

# HELLO!

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Marion Cotillard

# Inside job

Edible beauty products promise to let you sip and snack your way to prettier skin

Moisturizer and foundation are two ways to combat the march of time. But a wide range of ingestible skin supplements – available in soft gels, powders, drinks and, yes, even candies – aim to fight aging from the inside out. “Nutracosmetics contain isolates from food that have been shown to improve the skin,” explains Corina Crysler, a Toronto-based nutritionist and executive director

of Isocell North America, the creators of Glisodin Skin Nutrients. “If you’re only using topical creams, you’re just treating the upper layer of your skin, not the lower dermis where skin functions happen on a cellular level.” Toronto dermatologist Dr. Fred Weksberg points out, however, that the skin-care benefits of supplements have yet to be independently proven. “There are a lot of factors

involved in absorption,” he says, adding, “we have no way of measuring what reaches the skin and if improvements are the result of the products.” Still, those in search of beauty tips may want to learn more. After all, if French women have been incorporating nutracosmetics into their routines for decades, maybe supplements are the *je ne sais quoi* behind their effortless beauty?



BeautyScoop, about \$99 for a 21-day supply, [www.beautyscoop.com](http://www.beautyscoop.com)

## WRINKLE CURE

According to Corina, women who are just starting to see wrinkles – the result of a youth spent out in the sun without sunscreen – will benefit the most from nutracosmetics. Bad eating habits, stress, lack of sleep, smoking and pollution also register on the skin. To help with fine lines from dehydration, look for products packed with essential fatty acids (omegas 3, 6 and 9) and hyaluronic acid. Vitamin C will help to rebuild collagen, while antioxidants that boost photo-protection (resistance to sun damage) – such as lycopene – work to protect the skin.

Nuvocare Ageoff NutriCosmetic Pill, \$56.99, Murale, [www.nuvocare.com](http://www.nuvocare.com)



Imedeen Time Perfection, \$95 for 60 tablets, select pharmacies, spas and dermatology clinics, [www.nordicselfcare.com](http://www.nordicselfcare.com)

Glowelle Beauty Drink in Natural Raspberry Jasmine, about \$7.25 each, [www.amazon.com](http://www.amazon.com), [www.glowelle.com](http://www.glowelle.com)



Glisodin Skin Nutrients Skin Brightening Formula, \$80 for 60 softgels, [www.glisodin-skin.com](http://www.glisodin-skin.com)



## SPOT BE GONE

Ingredients that inhibit the enzyme that kick-starts hyperpigmentation are the key to fading age spots. Citrus bioflavonoids like lemon balm are the star choice. Blotchy redness caused by inflammation from too much sun or pollution can be soothed with a helping of coenzyme Q10 and borage seed oil, which also helps to reduce redness after esthetic medical treatments. If acne is your challenge, look for products that contain green-tea extract and omega-3 fatty acids derived from wild fish oils. Both ingredients help to reduce inflammation and inhibit sebum production.



Borba Skin Balance Gummi Bear Boosters, about \$21 for 90 gummi bears, [www.borba.com](http://www.borba.com)

Newtree Renew Rejuvenating Bars, \$5.89, [www.newtree.com](http://www.newtree.com)



## MOISTURE BOOST

Here's another reason to love chocolate! Cocoa contains flavonoids that help improve dermal blood circulation and increase hydration for plumper-looking skin. Other naturally hydrating ingredients in some supplements include sea buckthorn berry oil and krill, which is said to have all the benefits of fish oil with the added bonus of photo-protection. No matter what beauty supplements you choose, be sure to take them at meal times to help with absorption.

Genuine Health Healthy Skin Chocolate Soft Chews, \$24.99 for 45 pieces, Shoppers Drug Mart, [www.genuinehealth.com](http://www.genuinehealth.com)



Oenobiol Anti-Wrinkles Q10, \$44, Murale, [www.oenobiol.co.uk](http://www.oenobiol.co.uk)



Perricone MD Nutriceuticals Super Antioxidant, about \$31 for 60 capsules, [www.perriconemd.com](http://www.perriconemd.com)



Beyoncé



Miranda Kerr



Naomi Watts

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