

# Lustre

## **Lustre™ Nutrition for Lustrous Hair, Skin and Nails**

**Lustre™ Nutrition for Hair, Skin & Nails**, is for people who want the glow of health and people who care about the little things — the glow of their skin, the shine of their hair, and the lustre of their nails. Source Naturals' Lustre™ is the most complete and well-designed formula of its kind.



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**“Your body prioritizes the way it uses nutrients...Organs like your brain, heart and liver are first in line, every time. Your hair, skin and nails are less essential for survival, so they can easily get short-changed.”**

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# Lustre™: Nutrition For The Glow of Health

Lustre™ is designed to help you obtain the nutrients you need to look and feel your best. Lustre™ targets common deficiencies in American diets, as well as the effects of pollution. Here are some of the important nutrients in Lustre™ and what they do:

- Ⓑ **Silicon** is a key strengthening agent in hair, nails, skin, muscles, bones and other structural tissues. Lustre™ provides 40 mg of well-absorbed, 100% soluble, colloidal Silica from Springtime harvest **Horsetail herb extract**.
- Ⓑ **Gamma Linolenic Acid, or GLA**, is the nutrient your body uses to create Prostaglandin E-1 (PGE1). Shortages of PGE1 can lead to dandruff, skin inflammation, brittle nails and hair problems. GLA can be made from Linoleic Acid, which is common in foods, but many factors may disrupt the conversion process, including stress, aging, some common viruses, alcoholism, diabetes, and multiple nutrient deficiencies.
- Ⓑ **Vitamins B1 & C plus protein** are needed to form hydroxyproline, the key constituent of collagen. A deficiency in **Copper** can interfere with elastin formation. Without ongoing renewal of collagen and elastin, skin can sag, roughen, wrinkle, bruise and show stretch marks more easily. The Vitamin C in Lustre™ is from mineral ascorbates, which are gentle on your stomach.
- Ⓑ **Vitamin A** deficiency can interfere with skin repair and growth, and cause rough and bumpy skin.
- Ⓑ **Beta Carotene** is a unique and powerful antioxidant that offers your skin some protection against ultraviolet light. The destruction of the Ozone layer, which protects us from most of the sun's U-V radiation, may make Beta Carotene more valuable than ever before.
- Ⓑ **Zinc** is necessary for the synthesis of protein, DNA and collagen, and for transporting Vitamin A through your body. It is essential for the skin's normal oil gland function.
- Ⓑ **L-Cysteine** and **L-Methionine** are sulfur amino acids. Vegetarian, low red meat and weight loss diets often do not supply adequate amounts of these protein building blocks. The sulfur amino acids are used by the liver to deactivate toxins, therefore little may remain for your hair, skin and nails. Since L-Cysteine makes up 8% of your hair and can be damaged by permanent wave treatments and other hazards, it may be helpful to include adequate L-Cysteine in your diet.
- Ⓑ Studies have found that **Folic Acid** is the most commonly deficient B Vitamin in industrialized countries. Folic Acid is found mainly in dark green vegetables; it may be totally destroyed by cooking, and birth control pills can interfere with its absorption. Folic Acid is needed for rapid cell division. Your skin needs to replace itself faster than most other parts

# Lustre™ Has It All

In addition to the nutrients detailed above, Lustre™ provides significant amounts of the equally important Vitamins B2, B3, B5, B12, Biotin, Choline, Inositol and PABA. With top quality ingredients and plenty of all the right nutrients, Lustre™ has what it takes to help you achieve the glow of health.

## Beauty From Within

There's no better place to start your beauty program than from within. With the support of Lustre™ and good health practices, you may find you spend less time and money on external cosmetics. Best of all, you will experience more satisfaction with the way you look and feel.

**Suggested Use:** Two tablets, 3 times a day with meals.

<b>Each 6 tablets contain:</b>		<b>%USRDA</b>
Silicon (from Springtime Horsetail herb extract)	40 mg	*
GLA (Gamma Linolenic Acid)	100 mg	*
L-Cysteine (from L-Cysteine HCl)	400 mg	*
L-Methionine	100 mg	*
Vit A (Beta Carotene: 15,000 IU & Palmitate: 5000 IU)	20,000 IU	100%
Vit C (Magnesium & Zinc Ascorbates)	1000 mg	1660%
Thiamine (Vit B-1)	10 mg	660%
Riboflavin (Vit B-2)	10 mg	580%
Niacinamide (Vit B-3)	30 mg	150%
Vit E Succinate	200 IU	660%
Vit B6 (Pyridoxine HCl)	20 mg	1000%
Folic Acid	400 mcg	100%
Vit B-12	30 mcg	500%
Magnesium (Magnesium Ascorbate)	60 mg	15%
Zinc (Zinc Ascorbate)	30 mg	200%
Copper (Chelate)	1.5 mg	75%
Biotin	1000 mcg	330%
Pantothenic Acid (Vit B-5)	50 mg	500%
Choline (Bitartrate)	100 mg	*
Inositol	500 mg	*
PABA (Para-Aminobenzoic Acid)	100 mg	*
Selenium (SelenoMethionine & Sodium Selenite)	200 mcg	*
Trace Mineral 188	50 mg	*

\* No USRDA established for this nutrient.

Lustre™ is all vegetarian and **HYPOALLERGENIC**: contains no yeast, dairy, corn, soy, or wheat. Contains no sugar, starch, salt, preservatives or artificial color, flavor or fragrance.

SOURCE



NATURALS®

*Strategies for Wellness*™