



Protect & Nourish A.M.

What Is It?

Protect & Nourish A.M. contains powerful antioxidant and photoprotective ingredients combined with exceptional nutritive factors. This dynamic combination helps defend skin from free radical damage and photoaging in addition to providing vital nourishment factors, maximizing skin function while minimizing the appearance of fine lines and wrinkles.*

Uses For Protect & Nourish A.M.

Antioxidant/Photoaging Defense: Alpha lipoic acid is a dual-protection fat and water soluble antioxidant. It maintains a healthy cellular response in keratinocytes and protects collagen by maintaining healthy advanced glycation end product (AGE) activity. Vitamin C is an integral collagen synthesis cofactor, promoting skin elasticity and resiliency. As an antioxidant and immune defense stimulator, it helps counter the effects of oxidative stress. The photoprotective actions of epigallocatechin gallate (EGCG) and other green tea polyphenols include preserving DNA integrity of dermal fibroblasts and epidermal keratinocytes. These polyphenols also moderate matrix metalloproteinase (MMP) activity, supporting the extracellular matrix (ECM) of the skin. Alongside the well-known antioxidant activity of ellagic acid, anthocyanins and tannins found in pomegranate retain a healthy immune cascade in skin cells. This extract may also boost antioxidant enzymes. In addition to super-charged proanthocyanidin antioxidant support, Pycnogenol® pine bark extract selectively binds to collagen and elastin, protecting these proteins from free radicals and enzymatic degradation. Studies also suggest its potential to minimize temporary sun-induced redness and to lessen the appearance of age spots. By promoting healthy circulation and vascular integrity, this

extract also optimizes nutrient and oxygen delivery for renewed looking skin.*

Nutritive Factors: Coconut water is a reservoir of vitamins, minerals and amino acids, as well RNA-phosphorous, shikimic acid and quinic acid, which support tissue health. It also contains plant messenger molecules involved in healthy cell growth and differentiation for additional skin restoration. Its natural enzymes support toxin elimination to promote skin clarity. Similarly, pesticide and herbicide-free Hawaiian spirulina contains protein, essential amino acids, vitamins, and naturally chelated minerals. Phycocyanin and chlorophyll both contribute to healthy detoxification and cleansing. This strain of spirulina is also particularly rich in mixed carotenoids and provides antioxidant enzymes, including superoxide dismutase (SOD), for enhanced protection and epidermal immune function. Essential fatty acids contained in spirulina, including gamma linolenic acid (GLA), support smoothness. Combined, these factors optimize the performance of skin functions and help promote invigorated and radiant skin.*

What Is The Source?

This formula contains: vitamin C (ascorbyl palmitate) (corn dextrose fermentation and palm oil); ascorbic acid (corn dextrose fermentation); Alpha lipoic acid (thioctic acid) (synthetic); Green tea extract (leaf) standardized to contain 65% total tea catechins, 23% EGCG, 7% caffeine; Pycnogenol pine bark extract standardized to contain 65-75% proanthocyanins; Pomegranate (Punica granatum L.) extract (whole fruit) standardized to contain 5% ellagic acid; freeze-dried coconut water solids; Hawaiian spirulina (Arthrospira platensis).

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Recommendations

Pure Encapsulations recommends 1 capsule per day, in the morning, with a meal.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Rare reported adverse effects from spirulina are headache, muscle pain and facial flushing.

Are There Any Potential Drug Interactions?

Green tea extract may interfere with the absorption and effectiveness of a number of medications including certain heart, blood thinning, antidiarrheal, and cold or hay fever medications. Pycnogenol may be contraindicated with blood thinning medications or those that affect blood sugar. Consult your physician for more information.

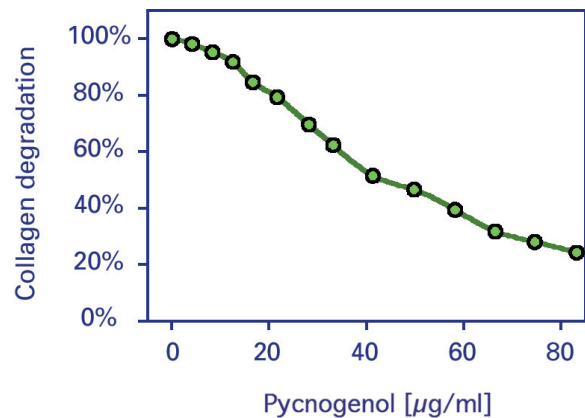
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each vegetable capsule contains

ascorbic acid	100 mg.
alpha lipoic acid (thioctic acid)	100 mg.
green tea extract (Camellia sinensis) (leaf).....	150 mg.
providing:	
total tea catechins 65%	98 mg.
epigallocatechin gallate (EGCG) 23%.....	35 mg.
caffeine 7%.....	11 mg.
pine bark extract.....	30 mg.
(standardized to contain 65-75% proanthocyanins)	20-23 mg.
pomegranate (Punica granatum L.) extract (whole fruit).....	100 mg.
(standardized to contain 5% ellagic acid).....	5 mg.
freeze-dried coconut water solids	150 mg.
hawaiian spirulina (Arthrospira platensis)	125 mg.
vitamin C (as ascorbyl palmitate)	10 mg.

1 capsule per day, in the morning, with a meal.

Pycnogenol® Pine Bark Extract Supports Collagen Integrity



Pycnogenol protects collagen from the enzyme collagenase 1. With increasing amounts of pycnogenol, an increasing percentage of collagen is protected.*