

# Bean Skin 悅肌

## COLLAGEN

骨膠原蛋白極致修護配方  
COMPLEX (複合配方)

### SKIN REVITALIZING COLLAGEN

Up to 30% of protein in the body is collagen and up to 70% of the protein in the dermis and connective tissues are composed of collagen.<sup>[1-3]</sup> It contributes to the composition of ligaments, tendons, cartilage, bone, skin & blood vessels.<sup>[1-3]</sup>

Decreased amount of collagen and unhealthy collagen status are the vital factors that speed up skin aging. Starting from the age of 25, your collagen level reduces by about 1.5% every year as part of the aging process.<sup>[4-5]</sup> Reduced level of collagen is especially noticeable because the skin loses its elasticity and becomes prone to sagging with age.<sup>[3-6]</sup> By the age of 45, collagen level in our body will be reduced by 30%.<sup>[4-5]</sup>

Collagen is an essential molecule to provide tissues and organs with tensile strength, form and cohesiveness, promoting healthy skin, hair and nails.<sup>[7,8]</sup> OPC in grape seeds can increase crosslinking between collagen fibrils and stabilize the complex. In addition to improving skin elasticity, enhancing collagen crosslinking may help restore dental strength.<sup>[8]</sup>

### STRONG ANTI-OXIDIZING GRAPE SEED EXTRACT

Grape seed extract is rich in Oligomeric Proanthocyanidins (OPC) which is a set of polyphenols and flavonoids. The antioxidant property of OPC is 20 times more potent than vitamin C and 50 times more potent than vitamin E and could help protect cells from free radical damages.<sup>[9]</sup>

Resveratrol is another polyphenolic compound found in grape seed. Its antioxidant and anti-inflammatory properties play a significant role in relieving symptoms caused by vascular insufficiency or inflammation.<sup>[10]</sup> Together, the fine constituents in grape seed extract could promote skin and eye nourishment and help protect the body from premature aging, disease, and decay.

Exposure of the skin to solar ultraviolet radiation (UVR) results in inflammation, oxidative stress and DNA damage.<sup>[11]</sup> It would also activate melanogenesis. These result in darkening and aging of the skin. Grape seed extract can provide photo-protection for the skin against UVR. Research has shown that OPC can improve skin cell viability, scavenge reactive oxidative species (ROS), adjust cell cycle, enhance DNA self-repair and inhibit dark pigment-producing enzymes.<sup>[12]</sup> Therefore, taking grape seed extract could help reduce dark spots, whiten and rejuvenate the skin.

### ANTI-WRINKLE CoQ10

Coenzyme Q10 (CoQ10), also known as ubiquinone or ubiquinol, is a vitamin-like, naturally-occurring nutrient that plays a vital role in cellular energy production.<sup>[13]</sup> Our body can synthesize CoQ10, but age and diseases reduce our production ability.<sup>[14]</sup> Habits like smoking further deplete our CoQ10 store.<sup>[15]</sup>

Mitochondria are the major location of ROS production in cells. Accumulation of free radicals in tissues can result in cell death and aging. CoQ10 could reduce the amount of mitochondrial ROS and scavenge free radicals while serving as an antioxidant.<sup>[13]</sup> Its anti-oxidizing power is even stronger than vitamin E!<sup>[16]</sup> A study revealed that CoQ10 inhibits UVB-induced wrinkle formation by inhibiting the production of collagenase, an enzyme that degrades collagen fibers, and as such protects dermal fiber composition from degradation and rejuvenates wrinkled skin.<sup>[17]</sup> Anti-oxidative property of CoQ10 also contributes substantially to protect skin cells from oxidative damages, helping to delay aging.<sup>[17]</sup>

### COLLAGEN COMPLEX FORMULA MAY HAVE THE FOLLOWING BENEFITS:

- ★ Strong antioxidant to protect cells from free radicals<sup>[2,13,16,17]</sup>
- ★ Strengthen collagen complex<sup>[8]</sup>
- ★ Skin whitening effect and improve skin tone<sup>[12]</sup>
- ★ Reduce fine lines, wrinkles, stretch marks and scars<sup>[6]</sup>
- ★ Improve skin elasticity<sup>[6]</sup>
- ★ Anti-wrinkle and anti-aging<sup>[17]</sup>
- ★ Maintain oral health<sup>[8]</sup>
- ★ Slow down body and brain degeneration rate<sup>[13,16]</sup>
- ★ Improve hair quality and thickness<sup>[7,8]</sup>

### DIRECTIONS:

Adult: Take 1 capsule 2 times daily. Use lukewarm water to avoid damaging the structure of collagen.

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