

SKIN

LIGHTENING AND ENHANCING

COMBINATION

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IMPORTANT

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Introduction

It has often been asked if there is some natural way of lightening skin, and reducing wrinkles, skin blemishes and age spots, etc.

The answer is yes there is - a simple combination of "common antioxidant supplements", which can produce significant skin results.

What are the "Common Antioxidant Supplements" in the Combination?

The common antioxidants are Vit C, Vit E, Grapeseed extract, and L-Glutathione

- **Vitamin C** is a water-soluble vitamin which many believe is the single most important supplement that the individual needs. It is an antioxidant which protects the body from free radicals, which may cause heart disease, and cancer, etc. Moreover, in this combination, vitamin C helps to recycle the oxidized glutathione back to its reduced form so that it can continue to act as an additional free radical quencher. Glutathione becomes oxidized and loses its antioxidant properties as it absorbs free radicals in the body.
- **Vitamin E** - acts as an antioxidant, a skin anti wrinkle agent, and a general cell rejuvenator. Regarding the skin, vitamin E makes it softer and younger looking. However, in this combination, vitamin E's main role is cell regeneration.
- **Grapeseed Extract** contains powerful antioxidant components and, in this combination, it is a natural purifier that helps to deep cleanse, lighten, and refine the skin.

- **Alpha-Lipoic Acid** metabolizes excess sugar and carbohydrates; and in this combination it increases the Glutathion level in the body, regulates sebum production (oil gland activity), and firms the skin
- **L-Glutathione** is the reduced form of glutathione, and is considered more effective in skin augmentation (cleansing, purifying, whitening, etc). L-Glutathione is an amino acid with powerful antioxidant properties.

Research suggests that L-Glutathione is an active form that can react to foreign toxins and remove them from the body. Consequently, in this combination, L-Glutathione helps to stimulate the skin and to augment lightening, to reducing skin blemishes, and to reduce age spots, etc.

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Effecting Skin Lightening

How long does it take, using the combination, to see visible effects on the skin?

The response to the combination varies from individual to individual; however, researchers have noted the following time scales of noticeable lightening:

- Medium Brown Skin: 1 - 3 Months
- Dark Brown Skin: 3 - 6 Months
- Very Dark Skin: 6 - 12 Months
- Black Skin: 2 - 3 Years or More

Skin Benefits Using the Combination

Researchers and studies suggest that the combination can be of benefit as follows:

- Anti-wrinkle
- Bikini line will lighten
- Enhances wound healing
- Heals dark spots caused by acne
- Helps in delaying the signs of aging
- Helps the skin to stay supple, smooth, fresh, and radiant
- Helps to heal skin ulceration
- Helps to prevent pimples
- Helps with anti-aging
- Lightens dark spots
- Lightens the skin
- Lips will become more "pinkish" (melanin pigments blocking the lips decrease)
- Nourishes the skin
- Removes blemishes and pigmentations
- Underarm area will lighten
- Uniformly smoothens and whitens the skin all-over
- You will be fairer and skin is glowing

Other health benefits of the combination include:

- Augments cancer prevention and treatment
- Augments the immune system
- Combats chronic fatigue
- Helps improve blood flow to nerves
- Helps reduce incidence of cataracts
- Helps to build muscle - especially for body builders
- Helps to correct hormonal imbalance for women
- Helps to treat allergies
- Helps to treat asthma
- helps when the individual has been exposed to chemicals/pesticides
- Helps with the recovery from damage caused by excessive alcohol consumption
- Helps with the recovery from damage caused by smoking
- Increases sperm count for men with low sperm counts
- Promotes anti-aging by helping in the breakdown of oxidized fats
- Protection of individual cells, tissues of arteries, brain, heart, immune cells, kidneys, cornea, liver, lungs, and skin against oxidant damage
- Specifically protects the liver by helping the liver remove toxins, including heavy metals like lead and mercury

Glutathione Benefits

Low glutathione levels are found in immune-compromised individuals, neuro-degenerative diseases such as multiple sclerosis, ALS, Alzheimer, and Parkinson's disease, arteriosclerosis, male infertility, pregnancy complications, cataracts, damage from many allopathic/pharmaceutical drugs, cancer, and poor survival rate for patients with AIDS. High levels of Glutathione appear to protect against the dangers of cancer, heart disease, premature aging, autoimmune disease and chronic illness

Glutathione Toxicity

Regarding glutathione, no toxicities, or suspected toxicities have been noted.

Suggested Dosage in Combination

The following may be taken up to 3 x daily after meals:

- Vitamin C - 1,000 mg, timed release (with rose hips if possible)
- Vitamin E - 100 iu
- Grapeseed Extract - 50 mg
- Alpha-Lipoic Acid - 100 mg
- L-Glutathione - 500 mg



Contraindications

None - except for use during some forms of allopathic chemotherapy and radiation treatment where antioxidants should not be used because of their inhibition of the free radical formation, which may be part of the chemotherapy process.

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