

# NATURE'S BEST<sup>®</sup> COLLADEEN<sup>®</sup> Visage

555-60

60 Tablets

## Product Information Sheet

Please read this leaflet carefully because it contains important information for you.

### What is in Colladeen<sup>®</sup> Visage?

Colladeen<sup>®</sup> Visage is a food supplement.  
This pack contains 4 blister strips of 15 tablets.

Two small oval pink tablets provide:		%NRV*
Anthocyanidins/Pro-anthocyanidins (from Grape Seed and Bilberry Extracts)	320mg	
Green Tea Leaf (as 50mg extract)	500mg	
Lutein	6mg	
Zeaxanthin	240µg	
Vitamin C	40mg	50
Niacin	8mg	50
Biotin	25µg	50

Also contains: Calcium Carbonate, Grape Seed Extract, Cellulose, Green Tea Extract, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides), Vitamin C (Ascorbic Acid), Lutein Complex (providing Lutein & Zeaxanthin), Crosslinked Cellulose Gum, Bilberry Extract, Silicon Dioxide, Stearic Acid, Magnesium Stearate, Niacin (Nicotinamide), Biotin.

\*NRV = Nutrient Reference Value

Colladeen<sup>®</sup> Visage is suitable for vegetarians.

### What is Colladeen<sup>®</sup> Visage ?

Some of the most exciting advances in nutritional science are the discoveries of nutrients present in our diets, whose importance to health have previously been overlooked or underestimated.

Two such groups of nutrients, found in abundance in fruit and vegetables, called flavonoids and carotenoids, have for a long time been recognised as important.

Carotenoids protect plant cells from excessive sun damage. There are now 600 carotenoids that have been identified and two of the most well known are lutein and zeaxanthin, found in high quantities in dark green leafy vegetables.

More recently, a division of the flavonoid family called anthocyanidins, have been identified as powerful antioxidants as well as being particularly active in supporting and repairing collagen-rich structures in the body. In plants, anthocyanidins are responsible for the pigments that give fruit and berries their fabulous, rich colours. So dark skinned fruit such as black grapes, cherries and blackberries can provide useful levels of anthocyanidins. The trouble is we just don't eat enough of these foods to have a significant effect.

Another important flavonoid is green tea, a potent antioxidant known to combat the cell damage caused by free radicals. This is where the daily supplement Colladeen<sup>®</sup> Visage, which contains one of the highest levels of anthocyanidins combined with lutein, zeaxanthin and green tea, is invaluable.

### What is Colladeen<sup>®</sup> Visage recommended for?

Colladeen Visage is has been formulated as a sound scientific approach to maintaining healthy skin and reducing the toll that modern living has on our skin. Its unique formula has been shown to build up the body's own defence against sun damage and so it can be used as part of a sensible sun protection regime. However it should not be used as a replacement for sun creams in strong sunlight.

#### The Skin's own collagen

Skin is predominantly made from collagen which is the most abundant protein in the body – it's the protein that forms connective fibres in tissues including skin, ligaments, cartilage, muscles and capillaries. Collagen is prone to damage from highly reactive, potentially damaging compounds called free radicals which, if present in large amounts, can contribute to the ageing process, tissue damage and our overall health. Exposure to ultraviolet light via sunshine, pollution, even food increases the level of free radicals circulating in the body. The natural solution is to consume antioxidants from our diet which have the ability to neutralise free radicals rendering them harmless.

Compromised or weakened collagen can lead to a tendency for easy bruising and 'leaky' or damaged capillary walls. Anthocyanidins can help to reinforce and preserve collagen in the body to such an extent that they may help to improve skin elasticity.

### Recent studies using Colladeen<sup>®</sup> Visage

In two placebo controlled studies, both involving 60 women (30 in active group, 30 in placebo group), measurements were taken at the start and at regular intervals throughout the studies to measure skin elasticity, wrinkles, sun protection and spider veins.

#### Skin Firmness

Improvements in skin elasticity were shown after 12 weeks in the group taking Colladeen Visage and these continued to improve up to the 24 weeks with the women having gained firmer and more elastic skin than those taking the placebo.

#### Wrinkle reduction

There was a 6% reduction in wrinkle depth\* after 12 weeks in the group taking Colladeen<sup>®</sup> Visage and by 24 weeks some women had double this level. (\*measured at crow's feet area).

#### Sun Protection

The group taking Colladeen Visage for 12 weeks were shown to have developed a natural resistance to UV light damage equivalent to wearing a SPF 10 sun cream, rising to an SPF15 at 24 weeks.

#### Reduction in Spider Veins

The group taking Colladeen Visage showed a 50% reduction in the appearance of their spider veins whereas the placebo group showed no change.

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## Who is Colladeen<sup>®</sup> Visage suitable for?

Colladeen<sup>®</sup> Visage contains naturally-sourced anthocyanidins, plant derived Lutein and Pro-anthocyanidins, Zeaxanthin and Green tea extract. The natural components found in Colladeen<sup>®</sup> Visage are not known to interact with medicines.

Colladeen<sup>®</sup> Visage is therefore suitable for all adults and particularly for those concerned about:

- Skin elasticity
- Maintenance of a healthy capillary network
- Helping to reduce the effect on sun damage on the skin
- Helping to reduce the appearance of spider veins

## How to take Colladeen<sup>®</sup> Visage

Colladeen<sup>®</sup> Visage can be taken on a long term basis as the nutrients provided by the formula are at safe levels.

Take two tablets daily with a main meal. These can be taken together or in divided doses. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

### Cautions

Do not take if pregnant or breast feeding.

Colladeen<sup>®</sup> Visage is safe at the recommended intake.

This product should not be used as a replacement for the usual precautions you would take against skin damage.

## How Colladeen<sup>®</sup> Visage should be stored

Store in a cool, dry place.

Do not use after the best before end date (BBE) shown on the pack.

### Keep away from children.

If you would like further information about this product please contact:

Natures Best, Century Place, Tunbridge Wells,  
Kent, TN2 3BE. Tel: 01892 552175

[www.naturesbest.co.uk](http://www.naturesbest.co.uk)