that include natural ingredients (such as botanical extracts) that are easily absorbed by skin as a topical or ingestible. The need for an alternative anti-aging solution show a consumer base that is concerned with naturally reversing the effects of aging without resorting to using products with harsh chemicals or invasive surgical procedures.

But to understand the rising demand in natural anti-aging skin care, we must first understand how skin ages.

## THE AGING OF SKIN

More and more, researchers are finding internal causes of aging stemming from harmful free-radical activity that affect vital internal functions at the cellular level and become physically visible. The skin is no longer singularly thought of as a sign of beauty, but also as an indicator of internal health. Nutrition plays a vital part, not only in maintaining the health of internal tissues and organs, but also for maintaining healthy skin.<sup>1</sup>

Recently, studies have been done to observe the presence and effects of free-radical activity in the body. Oxidative stress—which contributes to skin aging and skin disorders—can cause heavy damage to cells that supply nutrition to the skin.<sup>2</sup> Excessive sun exposure and UV light absorption causes instability in our body tissues, which in turn releases free-radicals as a reaction. Free radicals react with the fats in our skin and causes inflammation.<sup>3</sup> Fine lines and wrinkles start to show, as well as age spots and discoloration of skin. Wrinkle formation is also accelerated by free radicals that attack cells that metabolize collagen and elastin—vital components in skin formation, appearance, and elasticity.

The question then becomes, how can free-radical activity that causes such harmful oxidative stress be neutralized so as to not negatively harm vital cellular and metabolic functions that have adverse effects on internal and skin health? The answer lies in the natural free radical-scavenging power of antioxidants, found abundantly in fresh fruits, vegetables, herbs and plant sources. Studies have shown the neutralizing capabilities of antioxidants from food sources to dramatically reduce cell inflammation—a vital protective action to maintain good skin, cardiovascular and circulatory health.

Research and lab studies have shown the capability to isolate and obtain the extract of a plant source, believed to contain the highest levels of nutrients and antioxidants. Applying this same technology and natural approach to nutrition, our formulation has resulted in the genesis of one supplement with many versatile benefits to different target systems in the body.

## SKIN SUPPLEMENTS AND AGE REJUVENATOR™

NEFFUL USA introduces AGE REJUVENATOR™, a high-antioxidant nutritional supplement to reverse, renew and rejuvenate dull, aging skin from the inside out. AGE REJUVENATOR™ includes six impressive and individually studied trademark ingredients that benefit not only the skin, but overall health. Each ingredient is derived from natural food sources, whose extracts are selected from the highest quality plant source to deliver the best in botanical extracts. The complex formula in AGE REJUVENATOR™ makes it possible to offer superb skin care health benefits and much more. Table 1.1 illustrates the origins of our trademark ingredients, as well as other ingredients, and what unique health properties each possesses to give AGE REJUVENATOR™ its impressive list of benefits.

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<sup>1</sup> *Summary of Key Scientific Studies: Rebuilding & Strengthening of Skin Collagen & Elastin.* iBioCeuticals. [www.ibioceuticals.com](http://www.ibioceuticals.com)

<sup>2</sup> Ibid.

<sup>3</sup> Brzowsky, Sara. *Breakthroughs in Anti-Aging.* PARADE Magazine. MSN Health.

<b>Ingredient</b>	<b>Origin</b>	<b>Unique Properties</b>
Pycnogenol® (from <i>Pinus pinaster</i> )	Natural extract from French Maritime Pine Bark trees and grown on the southwest coastal region of France, where pristine forest environments grow entirely without the use of pesticides	Unique combination of procyanidins, bioflavonoids, and organic acids offer many health benefits for cardiovascular, circulatory, skin care, anti-aging, and anti-inflammatory; Can also regenerate the free-radical fighting power of Vitamin E
VitaBlue® Wild Blueberry Extract (from <i>Vaccinium angustifolium</i> )	High potency extract from Wild Blueberries that contain very concentrated anthocyanin and polyphenol levels	Anthocyanins and numerous other polyphenols are powerful flavonoid antioxidants; Blueberries have 25-30 different types of anthocyanins! Most fruits only have 3-5
Lyc-O-Mato® Lycopene Complex	All-natural extract of lycopene-rich tomatoes and includes full complement of tomato carotenoids	Complex phytonutrients, along with beta-carotenes and tocopherols, work in synergy with lycopene to deliver greater health benefits
ResveraPure® Resveratrol (from <i>Polygonum cuspidatum</i> Root)	Natural polyphenolic compound produced by Japanese Knotwood roots as a defense against bacteria or fungi attacks; Also found in red grapes in wine	A naturally occurring antioxidant in plants that has generated interest and studies from its ability to offer cardiovascular health benefits
LeucoSelect® Phytosome® (from <i>Vitis vinifera</i> )	Grape seed extract complex from smaller molecular sized polyphenols known as Oligomeric Procyanidins from grape seed and skin	Procyanidins found in LeucoSelect® Phytosome® are combined with soy phospholipids to increase bioavailability so the body can absorb the polyphenols more effectively
Masquillier's® Original OPCs (from <i>Vitis vinifera</i> seeds)	Derived from grape seed extracts, Oligomeric Procyanidins are water-soluble ingredients composed of slightly condensed flavonol units	Has affinity to blood vessels to strengthen, protect and improve function and support collagen within these tissues found throughout the body
Tocotrienol Complex (non-trademark) from <i>Elaeis guineensis</i>	Belongs in the Vitamin E group needed in daily diet. Tocotrienol Complex in AGE REJUVENATOR™ is derived from fruits of palm trees	Helps maintain healthy skin and protects against free-radical damage. Can also help aid in repairing cell inflammation; Works with tocopherols as an antioxidant
Alpha Lipoic Acid (non-trademark)	Fatty acid found naturally in the body inside each and every body cell	Both fat-soluble and non-soluble compound; Acts as an antioxidant that works within and outside cells; Helps convert glucose into energy
Citrus Bioflavonoids (Ascorbic Acid) (non-trademark)	Organic compound, commonly referred to as Vitamin C, found in fruits; Water-soluble so it must be replenished daily	Helps to stabilize collagen and maintain healthy teeth, bones, and blood vessels
Co-Enzyme Q10 (CoQ10) (non-trademark)	Fat-soluble compound naturally produced by the body, although CoQ10 levels decline as we age and/or fall ill; Can also be found in meat, poultry and fish	Fat-soluble antioxidant which can help curb functional declines related to free-radical activity; Helps facilitate cell energy production

Table 1.1 Ingredient Origins and Unique Properties

Table 1.2 details the six trademark ingredients and each ingredient’s individual health benefits. As illustrated, AGE REJUVENATOR™’s ingredients have multiple benefits for the skin and overall health.

Trademark Ingredient	Skin Benefits	Health Benefits
Pycnogenol® (from <i>Pinus pinaster</i> )	<ul style="list-style-type: none"> <li>• Binds to elastin and collagen to help protect skin smoothness and rebuild elasticity<sup>4</sup></li> <li>• Stabilizes collagen to keep skin firm and prevent wrinkles<sup>5</sup></li> <li>• Counteracts inflammation caused by sun exposure<sup>6</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Reduces blood pressure</li> <li>• Improves cholesterol levels</li> <li>• Improves blood flow and reduces swollen legs &amp; feet</li> </ul>
VitaBlue® Wild Blueberry Extract (from <i>Vaccinium angustifolium</i> )	<ul style="list-style-type: none"> <li>• Helps with interior signs of aging through high antioxidant activity</li> <li>• Potent antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes urinary tract health<sup>7</sup></li> <li>• Protects cardiovascular health<sup>8</sup></li> <li>• Supports healthy vision<sup>9</sup></li> </ul>
Lyc-O-Mato® Lycopene Complex	<ul style="list-style-type: none"> <li>• Reduces swelling &amp; redness from sun exposure<sup>10</sup></li> <li>• Provides healthy coloring to skin<sup>11</sup></li> <li>• Protects against UV-induced damage</li> </ul>	<ul style="list-style-type: none"> <li>• Natural energizer</li> </ul>
ResveraPure® Resveratrol (from <i>Polygum cuspidatum</i> Root)	<ul style="list-style-type: none"> <li>• Combats skin wrinkling by scavenging for wrinkle-forming free radicals<sup>12</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Helps to offset bad effects of unhealthy diets<sup>13</sup></li> <li>• Extends longevity<sup>14</sup></li> </ul>
LeucoSelect® Phytosome® (from <i>Vitis vinifera</i> )	<ul style="list-style-type: none"> <li>• Reduces varicose veins<sup>15</sup></li> <li>• Stabilizes collagen by inhibiting certain enzymes<sup>16</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Protects kidneys and liver from free radical damage</li> <li>• Offers cardiovascular protection</li> <li>• Strengthens blood capillaries</li> </ul>
Masquelier’s® Original OPCs (from <i>Vitis vinifera</i> seeds)(4)	<ul style="list-style-type: none"> <li>• Restores potency of Vitamins E &amp; C<sup>17</sup></li> <li>• Neutralizes elastase and collagenase to help preserve skin elasticity and firmness<sup>18</sup></li> <li>• Enhances collagen’s ability to repair itself<sup>19</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Maintains good cardiovascular health</li> <li>• Supports eye functions</li> <li>• Reduces discomfort associated with PMS and menopause<sup>20</sup></li> </ul>

Table 1.2 Skin and Health Benefits of Trademark Ingredients in AGE REJUVENATOR™

<sup>4</sup> Passwater, Richard A. *User’s Guide to Pycnogenol® Nature’s Most Versatile Supplement*. Basic Health Publications. 2005.

<sup>5</sup>Total Health. Pycnogenol® French Maritime Pine Bark. 2007.

<sup>6</sup> Horphag Research. *The evolution of Pycnogenol® for skin care: Examining the extract’s inside/outside concept*. Report: Look, Feel and Live Better. Issue 12 2008.

<sup>7</sup> VDF FutureCeuticals, Inc. 2003.

<sup>8</sup> Ibid.

<sup>9</sup> Ibid.

<sup>10</sup> New Evidence of Sun Protection and Improvements in Skin Health with Tomato Lycopene Complex. Lycored. [www.foodprocessing-technology.com/contractos/ingredients/lycored/press16.html](http://www.foodprocessing-technology.com/contractos/ingredients/lycored/press16.html)

<sup>11</sup> Lyc-o-Mato Natural Lycopene. <http://www.lycored.com/web/content/lycopene-complex.asp>

<sup>12</sup> Jun, Liu PhD. *Tocotrienols—Vitamin E beyond Tocopherols in Skin Protection*.

<sup>13</sup> Ibid.

<sup>14</sup> Ibid.

<sup>15</sup> LeucoSelect Clinical Studies. [www.indena.com](http://www.indena.com)

<sup>16</sup> Ibid.

<sup>17</sup> i.BioCeuticals. Masquelier’s OPCs and French Maritime Pine Bark Extract. Product Handout.

<sup>18</sup> Summary of Key Scientific Studies: Rebuilding & Strengthening of Skin Collagen & Elastin. iBioCeuticals. [www.ibioceuticals.com](http://www.ibioceuticals.com)

<sup>19</sup> Ibid.

<sup>20</sup> Quilici-Timmcke, Judi M.S. (*Masquelier’s® OPCs*) As a SuperNutrient. iBioCeuticals. [www.iBioCeuticals.com](http://www.iBioCeuticals.com)

Each ingredient in AGE REJUVENATOR™ has been selected for their high antioxidant and nutrient levels, as well as each ingredient’s ability to work synergistically with other ingredients in our formula. AGE REJUVENATOR™ and its unique anti-aging formula maximize each ingredient’s benefits by combining them with complementing nutrients. Table 1.2 illustrates how each ingredient works in concert with the other ingredients in AGE REJUVENATOR™.

<b>Trademark Ingredient</b>	<b>Works well with</b>	<b>Found in ingredients in AGE REJUVENATOR™</b>	<b>How they work together</b>
Pycnogenol®	<ul style="list-style-type: none"> <li>• Vitamins E &amp; C</li> <li>• Co-enzyme Q10</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex &amp; Citrus Bioflavonoids</li> <li>• Alpha Lipoic Acid, CoQ10</li> </ul>	<ul style="list-style-type: none"> <li>• Helps regenerate Vitamins E and C after they have neutralized free radicals</li> <li>• Pycnogenol® and CoEnzyme Q10 have been studied to enhance cardiovascular health by prolonging the bioavailability of antioxidant vitamins<sup>21</sup></li> </ul>
VitaBlue® Wild Blueberry Extract	<ul style="list-style-type: none"> <li>• Antioxidant ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex, Citrus Bioflavonoid, Alpha Lipoic Acid</li> </ul>	<ul style="list-style-type: none"> <li>• Helps boost antioxidant activity in body system to help reduce cell inflammation and protect arteries from possible oxidative stress</li> </ul>
Lyc-O-Mato® Lycopene Complex	<ul style="list-style-type: none"> <li>• Vitamin E</li> <li>• Vitamin A</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex</li> </ul>	<ul style="list-style-type: none"> <li>• Beta-carotenes in Lyc-O-Mato work well with the Vitamin E found in Tocotrienol Complex to help support and maintain radiant skin. Vitamins A (Beta-carotene) &amp; E (tocotrienols) are vital in skin care and repair</li> </ul>
ResveraPure® Resveratrol	<ul style="list-style-type: none"> <li>• Vitamins E, C and other antioxidant ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex, Citrus Bioflavonoid, Alpha Lipoic Acid</li> </ul>	<ul style="list-style-type: none"> <li>• Helps support the body’s antioxidant system to counteract oxidative stress which can damage circulatory, cardiovascular and skin health</li> </ul>
LeucoSelect® Phytosome®	<ul style="list-style-type: none"> <li>• Vitamin E and antioxidant ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex, Citrus Bioflavonoid, Alpha Lipoic Acid</li> </ul>	<ul style="list-style-type: none"> <li>• Protects Vitamin E in the body to help fight free-radical damage and cell inflammation</li> </ul>
Masquillier’s® Original OPCs	<ul style="list-style-type: none"> <li>• Vitamins E &amp; C</li> </ul>	<ul style="list-style-type: none"> <li>• Tocotrienol Complex, Citrus Bioflavonoid</li> </ul>	<ul style="list-style-type: none"> <li>• Helps to repair free-radical damage by penetrating both aqueous and lipid cellular membranes</li> <li>• Protects, restores the potency of Vitamins E &amp; C</li> </ul>

Table 1.3 Synergistic Characteristic of Ingredients in AGE REJUVENATOR™

<sup>21</sup> Watson, Ronald Ross. *Pycnogenol® and Coenzyme Q10 Enhance Cardiovascular Health*. Evid Based Integrative Med 2005; 2(2): 67-70.

These impressive benefits are made possible through clinical studies conducted for each trademark ingredient. Over time, these ingredients have consistently shown positive results in improving overall health and in providing antioxidant support for the body's everyday functions. Table 1.3 lists their studies:

Trademark Ingredient	Clinical Studies
Pycnogenol®	<ul style="list-style-type: none"> <li>• Has been shown in pre-clinical trials to effectively counteract sunburns<sup>22</sup></li> <li>• Increases skin elasticity and improved skin smoothness<sup>23</sup></li> </ul>
VitaBlue® Wild Blueberry Extract	<ul style="list-style-type: none"> <li>• Improves cognition and can even reverse age-related declines that occur in daily brain functions by measuring and recoding physical and mental deficits implemented by the damaging COX-2 protein<sup>24</sup></li> </ul>
Lyc-O-Mato® Lycopene Complex	<ul style="list-style-type: none"> <li>• Has skin-protecting capabilities by blocking ultra-violet rays from being absorbed by the epidermis, thus preventing erythema and various UV-related skin damage and diseases<sup>25</sup></li> </ul>
ResveraPure® Resveratrol	<ul style="list-style-type: none"> <li>• Shows positive results in bone health, reduced cataract formation, coordination, and enhanced skin conditions that mimic the effects of a diet, or calorie-restricted regimen<sup>26</sup></li> </ul>
LeucoSelect® Phytosome®	<ul style="list-style-type: none"> <li>• stabilizes collagen and maintains elastin in the skin due to the stimulation of these critical proteins found in connective tissue<sup>27</sup></li> </ul>
Masquelier's® Original OPCs	<ul style="list-style-type: none"> <li>• Has been shown to exhibit strong antioxidant activity and strengthens the synthesis of collagen and elastin to promote healthy skin<sup>28</sup></li> <li>• Improves interior blood vessel walls and strengthens capillaries to increase strength and elasticity of veins, arteries and endothelial tissues<sup>29</sup></li> </ul>

Table 1.4 Clinical Studies on Trademark Ingredients

Successful clinical studies that illustrate each ingredient's ability to deliver health benefits for the skin and overall health give AGE REJUVENATOR™ a strong and credible foundation. AGE REJUVENATOR™ is an exceptionally formulated anti-aging supplement that:

- Renews and repairs skin cells for vibrant glow and healthy appearance
- Promotes collagen and elastin production for supple and firm skin
- Protects internal health by strengthening capillaries and blood vessels
- Improves skin cell function and removes the harmful presence of free radicals

## AGE REJUVENATOR™

Contains 60 vegetarian capsules: Pycnogenol® (from Pinus pinaster), Masquelier's® Original OPC'S (from Vitis vinifera seeds), Leucoselect® Phytosome® (from Vitis vinifera), ResveraPure® Resveratrol (from Polygonum cuspidatum Root), Citrus Bioflavonoid, VitaBlue® Wild Blueberry Extract (from Vaccinium Angustifolium), Co Enzyme Q10 (Ubidecarenone), Lyc-O-Mato® Lycopene, Alpha Lipoic Acid, Tocotrienol Complex (from Elaeis guineensis)

*Information included herein are for educational and information purposes only. These claims have not been approved by the Food & Drug Administration. This product is not intended to cure, diagnose or treat diseases.*

<sup>22</sup> Pycnogenol In Oral & Topical Skin Care. The State of the Industry. April 2008. P 78-80.

<sup>23</sup> Ibid.

<sup>24</sup> VDF FutureCeuticals, Inc. 2003.

<sup>25</sup> Dietary tomato paste protects against ultraviolet light-induced erythema in humans.

<http://www.ncbi.nlm.nih.gov/pubmed/11340098?dopt=Abstract>

<sup>26</sup> National Institute on Aging. Resveratrol Found to Improve Health, But Not Longevity in Aging Mice on Standard Diet.

<http://www.nia.nih.gov/NewsAndEvents/PressReleases/pr20080703resveratrol.htm>

<sup>27</sup> LeucoSelect Clinical Studies. [www.indena.com](http://www.indena.com)

<sup>28</sup> Summary of Key Scientific Studies: Rebuilding & Strengthening of Skin Collagen & Elastin. iBioCeuticals.

<sup>29</sup> Quilici-Timmcke, Judi M.S. (Masquelier's® OPCs) As a SuperNutrient. iBioCeuticals.