



## Protect Skin Year-Round

Now that the sunny days of summer are fading into fall, you may be tempted to put the sunscreen away until next year. Don't! Sun damage, and the photo-aging that it causes, occurs year-round. That's why it's important to wear a good, broad spectrum sunscreen even in fall and winter.

In fact, your focus on skincare shouldn't wane just because there's less skin showing. Overheated rooms inside, and crisp winds outside can sap moisture from your skin. It's important to continue hydrating with a balanced moisturizer. And now that you're spending less time outdoors, it's the perfect time to get a jump on repairing a lifetime of sun damage.

Antioxidants in particular, taken both internally through supplements and applied directly to the skin, are key players in the battle against skin aging. The pine bark extract Pycnogenol® also offers a wide array of skin benefits, and can be used internally and topically as well.

Reliv's new r collection skincare products feature a cutting-edge nutrient complex specially formulated to help repair, replenish and revitalize skin at every age. When used in conjunction with Reliv's nutritional supplements, this synergistic combo offers you a powerful new tool for achieving beauty from the inside out.

To Your Health,



**Dr. Carl W. Hastings**  
Reliv Vice Chairman and Chief Scientific Officer

These statements have not been evaluated by the Food and Drug Administration. Reliv products are not intended to diagnose, treat, cure or prevent any disease.



## Your Skin... Through the Ages

**Infancy and childhood:** Skin is usually soft and supple. However, it is also a time when the greatest damage can occur that won't show up until later years. Be sure to protect skin with appropriate clothing, hats and sunscreen that contains UVA and UVB protection.

**Teenage years:** Skin is often oily and acne-prone. Again, sun protection is important during this time. Avoid greasy sunscreens that can aggravate break-outs.

**20s & 30s:** The aging process is beginning to show. Your skin is losing the collagen and elastin that keep skin supple and wrinkle-free. Sun damage is still accumulating and can show in the form of brown "freckles," or age spots on the skin. Now is the time to get serious about faithfully applying moisturizer and sunscreen.

**40s & 50s:** Collagen and elastin loss continues with more obvious results including larger pores, dry skin, and more pronounced wrinkles, especially around the eyes and mouth. Sun damage becomes more evident with age spots and leathery skin. Moisturizer and sunscreen are chief allies.

**60s & up:** Age spots and skin rashes become more common. Skin also thins due to medications and sun damage. Thinner skin is more easily damaged by cuts and bruises. Thicker moisturizer is essential as is protective sunscreen for fragile skin.

## Nutrients for Healthier Skin

Specific nutrients can make a difference in your skin health, whether taken in supplement form or applied topically. Here are just a few examples, all of which can be found in Reliv nutritional products and in Relivables™ r collection skincare:

### Supplements Taken Internally:

**Omega-3 essential fatty acids:** Calms inflammation in skin cells and can help decrease the risk of developing precancerous skin growths called actinic keratoses.

**Magnesium:** Helps restore skin's flexibility and moisture.

**Vitamin A:** Maintains and repairs skin tissue.

**Other antioxidants:** A combination of vitamin E and vitamin C have been shown to reduce photo damage and fight free radical damage, and may even help reverse signs of aging, like wrinkles and skin discoloration.

### Applied Topically:

**Soy:** Can reduce wrinkles, skin discoloration and inflammation. Promotes skin elasticity and improves skin's ability to retain moisture.

**CoQ10:** Slows down tissue damage by decreasing the effect of free radicals. Helps reduce crow's feet, fine lines and wrinkles; helps reduce and fade age spots.

**Omega-3:** Works to reduce inflammation.

**Green Tea:** Offers sun damage protection by scavenging free radicals and reducing inflammation.



## Countering the Risks of UVA and UVB Rays

While skin cancer is always a risk, sun damage from ultraviolet radiation (UVR) is even more common. UVR has two different types of waves: UVA and UVB. UVB rays are the main cause of sunburn. UVA rays are stronger and damage skin even more by penetrating deeper, causing wrinkles, leathery skin and age spots — all signs of photo-aging. In addition, UVA rays are the chief cause of skin cancers.

UVA rays are present throughout the year and can penetrate glass and clouds. That's why year-round sun protection is vital.

Your best defense is a high-quality sunscreen that protects against both UVA and UVB rays. (Relivables™ Sunscreen does, but not all sunscreens do.) Look for a "broad-spectrum" sunscreen with an SPF (sun protection factor) of 15 or higher, that includes the following UVA-screening ingredients: avobenzene, oxybenzone and/or titanium dioxide.

## Pycnogenol: Powerful Inside/Outside

When taken both orally and topically, the patented pine bark extract Pycnogenol® acts synergistically for better overall skin.

Taken as a supplement, Pycnogenol has been proven to help improve skin elasticity, which wards off wrinkles, and it inhibits the breakdown of skin's important structures — collagen and elastin. It also is an anti-inflammatory that helps prevent UV damage, while it fades age spots and neutralizes cell-damaging free radicals. In addition, it increases blood flow to the skin so more nutrients and oxygen can reach the skin.

When used topically as a skincare product, Pycnogenol reduces sun damage to skin cells. If used after sun exposure, it reduces swelling in irritated skin. It also strengthens collagen and elastin to reduce wrinkles.

You can find Pycnogenol in Reliv Now®, GlucAffect® and in Relivables™ r collection skincare products.

### Sources:

For a complete list of references for this issue, please view the special addendum posted on the *Science & Health Today* web page, [www.reliv.com](http://www.reliv.com) >> The Products >> articles & research >> Science & Health Today.