



Beauty
from Within

*Hydrate.
Revitalize.
Regenerate.*



Beauty from Within

The growing nutricosmetics movement focuses on healthy beauty from the inside out. Consumers across generations understand that healthy hair, skin and nails require more than simply surface treatments. Data from Mintel suggest that more than 50% of females surveyed, aged 18-34, and 32% overall, desire functional beauty and skin benefits from their ideal dietary supplement.

Glow up your next nutraceutical formulation with these proven winning ingredients from our specially curated portfolio, combined with our rich market insights and end-to-end solutions.

HYDROLYZED COLLAGEN^{1, 2, 3, 4}

- **Wellnex Replenwell™ Collagen Peptides by Nitta Gelatin:** Clinically studied hydrolyzed marine collagen with high concentrations of bioactive dipeptides proline-hydroxyproline (PO) and hydroxyproline-glycine (OG) supports improvement in elasticity and hydration while decreasing wrinkles and roughness.
- **Wellnex™ Collagen Peptides by Nitta Gelatin:** Type I and Type III bovine and porcine collagen peptides
- Bovine & Porcine Collagen Peptides

Ingredient Spotlight

Wellnex Replenwell™ Collagen Peptides by Nitta Gelatin: Clinically studied hydrolyzed marine collagen with high concentrations of bioactive dipeptides proline-hydroxyproline (PO) and hydroxyproline-glycine (OG) supports improvement in elasticity and hydration while decreasing wrinkles and roughness.



CERAMIDES ⁵

Ingredient Spotlight

SKIN-CERA® Ceramides by Vidya Herbs:

Extracted from Japanese konjac root and containing ceramides 1, 2, 3 and 4 to support the maintenance and improvement of skin health (dryness, hyperpigmentation, redness, itching, oiliness and roughness).



ANTIOXIDANTS, FLAVONOIDS AND OTHER POLYPHENOLS ^{1, 6, 7, 8, 9}

- **Brewster™ Citrus Bioflavonoids by Ingredients by Nature:** A wide selection of potent antioxidants sourced from your choice of orange, lemon, lime, tangerine and grapefruit. Citrus Bioflavonoids work synergistically with Vitamin C, aiding in collagen formation. Available in both organic and conventional powders.
- **Setria® Glutathione by Kyowa Hakko:** A possible anti-aging agent, glutathione has various beneficial effects on skin properties including skin brightening
- Coenzyme Q10
- Hesperidin
- Quercetin
- Rutin
- Resveratrol

Ingredient Spotlight

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BOTANICAL EXTRACTS AND POWDERS

- Acai
- Acerola
- Blueberry
- Cacao
- **CoffeeFruit® Pure by Ingredient by Nature:**
Pure and potent upcycled coffee fruit fiber with high ORAC, Polyphenols and Chlorogenic Acid.
- Ginger
- Cranberry
- Goji berry
- Green tea
- Pomegranate
- Purple corn
- Red wine grape skin
- Turmeric

Ingredient Spotlight

CoffeeFruit® Pure by Ingredient by Nature:
Pure and potent upcycled coffee fruit fiber with high ORAC, Polyphenols and Chlorogenic Acid.



PHOTOPROTECTIVE PHYTO AND MICRONUTRIENTS^{10, 11}

- Dietary Carotenoids: Supplementation with dietary carotenoids can protect from shorter-term markers of UV damage including inflammation and lipid peroxidation.
 - Beta carotene
 - Lutein
 - Lycopene
 - Zeaxanthin
- Vitamin E Tocopherols: Studies suggest dietary Vitamin E may act as a phyto-protectant with the aid of other antioxidants such as Vitamin C.
- Nicotinamide: Niacin derivatives have photo protective and anti-aging potential for skin.



MICRONUTRIENTS ^{7, 8, 12, 13, 14}

- Vitamin C: Contributes to the biosynthesis of collagen
 - Various natural sources available including Acerola, Amla and Camu camu.
- **Acerola Native Vitamin C:** Offered in a selection of spray-dried, freeze dried, carrier-free and organic ranging in 17-32% Native Vitamin C. Acerola has 25 times more Vitamin C than oranges is a source of Vitamin A, Vitamin B-Complex, Calcium, Iron, Potassium, Carotenoids and Flavonoids.
- Vitamin A: Helps to maintain healthy skin and/or mucous membranes
- Vitamin B12: Prevents Vitamin B12 deficiency; studies suggest deficiency can cause hyperpigmentation
- Vitamin D: Promotes healthy skin
- Biotin: Helps to maintain healthy hair, skin, nail and mucous membrane
- Copper: Promotes collagen crosslinking and skin rejuvenation
- Selenium: Aids glutathione peroxidase to guard against oxidative damage
- Silica: Helps to maintain healthy hair, skin and nails
- Zinc: Helps to maintain healthy hair, skin and nails

Ingredient Spotlight

Acerola Native Vitamin C: Offered in a selection of spray-dried, freeze dried, carrier-free and organic ranging in 17-32% Native Vitamin C. Acerola has 25 times more Vitamin C than oranges and is a source of Vitamin A, Vitamin B-Complex, Calcium, Iron, Potassium, Carotenoids and Flavonoids.





POLYSACCHARIDES^{14, 15}

- Hyaluronic acid / Sodium Hyaluronate: Helps to maintain healthy skin by increasing skin moisture
- ChitoClear® oligosaccharide by Primex: Chitin containing supplements have potential to enhance general skin wellness

ESSENTIAL FATTY ACIDS¹⁶

Available in both oil and powder forms, EFAs are vital for the synthesis of tissue lipids.

- Avocado
- Canola
- Flax seed
- Sea buckthorn

ADAPTOGENS^{1, 8, 17}

- Ashwagandha extract
- Chamomile extract
- Rhodiola extract
- Schisandra extract
- Valerian extract
- 5-HTP

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Disclaimers:

The suggested ingredients are for informational purposes only and not intended to be relied upon or construed as a legal opinion.

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PC-CAN-NTR-0082V-0621