



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



## Soothe & Clear

### What Is It?

Soothe & Clear is a novel complex of nutrients designed to soothe noncystic mild acne, occasional redness and irritated skin. This comprehensive blend of ingredients helps to maintain healthy sebum production and hormone balance, encourage immune defense, provide nutritive and antioxidant support, promote detoxification and digestion, and enhance skin cell renewal.\*

### Uses For Soothe & Clear

**Calms Occasionally Irritated Skin:** Quercetin, considered one of the most bioactive flavonoids, maintains healthy histamine release to provide a skin calming effect. Vitamin C and methylsulfonylmethane (MSM) complement the skin restoring properties of this formula by supporting collagen and connective tissue integrity. Mangosteen, esteemed in southeast Asia as "the queen of the fruits", is believed to contain some of the most superior antioxidant compounds, including gamma-mangostin. It has been shown to maintain healthy histamine release, prostaglandin metabolism and immune function. Shark cartilage provides proteoglycans and chondroitin sulfate, vital building blocks for healthy skin. Studies suggest that shark cartilage and pomegranate, a rich source of polyphenols and anthocyanins, may help maintain healthy angiogenesis balance to help lessen temporary skin redness.\*

**Promotes Skin Clarity:** Zinc is a multifaceted mineral involved in hundreds of enzymatic reactions. It has demonstrated the ability to maintain healthy hormone metabolism, immune function and sebum production. Praventin™ is a bioactive lactoferrin-rich milk protein complex that boosts the body's immune defense and moderates the oxidation of squalene in the skin. In a recent 8-week study, Praventin provided statistically

significant support for lessening blemishes in volunteers, with a median 71% decrease after one month and a 95% decrease after two months. In addition, participants also reported less skin oiliness. Nutrient rich chlorella, the most studied "green food", provides vitamins, carotenoids, minerals, protein and essential fatty acids to nourish skin. It is traditionally celebrated for its cleansing and blood purifying properties, which may be attributed to its potential to neutralize free radicals, stimulate digestion, enhance gut microflora and encourage detoxification. It may also play a role in supporting healthy cAMP activity, a chemical messenger that plays a key role in healthy skin cell physiology.\*

### What Is The Source?

Zinc citrate is derived from the lime of rock and corn dextrose fermentation. Methylsulfonylmethane is synthetically derived. Praventin™ is derived from bovine milk protein and standardized to contain a minimum 80% lactoferrin. Shark cartilage is derived from the spiny dogfish and provides a minimum of 30% protein and 20% mucopolysaccharides. Mangosteen is derived from the fruit rind of the *Garcinia mangostana* L. and is standardized to contain 10% gamma-mangostin. Pomegranate extract is derived from the fruit of *Punica granatum* L. and standardized to contain 5% ellagic acid. Quercetin is derived from rutin, which is primarily obtained from the Brazilian botanical *dimophandra*. Ascorbic acid and vitamin C (ascorbyl palmitate) are derived from corn dextrose fermentation and palm oil.

Praventin™ is a trademark of DMV International

XanoMax™ is a trademark of Renaissance Herbs, Inc.

*(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 2 capsules daily, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Some ingredients may cause gastrointestinal symptoms including diarrhea, nausea, vomiting, dyspepsia, abdominal cramping or constipation. In rare cases, quercetin may cause headaches and mild tingling of the extremities. Rarely, shark cartilage has been reported to cause dizziness, fatigue, edema and hypoglycemia.\*

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Soothe & Clear

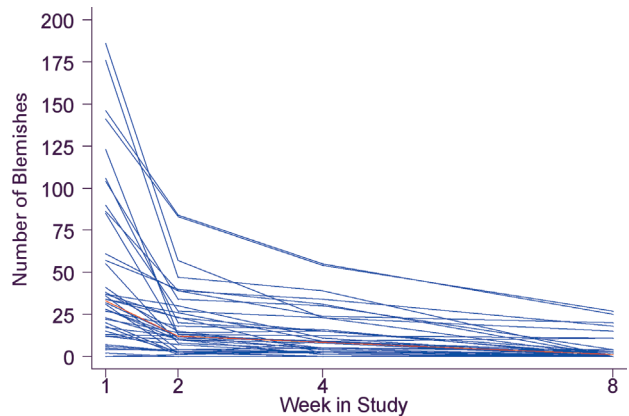
#### two vegetable capsules contain



ascorbic acid .....	200 mg.
zinc (citrate) .....	15 mg.
methylsulfonylmethane .....	200 mg.
milk protein complex (bovine)† .....	200 mg.
(standardized to contain min. 80% lactoferrin) .....	160 mg.
shark cartilage .....	250 mg.
providing (min.):	
protein 30%.....	75 mg.
mucopolysaccharides 20%.....	50 mg.
chlorella pyrenoidosa (cracked cell wall).....	200 mg.
pomegranate (Punica granatum L.) extract (fruit).....	100 mg.
(standardized to contain 5% ellagic acid).....	5 mg.
mangosteen (Garcinia mangostana L.) extract (fruit rind)†† .....	50 mg.
(standardized to contain 10% Gamma-mangostin) .....	5 mg.
quercetin.....	50 mg.
vitamin C (as ascorbyl palmitate).....	20 mg.

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### Praventin™ Milk Protein Complex Reduces the Appearance of Blemishes



Number of blackheads across time for individual subjects (in blue), with median line superimposed (in red).\*