



SagaNatura

SKIN PRODUCT BEAUTY FROM WITHIN





BEAUTY FROM WITHIN

Our skin formula benefits the skin in many ways and is an all-in-one skin product. The blend contains 3 key active ingredients plus a variety of vitamins for optimal skin health. Astaxanthin from SagaNatura is produced in a sustainable way using high-tech green houses, renewable hydroelectric energy and pure Icelandic water.

- It protects the skin against UV rays and harmful environmental pollutants
- Maintains moisture within the skin
- Maintains the structure of the skin to prevent it from breaking down and forming wrinkles
- It keeps the skin strong, healthy, soft, supple and reduces wrinkles considerably



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The first and possibly most important ingredient, Astaxanthin (6 mg), protects the skin from photoaging. Photoaging is a term used to describe the damage caused to the skin by harmful UV rays from the sun. Photoaging accelerates the aging of the skin and when exposed to a lot of radiation the skin loses its moisture and becomes very dry.

The second key ingredient is Myoceram™ (30 mg), a ceramide extracted from rice husks. Ceramides can also be found in the uppermost layers of our skin and are waxy lipids (fats) that act as a protective barrier to prevent the loss of moisture from the top layers of the skin, keeping the appearance of the skin firm and plump. The uppermost layers of the skin are water resistant and this resistance becomes weaker as we grow older which results in drier skin and wrinkling.

The third key ingredient is Collagen (250 mg) the main building block of the skin, maintains the fibrosis of the skin - which means it preserves the connective tissue of the skin.

As stated by COO Dr. Lilja:

"The reason for having 6mg of Astaxanthin and 30mg of Myocream™ is due to the fact that these exact measurements have been used in clinical studies and have shown positive results for skin appearance and hydration in human subjects. Therefore we decided to mix these substances together in our formula using this exact dosage."



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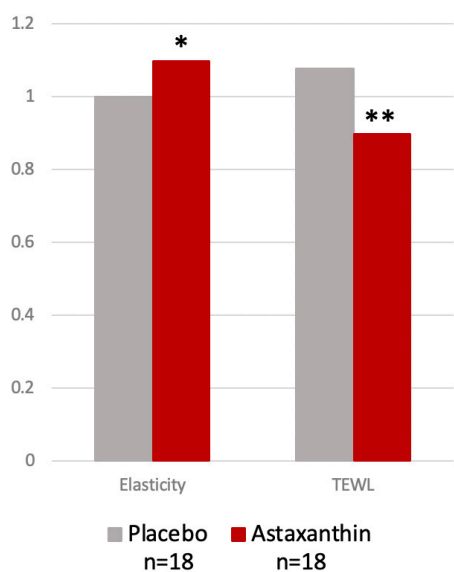
ASTAXANTHIN EFFECTS ON SKIN HEALTH

Studies show that Astaxanthin can reduce damage caused by photo aging

Chronic exposure to ultraviolet (UV) radiation from the sun contributes to skin photo aging,

Which is clinically characterized by dryness, pigmentation, laxity and deep wrinkles.

Elasticity and Trans-Epidermal Water Loss (TEWL)



Tominga: Acta Biochim Pol. 2012;59(1):43-7.

Double blind placebo controlled study of Tominga et al. (2012)

Improved crow's feet skin elasticity & protection from TEWL of cheek

The study showed that Astaxanthin intake significantly improved skin elasticity and transepidermal water loss (TEWL) in human subjects.

Tominga: Acta Biochim Pol. 2012;59(1):43-7.

The study of Niwano et al. (2015)

Reduced skin inflammation during solar exposure

In vitro study showed that Astaxanthin reduced human cell inflammatory response after UVB exposure, as indicated by reduction in IL-8 secretion.

Niwano: Cytokine. 2015 Jun;73(2):184-97.

The study of Nagakima et al. (2012)

Fights against skin age-spots

Study demonstrated, in a human epidermal skin equivalent model, that Astaxanthin downregulates the melanocyte master transcription factor (MITF) which is a master regulator of melanogenesis.

Nagajima: Arch Dermatol Res. 2012 Dec;304(10):803-16.



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ASTAXANTHIN EFFECTS ON SKIN HEALTH

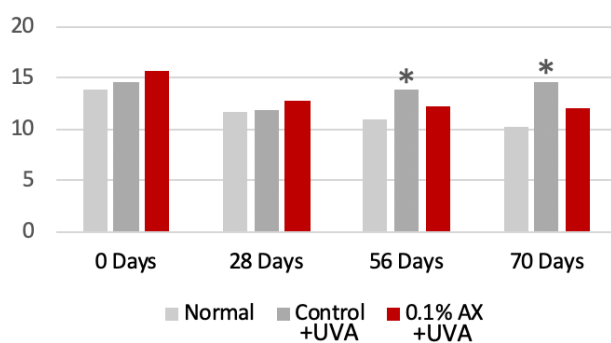
The study of Komatsu et al. (2017)

Protection against UVA light exposure, wrinkle formation and collagen degradation

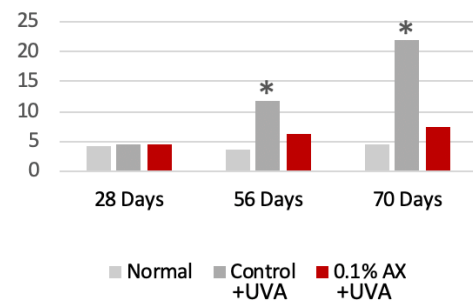
Hairless mice exposed to UVA light showed that Astaxanthin intake has a positive effect against trans-epidermal waterloss and wrinkle formation.

Komatsu: PLoS One. 2017 Feb 7;12(2):e0171178.

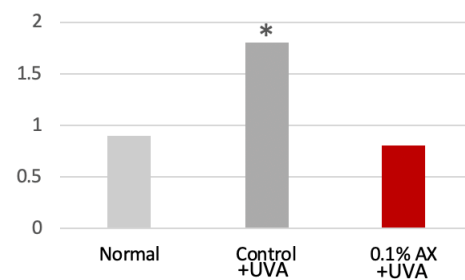
Transepidermal water loss (TEWL)



Wrinkle volume ratio



Skin Collagen Degradation



To protect cells from free radicals, we have an inbuilt defense mechanism; antioxidants. Antioxidants are molecules that fight the damage made by free radicals, by giving electrons to the free radicals and thereby neutralizing them. **Astaxanthin** is one of nature's most powerful antioxidant.

Astaxanthin antioxidant activity

**500
TIMES**

**Stronger
than
Vitamin E**

**560
TIMES**

**Stronger
than Green Tea
Catechins**

**800
TIMES**

**Stronger
than
CoQ 10**

**3000
TIMES**

**Stronger
than
Resveratrol**

**6000
TIMES**

**Stronger
than
Vitamin C**

MYOCERAM™ EFFECTS ON SKIN HEALTH

Human clinical trials show Myoceram™ can sustain optimal skin barrier function

Ceramides can also be found in the uppermost layers of our skin and are waxy lipids (fats) that act as a protective barrier to prevent the loss of moisture from the top layers of the skin.

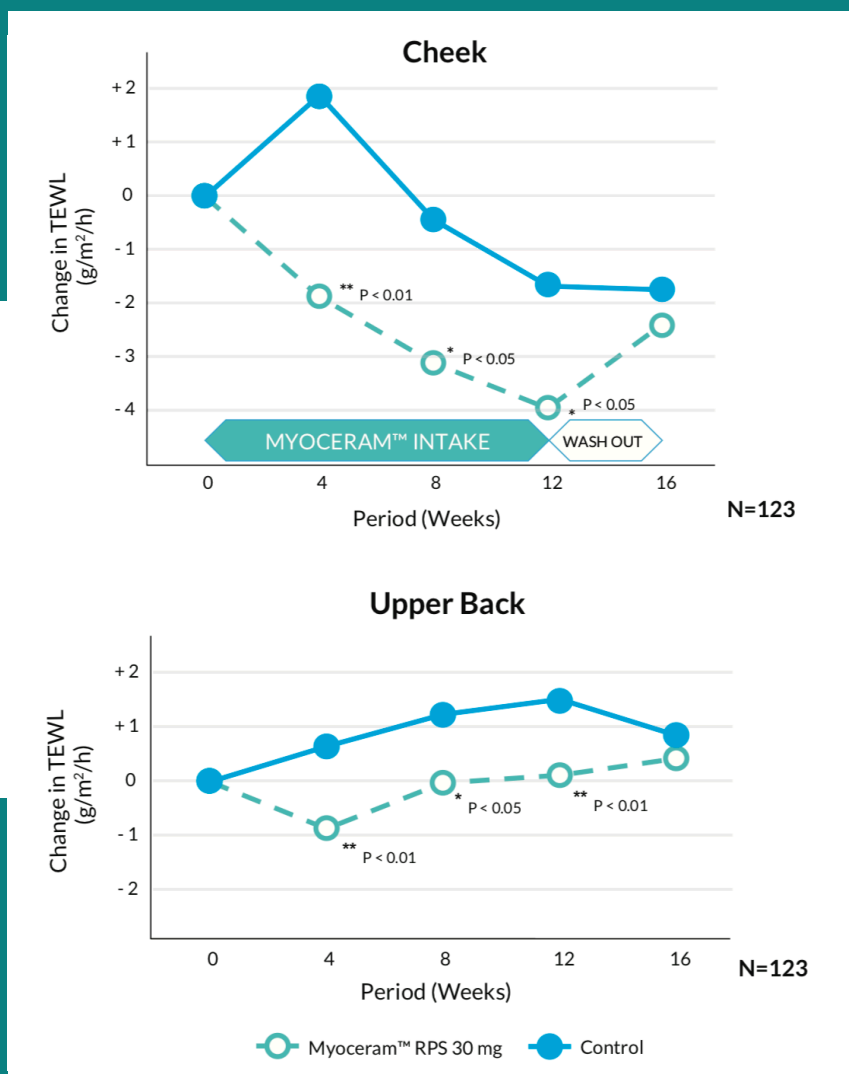
The uppermost layers of the skin are water resistant and this resistance becomes weaker as we grow older which results in drier skin and wrinkling.

The study of S. Hirakawa et al. (2013)

Dietary rice bran extract improves TEWL of whole body

The study showed that Myoceram boosts endogenous ceramide production and improves overall bodily skin barrier and hydration.

Jpn Pharmacol Ther, 41, 1050-9 (2013)



Ref: Jpn Pharmacol Ther, 41, 1050-9 (2013)

"Oral intake of ceramides offers the unique advantage of allowing the natural integration of ceramides in the desired lamellar structures."



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SKIN PRODUCT BEAUTY FROM WITHIN SPECIFICATION SHEET



Packaging

Aluminum bottle
60 capsules per bottle

Description

Product name	Beauty from within
Brand name	SagaNatura
Suggested dosage	Two per serving
Usage	Oral

Product specification

Capsule size	0 (Zero)
Appearance	Clear shell with pale red powder fill
Microbiological quality	Complies with regulation (EC) No. 2073/2005

Capsule fill composition (2 capsules)

Astaxanthin	6 mg
Myoceram rice ceramides	30 mg
Hydrolyzed collagen (Fish)	250 mg
Vitamin A (From retinyl palmitate)	800 µg
Vitamin B2 (Riboflavin)	1.4 mg
Vitamin B3 (Niacin)	16 mg
Vitamin B7 (Biotin)	50 µg
Vitamin B12 (Cyanocobalamin)	2.5 µg
Vitamin C (Ascorbic acid)	80 mg
Vitamin D3 (Cholecalciferol)	5 µg

Other information

Irradiation	No
GMO	No
Organic	No
Suitable for Vegetarians	No
Suitable for Vegans	No
Best before date	2 years from production
Storage conditions	Store in dry area at room temperature