

## Nutrients to boost your beauty

Your skin is a reflection of your inner being. Apart from lifestyle and genetics what you consume plays a role in your skin health. Taking the right nutritional supplement will not only enhance your natural beauty, it will help minimize wrinkles, acne, inflammation and other skin-related conditions.

There is no big secret to maintaining healthy skin, shiny hair and strong nails. It can be achieved through a balanced intake of vitamins and minerals through BIONA.

Nutrient	Beauty Benefits
<b>Zinc</b>	Gives shine and luster to hair
<b>Antioxidants ( vitamins C,A,E and selenium)</b>	Protects skin from harmful environmental factors and enhances youthful appearance
<b>Vitamin C</b>	Produces collagen, protects skin from stretch marks and cells from free radical damage
<b>B-vitamins</b>	Regulates the turn-over of skin cells Reduces dry and flaky patches
<b>Vitamin A &amp; beta-Carotene</b>	Helps in the growth and repair of body cells
<b>Vitamin E</b>	Protects cell membranes Anti-aging protection from environmental factors
<b>Biotin</b>	Helps produce nails, skin and hair cells. Prevents hair loss
<b>Iron</b>	Prevents hair loss Keeps your skin healthy and glowing
<b>Selenium</b>	Protects skin quality and elasticity Reduces sun damage
<b>Copper</b>	Stabilizes the collagen, an important part of our skin
<b>Amino acids</b>	Repair treatment for skin, hair and nails
<b>Folic acid</b>	Growth of all body cells
<b>Magnesium</b>	Necessary for calcium and vitamin C metabolism
<b>Manganese</b>	An antioxidant nutrient, necessary for metabolism of vitamin B& E
<b>Iodine</b>	Aids in normal functioning of thyroid gland which in turn maintains health of skin and hair



Brought to you by the makers of **BIONA**

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