

Why do the **antioxidants** in fruit differ? Maybe its a hint we can gain from nature that it is best to eat a variety of fruits and not limit ourselves to a few to gain maximum benefit for our body. Thanks to science, these antioxidants have been identified and have wide ranging benefits from anti-ageing properties to immune health.

### Watermelon

Very useful in removing blemishes, watermelon is rich in Vitamins A, B and C which keep the skin fresh, hydrated and protected. The acids in the fruit exfoliate while Omega 6 and 9 (essential fatty acids), derived from the watermelon seed, hydrate the skin and restore elasticity. Watermelon extract protects skin cells against daily stress induced by UV light and free radicals. Reduces the breakdown of DNA in human skin cells. In vivo tests on humans have shown that watermelon extract protects the DNA up to 25 %. Reduces erythema after UV exposure.

**DermaFix MelanoDerm** - Pigment reducing complex: contains a unique skin lightening complex including watermelon extract.

### Broccoli for sunscreen

All our bodies are composed, primarily, of five basic elements: oxygen, hydrogen, nitrogen, carbon and sulphur.

Sulphur being one of the most abundant and essential minerals in the body is, unbelievably, one of the least researched.

Sulphur is necessary for: the formation of collagen, keratin and elastin. Sulphur builds disulphide bonds that hold together the body's physical structure and tissues thereby helping to maintain their flexibility and elasticity. Maintaining cell membrane permeability, allowing cells to absorb nutrients and expel waste properly.

According to scientists, broccoli contains a chemical called sulphoraphane, which activates cancer-fighting enzymes inside cells. Researchers say the richest source of sulphoraphane is contained in sprouts. In a demonstration of the plant's anti-cancer properties, investigators smeared broccoli sprout extract on the skin of six volunteers for three days, and then exposed them to high doses of ultraviolet radiation, which we all know is the leading cause of skin cancer. They found there was an average 37 percent less redness and sunburn in the patches covered by broccoli extract.

**DermaFix MSM** - 99.9% pure organic sulphur (Methyl-Sulphonyl-Methane) tackles the underlying problems that participate in the onset of melasma. MSM is a natural hormone balancer, a tyrosinase inhibitor, as well as a powerful antioxidant.

### Pomegranate

This ancient fruit has been found to have a variety of beneficial health effects secondary to its high level of antioxidants which can help to prevent cell damage. Now you can add positive effects on skin ageing to the list of pomegranate's amazing properties.

It also appears to play a positive role in the repair of skin damaged due to sun exposure. Extracts of pomegranate are thought to exert their positive effects on skin ageing by extending the life of fibroblasts, the cells responsible for producing collagen and elastin. Pomegranate contains many phytochemicals with antioxidant action, such as Ellagic Acid. Ellagic Acid has anti-carcinogenic and anti-inflammatory activity. Ellagic acid can help suppress UV induced skin pigmentation. This effect is caused by the inhibition of proliferation of melanocytes and melanin synthesis.

**DermaFix Brightening Toner** - Pomegranate Extract boosts collagen production and Raspberry Extract refines the skin.



## DermaFix Brightening Kit

The new Brightening Kit formula incorporates some of the latest and most cutting edge skin lightening technologies. The new formula not only works to brighten the overall complexion, but also lightens the appearance of age spots, liver spots, freckles, sun damage, melasma, acne marks, old scars and skin discolorations.

#### AM REGIME

**Brightening Exfoliant:** Organic enzyme rich powders, micro-exfoliates and cleanses the skin, leaving it noticeably smoother and brighter.

**Brightening Day – SPF 30:** This light, non greasy, SPF 30 sunscreen provides protection against the sun's damaging UVA and UVB rays along with continuous moisturisation.

#### PM REGIME

**Brightening Cleanser:** Brightening Cleanser is composed of actives, which block melanin production reducing the appearance of pigmentation.

**Brightening Night:** Brightening Night Cream is a highly effective treatment which inhibits the formation of melanin as well as combating oxidative stress.

**Retail Kit x 4 Products =**

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Special Introductory Price**

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Closing 15 December 2009  
Re-open 11 January 2010  
Last day for outlying orders  
14th December.

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Kits are ideal as an introductory hyper-pigmentation treatment programme, as a Christmas gift and for traveling, all at an affordable price.

The kit comprises of  
30 ml - **Brightening Day**  
30 ml - **Brightening Night**  
50 ml - **Brightening Cleanser**  
25 g - **Brightening Exfoliant**

