



# A 'tasteful' way to a beautiful complexion

New innovative beauty supplement improves your skin ON-THE-GO

Achieving a radiant complexion without all the effort? Yes, please! NEW **help: beautify skin** supplements from Works with Water Nutraceuticals have arrived to make your beauty regime just that little bit easier. These delicious natural apple flavoured jelly supplements are developed to be eaten on-the-go and help nourish and rejuvenate skin from the inside out.

Available from [www.workswithwater.com](http://www.workswithwater.com) and priced at £22.94 for a 14 day supply, **help: beautify skin** paves the way for a new generation of supplements that go beyond the traditional pill or capsule format. Now you can enjoy daily skin nourishing benefits wherever you are as help: beautify skin becomes a must-have, yummy addition to your beauty routine. Best of all, on a hot summer's day you can put your jelly treat in the freezer and turn it into a refreshing and cooling treat to maintain radiant summer skin!

**help: beautify skin** contains PravenAGE™, a patented blend of Marine Collagen, Resveratrol, CoEnzymeQ10, Aloe Vera and Vitamin C, all natural ingredients that have been proven to deliver tangible anti-ageing skin benefits.



## NOURISHING INGREDIENTS – CORE FACTS

### Hydrolysed Marine Collagen

Starting in our twenties, collagen production declines around 1% each year. Women in menopause are especially susceptible to collagen decline and can lose as much as 30% of their skin collagen in the five years following menopause. The effects of slowed collagen production are visibly obvious when skin loses its structure and begins to sag and wrinkle. Hydrolysed Marine Collagen helps to build up your body's collagen levels, leaving your skin looking plumper and rejuvenated.

### Resveratrol

A natural phenol found in the skin of red grapes and in Japanese knotweed, studies have shown that Resveratrol is a strong antioxidant and anti-inflammatory that helps to fight free radical damage caused by the ageing process and environmental factors.

### CoEnzymeQ10

Found in many topical anti-ageing creams, CoEnzymeQ10 has both energising and anti-oxidative properties. Scientific research has proven that its particularly effective when taken in oral supplement form and a study by German researchers in 1999 concluded that long-term use of CoQ10 can reduce the prevalence of wrinkles around the eyes.

CoEnzymeQ10 is available naturally through food sources such as beans, beef, eggs, fish, spinach and whole grains. However, the average person doesn't consume enough of these types of food to meet the needs of our CoQ10 levels, which reduce even more as we age.

### High Extract Aloe Vera

Aloe Vera has been used for many years to calm, nourish and regenerate the skin. Its detoxifying properties help to strengthen skin cells, resulting in a younger looking, healthy complexion.

### Vitamin C

Vitamin C contributes to normal collagen production, which keeps skin firm, and making sure your Vitamin C levels are optimised will help with fighting oxidative damage.

## EDITORS NOTES

**help: beautify skin** is...

- Free from artificial colours and flavours
- Suitable for vegetarians, coeliacs and anyone on a calorie controlled diet
- £22.94 for a 14 day supply
- Available from [www.workswithwater.com](http://www.workswithwater.com)

## NEED MORE INFORMATION?

Please contact Jules Birch, MD & Company Founder at [press@workswithwater.co.uk](mailto:press@workswithwater.co.uk) or for a chat on 07748344220

[www.workswithwater.com](http://www.workswithwater.com)



# Get Summer-Ready Skin with help: clear skin

As we pack away our winter wardrobes for another year, the thought of baring all in skimpy summer outfits can be a daunting thought for many.

Months sat in stuffy offices can result in dull and blemished skin and it's not just the face that can be a problem. A third of women worry about stubborn spots on problem areas such as the back, chest and arms. Acne appearing in these problem areas can be just as distressing as on the face, forcing many women - and men - to limit their fun in the sun by covering up or avoiding the beach altogether.

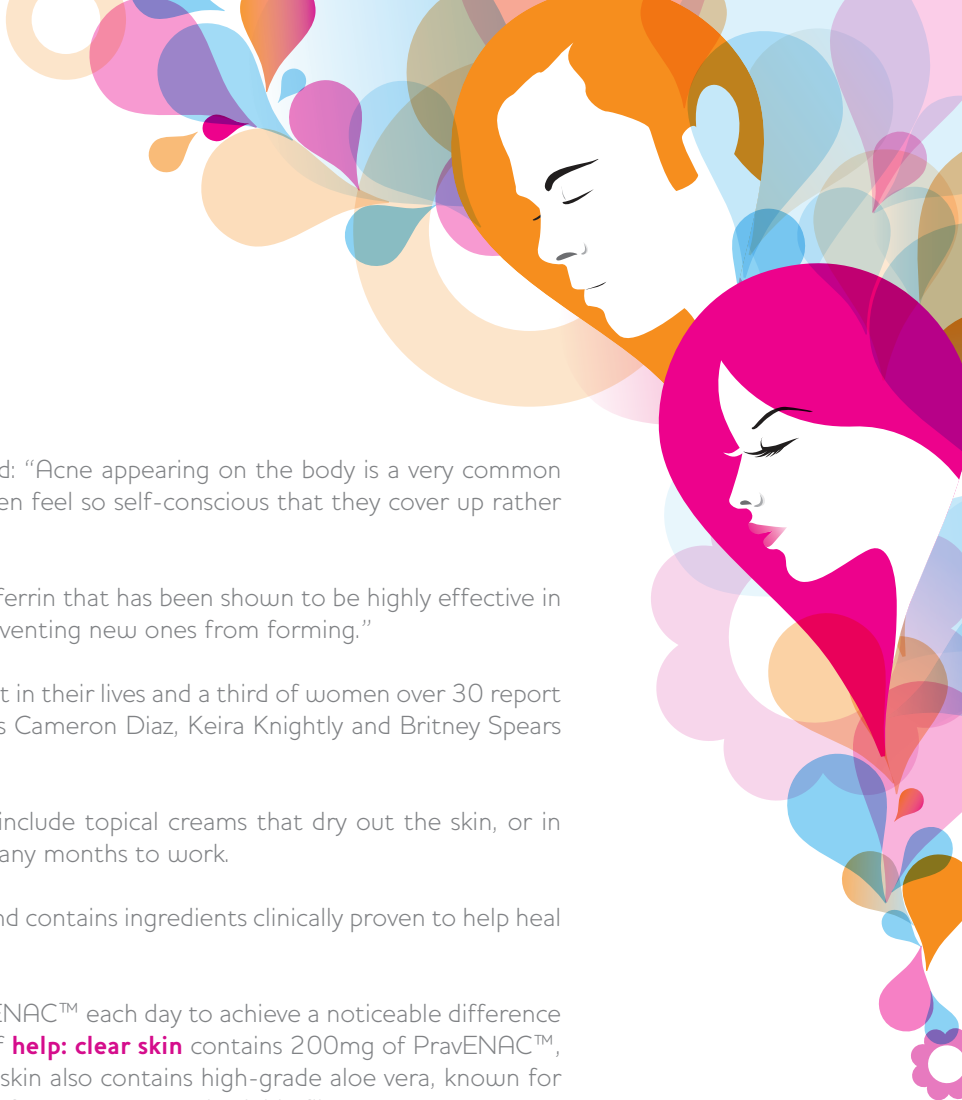
No surprise then a recent survey by Works with Water Nutraceuticals has shown that 99% of acne sufferers said their spots directly lowered their confidence.

And even for those who dare to bare, it is worth keeping in mind that sun exposure can actually aggravate the condition of the skin, leaving it more prone to breakouts and blackheads. The sun's UV rays cause the skin's natural barrier to become weaker, which can result in moisture loss and dry skin. Trying to compensate for this, the sebaceous glands start producing more oil, which creates the perfect environment for spots to develop.



£22.94 for 14 day supply / available from [www.workswithwater.com](http://www.workswithwater.com)

Nutraceuticals company Works With Water has the secret to get your skin summer ready the perfect anti-dote to winter-distressed skin in the form of **help: clear skin**. This 100% natural soluble supplement contains Lactoferrin from milk protein which reduces the bacteria associated with acne and is clinically proven to reduce blemishes by 95% within as little as two months for smoother, more radiant skin.



Jules Birch, founder of Works With Water, said: "Acne appearing on the body is a very common problem and it's such a shame that many women feel so self-conscious that they cover up rather than expose their skin.

"**PravENAC™** is a bioactive protein rich in lactoferrin that has been shown to be highly effective in both reducing the severity of blemishes and preventing new ones from forming."

Acne affects 85 percent of people at some point in their lives and a third of women over 30 report that they still get spots. Even celebrities such as Cameron Diaz, Keira Knightly and Britney Spears admit to struggling with their skin.

Jules continued: "Typical acne treatments can include topical creams that dry out the skin, or in more severe cases antibiotics which can take many months to work.

"**help: clear skin** provides a natural alternative and contains ingredients clinically proven to help heal and restore the skin from the inside out."

In clinical studies, subjects took 200mg of PravENAC™ each day to achieve a noticeable difference in the texture of their skin. Each 3.5g serving of **help: clear skin** contains 200mg of PravENAC™, delivering the full daily requirement. **help: clear skin** also contains high-grade aloe vera, known for its soothing properties, zinc gluconate and Oligofructose, a natural soluble fibre.

**help: clear skin** and **help: clear skin MEN** are available to buy online from [www.workswithwater.com](http://www.workswithwater.com).

## CORE FACTS

- A recent survey (April 2015) by Works with Water Nutraceuticals of 272 respondents aged 18-45 + years old discovered that 88% of people suffering from acne says it affects their daily lives
- Interestingly, the same survey revealed that almost half of people questioned spend between £250 and £500 on acne treatments per year
- 25 percent of men and 50 percent of women suffer from acne at some stage in their adult lives.
- PravENAC™ is a natural ingredient, derived from milk and created by a proprietary process that concentrates a bioactive complex from whey, rich in the lactoferrin fraction.
- Clinical studies demonstrate that nutritional supplementation with PravENAC™ is supportive in reducing the blemishes associated with a poor complexion, as assessed by a dermatologist.
- Acne is one of the most recognisable skin conditions affecting 85% of young adults aged 12-24 years old

## EDITORS NOTES

- Works With Water works in partnership with global ingredients specialists NIG Europe who are experts in the field of ingredients and nutrition
- All products in the Works With Water range are preservative-free, sugar free and are suitable for vegetarians, diabetics and coeliacs.

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