

Products

Creator of the Advanced Nutrition Programme™



By keeping the body's chemistry in balance and ensuring optimum levels of nutrients in the diet, you can achieve a healthy, radiant complexion and overall wellbeing.

I created the Advanced Nutrition Programme™ in 2005 as a complete professional nutritional system of healthy eating and appropriate supplementation only available in salons, spas and clinics. These formulas and recommendations are based on my thirty years of research in this field, tried and tested on over a hundred thousand people. The resulting range represents the 'Rolls Royce' of supplements. I believe it provides no more or less than perfection in terms of the likely ideal intake of all nutrients, from antioxidants to essential co-factors for healthy skin and energy production, supported by a good diet.

No single nutrient holds the key to healthy, youthful skin. It is the combination of vitamins, minerals and many other nutrients, working together, that create and maintain healthy skin cells. Hence, the range offers a simple building block approach to supporting a healthy balanced diet and lifestyle. Each product is designed to work and balance with others in the series. This means that a client with dry skin, for

example, who wants better hydration and to build collagen, can add targeted products to their foundation supplement.

Diet and supplementation plays a major role in creating healthy skin, hair and nails. By stocking the Advanced Nutrition Programme™ you can offer your clients a holistic approach which enhances the effects of their skincare routine from the inside as well as helping to promote radiant health and vitality.

PATRICK HOLFORD

Founder of the Institute for Optimum Nutrition

Director of Food for the Brain Foundation



Advanced Nutrition Programme™

Good skincare starts from within

When it comes to healthy skin, what you put inside the body can be as important as what you apply topically. The Advanced Nutrition Programme™ has been formulated by renowned nutrition expert Patrick Holford, and is a **cutting edge, salon-only nutritional system that supports skincare regimes**. This premium range of nutraceuticals is designed to provide optimum daily amounts of vitamins, minerals and other vital elements to support a healthy lifestyle and to help maintain a **glowing complexion**. It works **in harmony with other vital products to give a holistic approach to skincare**.

In recent years the nutritional profile of food has changed and it is not always possible to obtain optimum levels of nutrition from our daily diet. High-quality supplements can have a role to play in helping to ensure the correct daily intake and supporting a **healthy, radiant complexion**.



Unique, break-through formulations

The Advanced Nutrition Programme™ contains only **the finest ingredients**. There are no artificial colours, flavourings or sweeteners and where possible only the most natural components are used. Our fish oil is scrupulously screened for pollutants and nutrients are provided in forms that the body can easily absorb. This approach is extended to the whole product range to ensure supplements of the **highest quality and purity**.

The Advanced Nutrition Programme™ is divided into two categories.

The Skin range contains carefully selected ingredients to help the skin maintain its health and vitality. Problems like dryness, excess oil, congested skin and the signs of premature ageing may benefit from targeted supplements

The Wellbeing range The Wellbeing range is packed with vitamins and minerals that work together to support optimum health. Weight, digestion, the immune system and general health may all be supported by effective nutrition and supplementation.

Skin range

Scientifically formulated nutraceuticals are at the cutting edge of skincare and can be as important as what you apply topically. The Advanced Nutrition Programme™ skin range contains carefully selected ingredients to help skin maintain its health and vitality. Problems like dryness, excess oil and the signs of premature ageing may benefit from targeted supplementation.



Skin Collagen Support

This is a synergistic complex of vitamins and plant extracts providing building blocks for collagen. Contains vitamins A, C, and D, plus powerful antioxidants hesperidin, rutin and grapeseed extract which help protect collagen, so helping sustain the integrity of connective tissues. Best when combined with Skin Vitality 1, Skin Vitality 2 or Pro-Vitality.



Skin Defender

An antioxidant complex to support skin exposed to sunlight. In addition to key vitamins and minerals that make up antioxidant enzymes, this supplement contains a variety of herbs and plant extracts to help nurture healthy skin: while encouraging cell renewal. Best when combined with Skin Vitality 1, Skin Vitality 2, or Pro-Vitality



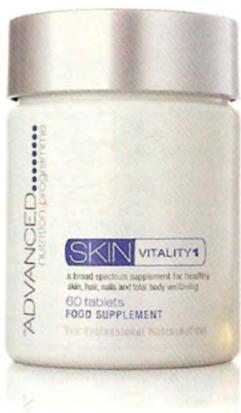
Skin Vit C

This supplement combines 500mg of vitamin C per tablet with plant extracts to support healthy skin. Vitamin C, a key antioxidant that supports and protects collagen, is combined with calcium to make it gentler on the stomach. The citrus bioflavonoids hesperidin and rutin play a role in maintaining the strength and integrity of capillaries and blood vessels.



Skin Vitality 2

Four supplements containing vitamins, antioxidants, minerals, fatty acids, herbal extracts, bioflavonoids and co-factors. This combination is recommended for all adults as a base line dietary support to ensure adequate levels of nutrients which support a healthy mind and body while promoting vitality. It also provides essential nutrients needed for healthy skin, hair and nails.



Skin Vitality 1

A one a day multivitamin comprising B vitamins key for energy production and minerals which are important constituents of muscles and collagen. Includes antioxidants to fight free radicals, plus plant extracts bilberry and lutein which play a role in maintaining the strength of connective tissue. Suitable for adults and designed as a foundation supplement to be used in conjunction with Skin Vit C, Skin Omegas, Skin Collagen Support and Skin Defender.



Skin Omegas

Combination of omega 3 and omega 6 fatty acids to support skin integrity and health. Borage oil is one of the richest sources of GLA. The fish oil provides EPA, DHA, DPA and is made with PureMax™, an advanced purification and concentration technology which also contains protective antioxidant tocopherols. DPA is a highly flexible essential fatty acid that can convert to either EPA or DHA.

Wellbeing range



Vitamin C Plus

This complex provides 1000mg of vitamin C plus 500mg of citrus bioflavonoids, known to assist the function of vitamin C in the body.

Glutamine Powder

The amino acid glutamine is the primary fuel of the digestive system and of the immune system, making this an ideal supplement for anyone at demanding times or during convalescence. Glutamine can also be used as a fuel by brain cells and is stored in muscles. It may also be helpful taken between meals as an aid to appetite management. This slightly sweet powder can be stirred into drinks or sprinkled on food.

Probiotics

A probiotic powder of beneficial bacteria to aid digestion and help support the immune function of the gut. Can be sprinkled on food and is ideal for children or adults who don't like swallowing capsules. Useful after infection or antibiotic usage (which deplete the body's store of probiotic bacteria). or as a daily supplement to support health.

Omega 3 Fish Oil

A fish oil blend that is rich in EPA and DHA, the two key omega 3 essential fatty acids important for the maintenance of a healthy heart and arteries, brain function and supple joints. This oil is scrupulously screened for PCBs and other pollutants to ensure maximum purity.

Joint Support

Designed for people who consider maintenance of supple and flexible joints and muscles important, particularly the elderly and heavy exercisers. Contains a blend of nutrients and building blocks that form an important part of the structure of healthy cartilage, tendons and ligaments.

Metabolic Support

Nutritional support for those following a weight loss plan in conjunction with a calorie controlled GL diet and exercise regime. Combines important vitamins and nutrients which play a role in the body's natural management of fats and carbohydrates.



Digest Pro

A blend of (vegetarian) enzymes and herbal extracts to help maintain healthy digestive function including the key enzymes protease (breaks down protein), amylase (breaks down carbohydrate) and lipase (breaks down fats), plus lactase, the enzyme that digests lactose. Can be helpful during times of everyday stress or convalescence, and for those experiencing poor appetite and digestive problems.

Nail Science

This innovative complex contains key ingredients including biotin, calcium and zinc which provide specific benefits to nails and support healthy, strong growth.

Pro-Vitality Formula

A broad spectrum supplement containing vitamins, antioxidants, minerals, fatty acids, phospholipids, herbal extracts, amino acids, bioflavonoids and co-factors. It is recommended for all adults as a base line dietary support to ensure adequate levels of the nutrients required to support a healthy mind and body and promote vitality.

Food Intolerance Test

Food intolerances can underlie many health and skin problems. This unique test is the quick way to determine whether or not symptoms could be food related.

Pregnancy Pack

This supplement trio has been formulated for women to take during and after pregnancy, as well as for those who are planning to start a family. The pack contains a wide range of vitamins and minerals to help give your child the best start in life.

Sun Pack

A trio of supplements designed to protect the skin against sun exposure. Strong UV radiation breaks down collagen, generates free radicals and damages DNA, all of which result in premature ageing, so it's important to protect skin from the inside as well as topically

What the press say...

One client attested to the power of regular supplementation with Advanced Nutrition Programme™'s skin Vitality 2, a four-pill combination of scientifically proven nutrients. She saw improvements in her skin's texture and her nails became stronger. She didn't develop coughs and colds as regularly and her energy levels improved.

Vitality Magazine

Been on every diet under the sun but still can't shift those extra pounds? There's light at the end of the tunnel with Digest Pro capsules, a digestive enzyme supplement to assist with weight loss and reduce bloating. These new capsules offer a solution, assisting with the absorption of essential nutrients and vitamins.

Spa Secrets

The Advanced Nutrition Programme™ has selected a balanced combination of natural ingredients aimed at supporting nail growth and condition. The key ingredients in Nail Science include biotin, calcium, horsetail and specially selected vitamins and minerals which research has shown provide specific benefits for nails.

Cosmetic News

The nutricosmetics hype is well worth keeping your eyes (and mouth) open for. 'Diet and exercise are key, but skin is the last organ in our or bodies to get nutrients and these pills give you a boost that makes all the difference.'

Lorraine Perretta, commenting in the News of the World

Give clients the chance to show off beautiful nails to go with their perfect manes with Nail Science from the Advanced Nutrition Programme™ which is designed to keep talons in tip-top condition.

Hairdressers' Journal International