



NOW GORGEOUS
INSIDE
AND
OUT[™]

ADVANCED
NUTRITION
PROGRAMME[™]



BEAUTY MAY ONLY BE SKIN DEEP,
BUT WE BELIEVE IT STARTS A
LITTLE DEEPER THAN THAT.

SYMBOL KEY



DAIRY
FREE



GLUTEN
FREE



VEGAN



VEGETARIAN



HALAL

OUR CORE VALUES



INNOVATE

We innovate. We challenge. Our products are developed using leading research from around the world, which is used to guide our formulations.



INTEGRITY

We are proud of our products, our partners and our staff. We only form partnerships with suppliers we trust, exceeding industry standards in quality, testing and manufacturing processes.



QUESTION

We question. We grow. By continually pushing boundaries and the norm, we lead the way in internal beauty.



THINK FURTHER

We are an environmentally conscious company, always learning and aiming to reduce our impact on the world around us.

SKIN RANGE

BEAUTIFUL SKIN STARTS FROM WITHIN

Our Skin Range is the first step to ensuring an effective skincare programme with scientifically formulated supplements to help address skin concerns and support overall skin health.



SKINCARE BOXES

A NEW CONCEPT IN BEAUTY SUPPLEMENTATION

Designed to help you take the guesswork out of nutrition. Choose from three skincare boxes, each containing 28 convenient daily beauty pods. Each box is designed with specially selected supplements to support your individual beauty needs. The perfectly balanced ingredients are presented in unique, environmentally responsible packaging from ethical suppliers who share our concern for the environment.

SKINCARE SELECT



Our most popular skin solution containing Skin Vit A+, Skin Antioxidant and Skin Omegas+. Skincare Select focuses on supporting healthy skin*, helping to reduce fine lines and wrinkles, improve skin elasticity and replenish hydration from the inside.





SKINCARE PLUS



Skincare Plus is the next step up from Skincare Select. It contains all the foundation supplements for healthy skin* - Skin Vit A+, Skin Antioxidant and Skin Omegas+, as well as Astaxanthin, a powerful antioxidant, and Biotin to support healthy hair*. This pack is the perfect choice for those looking for glowing skin, flowing hair and nourished nails.

SKINCARE ULTIMATE



Skincare Ultimate is our gold standard skincare box. It contains everything in Skincare Plus for healthy skin and hair* – Skin Vit A+, Skin Antioxidant, Skin Omegas+ and Astaxanthin with Biotin. With the addition of CoQ10 and Pine Bark Extract, Skincare Ultimate helps to improve skin smoothness and even out overall skin tone for a bright, radiant complexion.



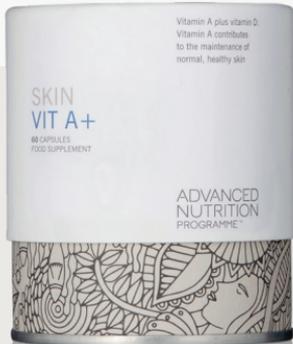
SKIN COMPLETE

RESTORE SKIN HEALTH



Skin Complete brings together two premium supplements – Skin Vit A+ and Skin Antioxidant – crammed with vitamins A and D as well as a multitude of antioxidants to help rejuvenate and renew the skin from the inside. This super duo helps to minimise fine lines and signs of photodamage while safeguarding the skin from environmental stressors such as pollution.

Available in 120 and 240 capsules.



SKIN VIT A+

SKIN'S SUPER NUTRIENT



Vitamin A is the ultimate skin nutrient and is a staple skincare supplement suitable for all skin types. It encourages skin cell renewal and helps to restore skin's health*. Our Skin Vit A+ supplement goes one step further, we've added vitamin D which plays an important role in bone and muscle health and in supporting the immune system*.

Available in 14 and 60 capsules.



SKIN ANTIOXIDANT

SAFEGUARD SKIN FROM THE ENVIRONMENT



Our Skin Antioxidant contains seven super phytonutrients taken directly from nature's garden. Just as plants need antioxidants to protect them from overexposure to light, skin also needs protection, as any source of light, even artificial light may create damaging free radicals.

Available in 14 and 60 capsules.

SKIN ACCUMAX™

PROBLEM SKIN



Problem skin can often be a reflection of an internal imbalance, so it makes sense to target the source from the inside. Skin Accumax™ contains our patented, highly active plant compound, DIM, combined with additional ingredients including vitamins A, C and E which work from within to clarify and clear skin naturally. It targets all areas of affected skin such as the chest, back and shoulders as well as the face.

Available in 60, 120 and 180 capsules.



— BEFORE AND AFTER —



“Skin Accumax™ has made a huge difference to my complexion. People have really started to notice and I’m so happy. It has really boosted my self-esteem and I can’t thank you enough.”

Katie, USA

WHY IS SKIN ACCUMAX™ SPECIAL?



NO CHEMICALS

Skin Accumax™ helps to address problem skin from the inside-out. It won't cause dryness or flakiness and doesn't contain harsh chemicals.



ACTIVE INGREDIENTS

Skin Accumax™ contains key ingredients for people prone to problem skin.



ONE OF A KIND

The formulation contains a ground breaking ingredient that has been granted a patent. There's no other product like Skin Accumax™.

— BEFORE AND AFTER —



SKIN OMEGAS+

PURE SKIN HYDRATION



The natural oils in your skin help to keep it healthy and hydrated but factors like age, diet, pollution and changes in temperature may cause dryness.

Our Skin Omegas+ contain omegas 3 and 6 that work from the inside to lock in moisture for a smooth, plump complexion. Formulated with vitamin A, a key ingredient for skin health*, this skincare supplement is the perfect companion to a topical skincare regime.

Available in 20, 60 and 180 softgels.



“I have been taking Skin Omegas+ since November 2014 for my excessively dry skin. It has completely changed my skin! Everyone has noticed the improvements and tells me how much better my skin looks. I feel so much more confident in myself and comfortable in my skin.”

Beth, Tunbridge Wells

BEFORE AND AFTER





SKIN COLLAGEN SUPPORT

COLLAGEN COMPANION



It's a fact that as we get older our skin loses elasticity and our natural collagen production slows down. Suddenly, our skin sags and wrinkles become more visible. Skin Collagen Support contains essential nutrients that are the key building blocks for collagen formation* which in combination with vitamin A, helps to maintain skin's elasticity.

Available in 14 and 60 capsules.



SKIN VIT C

THE C-FACTOR

Vitamin C contributes to collagen formation and normal blood vessel health*. The added bonus? Vitamin C can help protect cells from environmental factors.

Available in 60 capsules.



SKIN COLLAGEN PLUS

OPTIMISE YOUR SKIN'S
COLLAGEN



Skin Collagen Plus is packed with all the same nutrient goodness of Skin Collagen Support but with extra vitamin C. Vitamin C is nature's prime collagen forming, radiance boosting nutrient*. Skin Collagen Plus delivers a double impact of vitamins and nutrients to help smooth lines and wrinkles.

Available in 120 capsules.



SKIN PURE

SKIN DETOX

The liver is the body's main detoxifying organ. Research has shown that liver function can affect your overall health which may be reflected in your skin's appearance. The hero ingredient is choline which supports normal liver function*. It also contains biotin and B vitamins which help maintain healthy skin and hair*.

Available in 60 capsules.

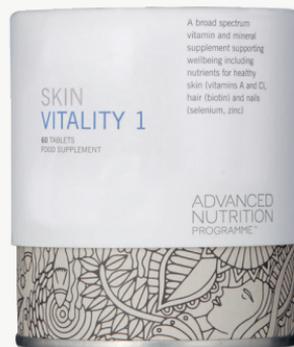


SKIN VITALITY 1

THE ALL ROUNDER 

This broad spectrum supplement includes vitamins and minerals involved in the maintenance of healthy skin, hair and nails including biotin, selenium and zinc*. Pair Skin Vitality 1 with your skin specific supplements for an even more effective solution.

Available in 14 and 60 tablets.

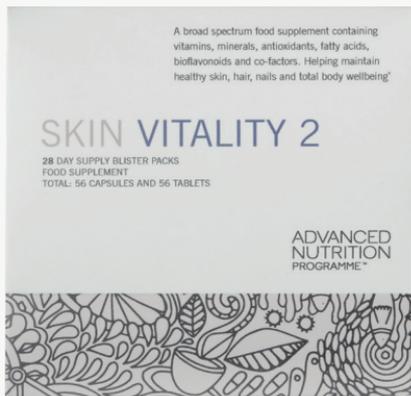


SKIN VITALITY 2

SKIN MULTI PLUS  

Make your daily routine easy with Skin Vitality 2. Each daily blister strip contains four supplements including a broad spectrum multivitamin, antioxidants, omega 3 and 6 fatty acids plus special nutrients for maintaining overall wellbeing*.

28 day supply blister packs.



WELLBEING RANGE

HEALTHY ON THE INSIDE AND OUTSIDE

Our wellbeing range works alongside a healthy, balanced diet. Each product contains the purest ingredients. Personalise your supplement programme, with a multivitamin formula and a wellbeing supplement, where you need a little extra support.





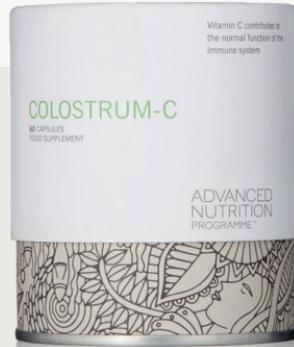


VITAMIN C PLUS

IMMUNITY MATTERS    

Vitamin C is an important antioxidant which contributes to the normal function of the immune and nervous systems*. It can contribute to energy metabolism, protect from oxidative stress and reduce fatigue*. Each tablet contains 1000mg of vitamin C together with 500mg of bioflavonoids.

Available in 60 tablets.



COLOSTRUM-C

NATURAL ANTIBODIES   

Colostrum is a natural product which contains immunoglobulin (IgG) - the most common antibody found in the body. Antibodies are an important part of your immune system helping to fight infection. Colostrum also contains vitamin C which contributes to the normal function of the immune system*. Combine Colostrum-C with Vitamin C Plus.

Available in 60 capsules.

METABOLIC SUPPORT[^]

WEIGHT MANAGEMENT SUPPORT



Our expert nutritionists have combined Garcinia Cambogia Fruit, Chromium and B vitamins to give extra nutritional support. Chromium helps maintain normal blood glucose levels* and B vitamins help your body use the energy from foods efficiently*.

Available in 60 tablets.

[^] Not available in Republic of Ireland





NAIL SCIENCE

NAIL LOVE    

Our team of nutritionists have blended key nutrients such as zinc, biotin and copper to help support healthy, strong nails*.

“I’m really pleased with the condition of my nails. I’ll definitely keep taking Nail Science.”

Kathy, Buckinghamshire

Available in 60 capsules.

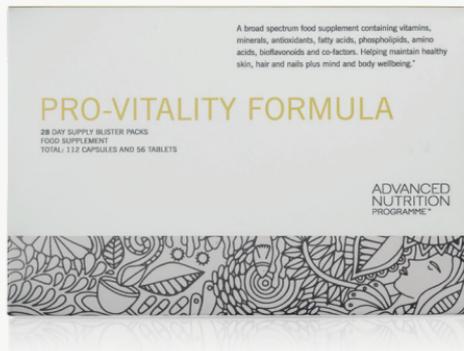


PRO-VITALITY FORMULA

BODY NUTRIENT BOX 

Pro-Vitality Formula is a super combination of nutrients. Each convenient daily blister strip contains 6 top-of-the-range supplements expertly formulated in a specific ratio to provide vitamins, minerals, amino acids and essential fatty acids to help support healthy heart, brain, muscles, bones and energy levels*.

28 day supply blister packs.





GLUCOSAMINE PLUS

KEEP ACTIVE  

Don't let your joints get you down. Support your mobility and stay active with Glucosamine Plus. This superior formula is enriched with MSM, zinc and is combined with vitamin C to help maintain normal bones and connective tissue*.

Available in 90 tablets.



OMEGA 3 FISH OILS

HEARTS AND MINDS



The Advanced Nutrition Programme™ Omega 3 supplement contains important fatty acids EPA and DHA, which support heart and brain health*. These premium capsules use fish oil filtered and concentrated by PureMax™ and are among the highest quality on the market.

Available in 60 softgels.



PEAK PERFORMANCE DIGESTION

Enzymes play an important role in helping you break down your food. A happy digestive system keeps you at your best.

DIGEST-PRO



Digest Pro is a special blend of digestive enzymes and herbal extracts such as fenugreek, ginger and fennel.

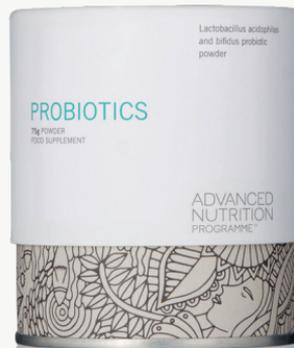
Available in 120 capsules.

PROBIOTICS



This great-tasting probiotics powder contains a special ratio of Lactobacillus Acidophilus and Bifidus cultures. Simply sprinkle over food or mix into a drink.

Available in 75g powder.



GLUTAMINE POWDER



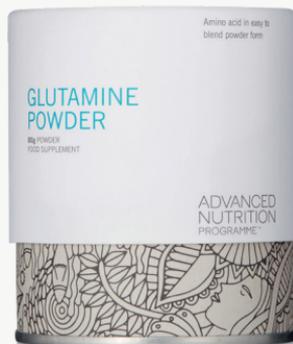
Glutamine is the most common amino acid created by your body. Amino acids are the building blocks of protein and play a crucial part in almost all biological processes. Like Probiotics, our Glutamine Powder can be sprinkled over your food or mixed into your drinks.

Available in 80g powder.

FOOD INTOLERANCE TEST[^]

When you have a food intolerance, your body produces chemicals called antibodies which can cause uncomfortable symptoms such as bloating, aches, problem skin and fatigue. This test is your first step to discovering if food might be a trigger.

[^] Not available in Republic of Ireland



* EUROPEAN FOOD SAFETY AUTHORITY - AUTHORISED HEALTH AND NUTRITION CLAIMS

BIOTIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system.

Contributes to normal macronutrient metabolism and to the maintenance of normal hair and skin.

CALCIUM

Contributes to normal energy-yielding metabolism. Also contributes to normal blood clotting, muscle function, neurotransmission and to the function of digestive enzymes. It plays a role in cell division and specialisation and is needed for the maintenance of normal bones and teeth. It helps to reduce the loss of bone minerals in post-menopausal women.

Low bone density is a risk factor for osteoporotic bone fractures.

CHOLINE

Contributes to normal homocysteine metabolism and to normal lipid metabolism. Also contributes to the maintenance of normal liver function.

CHROMIUM

Contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

COPPER

Copper contributes to the maintenance of normal connective tissues and to normal energy-yielding metabolism. It contributes to normal functioning of the nervous system.

DHA/ EPA

Both EPA and DHA contribute to the maintenance of normal blood pressure and to the normal function of the heart.

DHA contributes to the maintenance of normal blood triglyceride levels, normal brain function and to the maintenance of normal vision. Maternal intake also contributes to the normal development of the brain and eye of the foetus and of breastfed infants.

FOLIC ACID

Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.

IODINE

Contributes to normal cognitive function and normal energy-yielding metabolism. It contributes to the normal functioning of the nervous system and to the normal production of thyroid hormones and normal thyroid function. Also contributes to the maintenance of normal skin.

IRON

Contributes to normal cognitive function and to the normal function of the immune system. It plays a role in the process of cell division. It contributes to the formation of red blood cells and haemoglobin and to normal oxygen transport in the body. Also contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.

MANGANESE

Contributes to normal energy-yielding metabolism, the maintenance of normal bones and the normal formation of connective tissue. Also protects cells from oxidative stress.

MAGNESIUM

Contributes to the reduction of tiredness and fatigue. Also contributes to electrolyte balance and normal energy-yielding metabolism. It contributes to the normal functioning of the nervous system, normal muscle function, protein synthesis and to the maintenance of normal bones and teeth. It also plays a role in the process of cell division.

MOLYBDENUM

Contributes to normal sulphur amino acid metabolism.

NIACIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system. Protects cells from oxidative stress and contributes to the reduction of tiredness and fatigue. Contributes to the maintenance of normal skin.

PANTOTHENIC ACID

Contributes to normal energy-yielding metabolism. It contributes to normal mental performance and to the reduction of tiredness and fatigue. It also contributes to normal synthesis and metabolism of steroid hormones, Vitamin D and some neurotransmitters.

RIBOFLAVIN

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system. Maintains normal red blood cells, mucous membranes and skin. Contributes to the maintenance of normal vision and metabolism of iron.

SELENIUM

Contributes to the maintenance of normal hair and normal nails. Also contributes to the normal function of the immune system and to normal thyroid function. It protects cells from oxidative stress.

THIAMINE

Contributes to normal energy-yielding metabolism as well as normal functioning of the nervous system and heart.

VITAMIN A

Maintains normal skin and vision. Also contributes to the normal function of the immune system and plays a role in the process of cell specialisation.

VITAMIN B12

Contributes to normal energy-yielding metabolism as well as normal functioning of the immune and nervous systems. Also contributes to normal homocysteine metabolism and to normal red blood cell formation. It plays a role in the process of cell division and contributes to the reduction of tiredness and fatigue.

VITAMIN B6

Contributes to normal energy-yielding metabolism, the normal functioning of the immune and nervous systems and to the formation of normal red blood cells.

Contributes to normal homocysteine, protein and glycogen metabolism. Also contributes to the reduction of tiredness and fatigue. Vitamin B6 also contributes to the regulation of hormonal activity.

VITAMIN C

Maintains the normal function of the immune and nervous systems. Contributes to normal collagen formation for the normal function of skin. Also contributes to normal energy-yielding metabolism. Protects cells from oxidative stress and contributes to the reduction of tiredness and fatigue.

VITAMIN D

Contributes to the normal absorption of calcium and phosphorus and contributes to the maintenance of normal blood calcium levels. Also contributes to the maintenance of normal bones and teeth as well as the maintenance of normal muscle function.

VITAMIN E

Protects cells from oxidative stress.

VITAMIN K

Maintains normal bones as well as normal blood clotting.

ZINC

Contributes to normal DNA synthesis, normal fertility and reproduction, normal immune system function and normal cognitive function. Contributes to normal acid-base and carbohydrate metabolism. Zinc also contributes to normal macronutrient, fatty acid and vitamin A metabolism. It contributes to normal protein synthesis while it maintains normal bones, hair, nails and skin. It maintains normal testosterone levels in the blood, maintains normal vision. It protects cells from oxidative stress and plays a role in the process of cell division.

Founder and MD, Advanced Nutrition Programme™, David Alpert, observed: “I am personally saddened and concerned by the disastrous effect that plastic has on our increasingly fragile eco-system. As a keen diver and marine photographer, I am particularly appalled by the impact on our oceans.

I believe every business can implement changes that will make a difference. We have invested in completely eliminating plastics from our range of products. Our Advanced Nutrition Programme™ brand now represents a philosophy that is both good for the skin and good for the planet. **THE WAY IT SHOULD BE**”.





ADVANCED NUTRITION PROGRAMME™

For more information about our skincare supplements
or to find a local stockist contact us on:

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