

SKIN ETERNAL™ COSMETIC LINE

Replenish Your Skin



Source Naturals is proud to introduce our new SKIN ETERNAL Cosmetic Line. Our advanced skin care products recharge and revitalize your skin. Each product features scientifically advanced nutraceuticals: nutrients and botanicals with an inborn affinity for skin.

You can nourish your skin with Source Naturals' richly emollient SKIN ETERNAL CREAM smoothed under your eyes or on your neck. Or use our light, aqueous SKIN ETERNAL SERUM. Both products gently addresses imbalances and infuse skin with visible radiance. For a luxuriant, moisturizing bath, simply add SKIN ETERNAL BATH OIL under warm running water.

Whatever your individual preference, Source Naturals has a SKIN ETERNAL product that will leave your skin looking refreshed and energized.



Now available from Source Naturals®: a variety of elegant cosmetics to moisturize, smooth and tone your skin.

Your skin is a reflection of your health and well-being. To attain skin that looks truly alive, energized and refreshed, we believe a holistic approach is necessary. This includes nourishing your body with fresh, organic foods, exercising every day to motivate your mind and spirit, and eliminating unhealthy lifestyle choices. As part of this holistic approach, the Skin Eternal™ cosmetic line feeds your skin cells with scientifically advanced **nutraceuticals**: nutrients and botanicals with an inborn affinity for skin.



SKIN ETERNAL™ CREAM

Apply this rich and luxurious blend under and around your eyes or massage it with upward strokes onto your neck—your skin will immediately feel the difference!

SKIN ETERNAL CREAM features nutrients, natural oils and plant extracts. Included are alpha lipoic acid, biotin, CoQ10, DMAE, jojoba

oil, MSM, squalane, tocotrienols, and vitamin C-ester, as well as extracts of grape seed, ginkgo, ginseng, green tea, sage, marigold, and grapefruit seed.

SKIN ETERNAL™ SERUM

SKIN ETERNAL SERUM is an aqueous moisturizing serum that contains a rich blend of nutrients and plant extracts. It is easily absorbed, and immediately makes skin feel softer and replenished. SKIN ETERNAL SERUM is lightly scented with pure lavender and lemon oils, and contains nutrients and herbs unavailable in other topical preparations. These include aloe vera, alpha lipoic acid, biotin, CoQ10, DMAE, MSM, vitamins A, C-ester, D-3 and E, and chamomile.



Source Naturals also offers SKIN ETERNAL DMAE SERUM.



SKIN ETERNAL™ BATH OIL

OUR NEW SKIN ETERNAL BATH OIL adds to your skin's hydrophilic film, lightly coating your skin with nutrients. It holds moisture inside and protects your skin. Its unique formula is rich in alpha lipoic acid, DMAE, essential fatty acids, vitamins C-ester

and E, plus other nutrients and plant extracts.

SKIN ETERNAL BATH OIL is lightly scented with pure lavender and lemon oils. And it is hypoallergenic and contains no alpha hydroxy acids—so it can be used even on delicate, sensitive skin.

Lifestyle Tips for Healthy Skin: A Strategy for WellnessSM

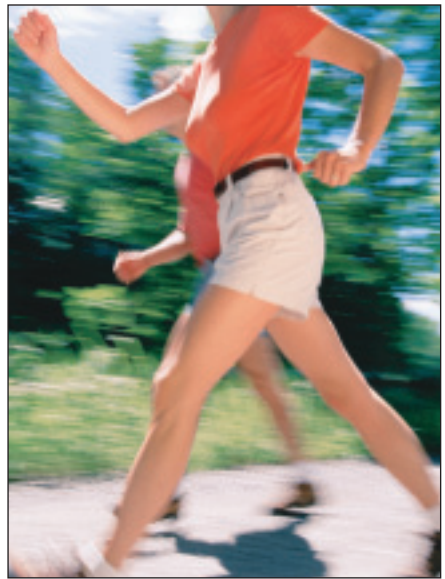
Eat a Healthy Diet

Low-nutrient foods, such as sugar and refined carbohydrates, will not provide the vitamins and minerals your skin needs. Choose unprocessed organic 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. Restrict excess sodium intake.



Take Supplements

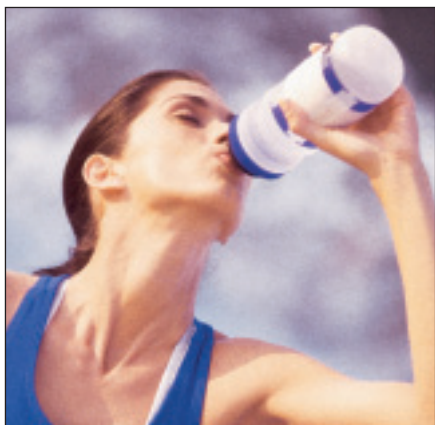
Key nutraceuticals can help radiate beauty from within, by supporting body systems involved with healthy, radiant skin. These nutraceuticals include alpha lipoic acid, DMAE, ascorbyl palmitate (vitamin C-ester), vitamin E and grapeseed extract. Source Naturals offers you SKIN ETERNAL™ tablets with these five ingredients, to protect against free radical damage and provide cofactors for healthy skin tissue.



Source Naturals SKIN ETERNAL PLUS is a Bio-Aligned Formula™, which includes these key nutraceuticals plus 30 more! It is designed to support multiple body systems: antioxidant defense, connective tissue, cell membranes, cell renewal, blood and liver cleansing, muscle and nerve function, and stress response. It is also useful to supplement with essential fatty acids, such as omega-3 and omega-6 fatty acids, flaxseed and primrose oil.

Drink Water

Our bodies are made up of 50-70% water, so it's important to drink at least 1.5 liters daily. Water flushes out wastes, and acts as an internal moisturizer, keeping skin hydrated and supple. Spring water is beneficial since it contains trace minerals vital to healthy skin.



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. Taking a melatonin supplement can be helpful in supporting your body's normal sleep cycle.

Exercise Regularly

Exercise increases circulation, which delivers nutrients necessary for a clear, glowing complexion. It also burns off fat, helps eliminate toxins, 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, and overtaxes the liver, which helps keep impurities from reaching other organs. Alcohol consumption can lead to broken or distended capillaries, especially over the nose and cheeks. Caffeine-rich beverages like coffee promote dehydration, leaving skin flaky and dry. Substitute herbal or green tea for coffee.

Stop Smoking

Smoking slows healing and regeneration, causes carbon monoxide to increase in blood, and induces free radical formation. Nicotine constricts blood vessels and reduces blood flow to skin. The benzopyrene in cigarette smoke inhibits absorption of vitamin C, which is important for collagen synthesis.



Strategies for Wellnesssm

www.sourcenaturals.com



The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.