



## **nutraMetrix® OPC-3 Skin Health Formula**

### **What Makes This Product Unique?**

nutraMetrix® OPC-3® Skin Health Formula is formulated to improve skin elasticity, assist with collagen production, replenish essential vitamins and minerals for the skin, and provide the skin and body with an antioxidant defense. This product helps improve skin health from the cellular level, providing ample amounts of some of the finest antioxidants researched today including grape seed extract, red wine extract, bilberry extract, citrus bioflavonoids and Pycnogenol. These antioxidants are potent free radical scavengers that not only work to keep the skin healthy and beautiful, but also provide free radical scavenging abilities which are beneficial in a world filled with smog, pollution and other various unseen toxins. These antioxidants are coupled with specific vitamins and minerals that are conducive to cell growth and division. Cell proliferation is important in attaining healthy, vibrant skin as new, fresh cells are pushed to the surface.

Next, the two most important factors when searching for nutritional supplements are absorption and potency. The NutraMetrix delivery system as found in nutraMetrix OPC-3 Skin Health Formula assures the most unique way for your body to absorb the daily vitamins and minerals that it needs. Now you can drink your vitamins, minerals and antioxidants in one healthy and nutritional formula every day. Unlike a pill or capsule that you swallow and then must wait for to break down by your stomach's acids in order to be delivered to your body, the efficiency of the isotonic delivery system allows the vitamins and minerals to be absorbed into your body rapidly. Isotonic food supplements, when mixed with water actually have the same pH and osmotic pressure as the body's solutions such as tears, plasma and other intravenous fluids! In order for meaningful absorption of nutritional content to take place, all food must be converted into an isotonic state. This process could take up to three hours. This time consuming process greatly limits the amount of nutrients absorbed by the body. However, our nutraMetrix OPC-3 Skin Health Formula sets itself apart from other products on the market providing you with the maximum absorption of the nutrients within this product in the shortest amount of time. When an isotonic substance enters the body, it will be absorbed into the bloodstream rapidly. This is the epitome of superior delivery. Plus, there is nothing artificial about it! Researchers at the University of Leeds, Guy's Hospital in London, Baylor University and the Mayo Clinic, among others have shown that not only do isotonic solutions leave the stomach faster, but also that transit time in the stomach is one of the key determinants in nutrient delivery within the small intestine. When searching for a comprehensive, well-researched skin health product, nutraMetrix OPC-3 Skin Health Formula is hard if not impossible to beat!

### **What exactly does it do?**

nutraMetrix OPC-3 Skin Health Formula is a revolutionary product that helps to improve and maintain the appearance of healthy beautiful skin from the inside out. It uses the most potent free radical scavenging antioxidants known to date. The purest and best-researched OPCs chosen for nutraMetrix Skin Health Formula are prepared from grapes, bilberries, Pycnogenol from pine bark and citrus-fruit. They are rated the highest in terms of total

polyphenol content. As well as being powerful antioxidants, scavenging free radicals, the individual OPCs are known to have special merits for certain parts of the body including the skin. These super powerful bioflavonoids are considered many times more potent than vitamins C and E as free radical scavengers. They do however work with both vitamin C and E.

Antioxidants as found in NutraMetrix OPC-3 Skin Health Formula work to clean out the interiors of cells, helping them operate at the most optimum level. We are bombarded by a number of harmful toxins in our everyday lives that contribute to the buildup of dirt, grime and free radicals. The OPC's found in OPC-3 Skin Health Formula contribute to your skin's own ability to regenerate new pure epidermal cells, paving the way for true splendor in the way of skin beautification. Antioxidants as found in OPC-3 Skin Health Formula create a clean slate at the cellular level, pushing new vibrant cells to the skin's surface. NutraMetrix OPC-3 Skin Health Formula does this by replenishing vitamins and minerals that are important co-factors for many enzyme reactions, which help entire skin cells to grow and divide. It enhances skin health by strengthening the vascular network in the skin (as well as in the eyes) thus improving the elasticity of the skin.

Additionally, it actually supports collagen production. Also, nutraMetrix OPC-3 Skin Health Formula is helpful for protecting the eyes (macula and lens) as well as the rest of the body via antioxidant free radical scavenging action. It helps in maintaining bone and joint health, improving nerve, muscle and skin cell function.

This combination of potent OPCs is unique to nutraMetrix OPC-3 Skin Health Formula as is the isotonic delivery system, which enables rapid and highly efficient absorption of the skin revitalizing OPC's, herbs, vitamins and minerals.

### **Can men take OPC-3 Skin Health Formula?**

Yes, this product is for anyone who wants more youthful skin, strengthening of the vascular network, and healthy bone and joint health.

### **What exactly is Pycnogenol®?**

Pycnogenol® is the trademark of Horphag Research (UK) Ltd. for a standardized extract of bark of the French maritime pine tree. Pycnogenol® is particularly renowned for its extensive clinical research with more than 120 studies published in peer-reviewed medical journals. The flavonoids species in Pycnogenol® are particularly powerful as antioxidants and, furthermore, stimulate an enzyme which generates nitric oxide (NO). NO plays a key role in regulating cardiovascular health. NO triggers relaxation of arteries, thus restoring the normal diameter. This in turn supports healthy blood circulation and blood pressure. Furthermore, Nitric Oxide acts on the blood platelets, to be less "sticky", allowing the blood to maintain a normal, fluid viscosity. Pycnogenol® has been awarded various patents, such as for its ability to control platelet activity. Also, In one of the few clinical trials of pycnogenol, it dramatically inhibited smoking-induced platelet aggregation for longer than three days at a 200 mg dose

### **Is OPC-3 Skin Health Formula isotonic?**

Yes. Superior delivery and assimilation of the potent antioxidants found in NutraMetrix OPC-3 Skin Health Formula are formulated in a way that makes this product the best buy for your money in terms of potency and effectiveness.

### **When can I expect visible results?**

Within minutes after consumption of nutraMetrix OPC-3 Skin Health Formula, the proanthocyanidins are delivered to the blood stream where they immediately get into action. Smooth Blood vessels will switch to a relaxed state, which will result in an increase in blood vessel diameter. This supports healthy blood flow. This effect was objectively

measured e.g. in the fingertips of people. Additionally, nutraMetrix OPC-3 Skin Health Formula supports healthy blood perfusion all-over the body, which helps promote a healthy oxygen and nutrient supply as well as healthy waste removal. It is great to take care of your well-being, but ultimately we wish other people to notice we are in great shape!

As OPCs support collagen production in the skin, an increase of smoothness and elasticity is the natural consequence. Such an effect was indeed objectively measured in women aged 40 years and older. Skin smoothness was increased after 3 months as measured by 3-dimensional topography. Likewise, increased skin elasticity was recorded with a special instrument (cutometer). It requires patience until skin cells have renewed significant amounts of collagen to show visible effects. It is compulsory to continuously take nutraMetrix OPC-3 Skin Health Formula to keep skin cells at their peak vitality.

On a short-term basis, many people notice a fresher-looking skin complexion. This is a result of healthy blood microcirculation, which helps detoxify the skin and improves the nutrient supply. Regular use of nutraMetrix OPC-3 Skin Health Formula helps defy photo-aging of the skin.\*

### **Key Ingredients:**

#### **Grape Seed Extract:**

Grape seed extract is typically extracted from the seeds of red grapes (instead of white), which have a high content of compounds known as oligomeric proanthocyanidins (OPCs). Grape seed extract is extremely rich in polyphenols, compounds with high antioxidant activity. Grape seed extract has been found to maintain healthy cholesterol levels.\*

#### **Red Wine Extract**

Red wine extract is a potent antioxidant. This extract is found in grape vines, roots, seeds and stalks, with the highest concentration in the skins. The antioxidant properties of red wine extract contribute to maintaining healthy circulation by strengthening capillaries, arteries and veins, and promoting overall cardiovascular health.\*

In the late 1990s, scientists took note of a phenomenon among the French. There were very low rates of cardiovascular problems in the provinces where residents consistently ate high fat foods and drank red wine. Scientists concluded that the protective properties of red wine have helped the French maintain cardiovascular health for years and subsequent scientific studies have further shown that the OPCs found in red wine are particularly beneficial for protecting the heart and blood vessels.

#### **Pine Bark Extract (Pycnogenol®)**

Pycnogenol is a natural plant extract from the bark of the maritime pine tree, which grows exclusively along the coast of southwest France in Les Landes de Gascogne. This unspoiled and natural forest environment is the unique source of pine bark. Pycnogenol is one of the most researched ingredients in the natural product marketplace. Published findings have demonstrated Pycnogenol's wide array of beneficial effects on the body. Pine bark extract is an all-natural combination of procyanidins, bioflavonoids and organic acids.

The extract has four basic properties — it is a powerful antioxidant, acts as a natural anti-inflammatory, selectively binds to collagen and elastin, and aids in the production of endothelial nitric oxide, which helps to dilate blood vessels.\*

As one of the most potent natural scavenger of free radicals, Pycnogenol combats many aggressive free radicals before they cause oxidative stress to vital organs. Its super-antioxidant capabilities help support healthy blood platelet activity, support healthy blood glucose levels, reduce mild menstrual cramping and abdominal pain, maintain joint

flexibility, promote cardiovascular health, maintain healthy cholesterol levels and support a healthy complexion.\*

### **Bilberry Extract**

Bilberry extract is derived from the leaves and berry-like fruit of a common European shrub closely related to the blueberry. Extracts of the ripe berry are known to contain flavonoid pigments known as anthocyanins, which are powerful antioxidants. Scientific studies confirm that bilberry extract supports healthy vision and venous circulation. Bilberry extract helps maintain healthy circulation by strengthening capillaries, arteries and veins.\*

### **Citrus Extract (Bioflavonoids)**

Bioflavonoids are antioxidants found in certain plants that act as light filters, which protect delicate DNA chains and other important macromolecules by absorbing ultraviolet radiation. They have been found to promote cardiovascular health, help maintain healthy circulation by strengthening capillaries, arteries and veins, and demonstrate anti-inflammatory activity.\*

### **Hyaluronic Acid (Sodium Hyaluronate)**

Hyaluronic acid or hyaluronate is a glycosaminoglycan distributed widely throughout connective, epithelial, and neural tissues. It is one of the main constituents of the extracellular matrix, contributes appreciably to cell proliferation and migration, and may also be involved in the progression of some malignant tumors. While it is plentiful in extracellular matrices, hyaluronic acid also contributes to tissue hydrodynamics, movement and production of cells, and participates in a number of cell surface receptor interactions. Because hyaluronic acid is found mostly in the skin, cartilage, and the vitreous humor, it is conducive to biomedical applications targeting these tissues. The first hyaluronic acid biomedical product, Healon, was developed in the 1970s and 1980s and is approved for use in ophthalmic surgery (i.e. corneal transplantation, cataract surgery, glaucoma surgery and retinal attachment surgery). Hyaluronic acid is also used to treat osteoarthritis of the knee. Such treatments are administered as a course of injections into the knee joint and are believed to supplement the viscosity of the joint fluid thereby lubricating the joint, cushioning the joint and producing an analgesic effect. It has also been suggested that hyaluronic acid has positive biochemical effects on cartilage cells.\*

Due to its high biocompatibility and its residing in the extracellular matrix of tissues, hyaluronic acid is gaining popularity as a biomaterial scaffold in tissue engineering research. Hyaluronic acid may also be used postoperatively to facilitate tissue healing, specifically after cataracts surgery. Current modes of wound healing suggest that larger polymers of hyaluronic acid appear in the early on in healing to actually make room for white blood cells, which act as a go-between in our body's immune response.\*

Also, Hyaluronic Acid is commonly used in skin care products. In 2003, the FDA approved hyaluronan injections for filling soft tissue defects such as facial wrinkles. Restylane is the trade name for the product. Hyaluronan injections temporarily smooth wrinkles by providing the skin with added volume. Effects usually last for six months.\*

### **Vitamin C (Ascorbic Acid)**

Vitamin C is found in peppers (sweet, green, red, hot red and green chili), citrus fruits and brussels sprouts, cauliflower, cabbage, kale, collards, mustard greens, broccoli, spinach, guava, kiwi fruit, currants and strawberries. Nuts and grains contain small amounts of vitamin C. It is important to note that cooking destroys vitamin C activity.\*

Vitamin C is integral in supporting a healthy immune system, promoting cardiovascular health, maintaining healthy cholesterol levels and providing an antioxidant defense. The

body does not manufacture vitamin C on its own, nor does it store it. Therefore, Vitamin C must be acquired through diet and supplementation.\*

### **Vitamin D3 (Cholecalciferol)**

Regular sunlight exposure is the main way that most humans get their vitamin D. Food sources of vitamin D are vitamin D-fortified milk (100 IU per cup), cod liver oil, and fatty fish such as salmon. Small amounts are found in egg yolks and liver. Vitamin D promotes the absorption of calcium and phosphorus and induces the production of several proteins involved in calcium absorption and storage. Vitamin D works with calcium to increase bone strength and harden the bones. It works to increase active transport of calcium out of the osteoblasts into the extra-cellular fluid and in the kidneys, promotes calcium and phosphate uptake by renal tubules. Vitamin D also promotes the absorption of dietary calcium and phosphate uptake by the intestinal epithelium. It promotes healthy growth and repair of tissues, and supports overall skin health.\*

### **Vitamin E (d-alpha-Tocopherol Succinate)**

The most valuable sources of dietary vitamin E include vegetable oils, margarine, nuts, seeds, avocados and wheat germ. Safflower oil contains large amounts of vitamin E (about two thirds of the RDA in ¼ cup) and there are trace amounts in corn oil and soybean oil. Vitamin E is actually a family of related compounds called tocopherols and tocotrienols. Vitamin E is available in a natural or synthetic form. In most cases, the natural and synthetic forms are identical except the natural form of vitamin E is better absorbed and retained in the body. The natural form of alpha-tocopherol is known as "d-alpha tocopherol." (The natural form is found in nutraMetrix OPC-3 Skin Health Formula.) The synthetic "dl-" form is the most common form found in dietary supplements. For those individuals watching their dietary fat consumption, which is relatively common in the world of dieting, vitamin E intake is likely to be low, due to a reduced intake of foods with high fat content.\*

The main health benefit of supplemental vitamin E comes from its immune-boosting antioxidant activity. It is also helpful in the healing of wounds and is known to provide protection for the cardiovascular system. Vitamin E is one of the most powerful fat-soluble antioxidants in the body. In turn, vitamin E protects cell membranes from free radical damage.\*

### **Calcium (Lactate)**

Calcium is found in milk, cheese, yogurt, corn tortillas, Chinese cabbage (Napa), kale and broccoli. Calcium is an essential mineral with a wide range of biological roles. Calcium exists in bone primarily in the form of hydroxyapatite ( $\text{Ca}_{10}(\text{PO}_4)_6(\text{OH})_2$ ). Hydroxyapatite comprises approximately 40 percent of the weight of bone. The skeleton has an obvious structural requisite for calcium. The skeleton also acts as a storehouse for calcium. Apart from being a major constituent of bones and teeth, calcium is crucial for muscle contraction, nerve conduction, cardiovascular health, the production of energy and maintaining a healthy immune system.

A sufficient daily calcium intake is necessary for maintaining bone density and maintaining healthy teeth and bones. Calcium has been shown to reduce the symptoms PMS in women. When the body does not obtain enough calcium each day, it draws calcium from the bones causing them to thin, leading to osteoporosis. Osteoporosis is the age-related thinning of the bones, which can lead to a higher risk of broken hips, ribs, pelvis and other weakened bones. This is in addition to stooped posture associated with advanced age, which is caused by an accumulation of small fractures in the vertebrae.\*

The PTH (parathyroid hormone) regulates the amount of calcium in the blood. High levels of calcium in the body have been associated with cardiovascular health in postmenopausal

women and promoting normal cholesterol levels. Low levels of calcium have been associated with reduced bone mass and osteoporosis.\*

### **Magnesium (Carbonate)**

Foods rich in magnesium include unpolished grains, nuts and green vegetables. Green leafy vegetables are potent sources of magnesium because of their chlorophyll content. Meats, starches and milk are less rich sources of magnesium. Refined and processed foods are generally quite low in magnesium. The average daily magnesium intake in the U.S. for males nine years and older is estimated to be about 323 milligrams; for females nine years and older, it is estimated to be around 228 milligrams.

Magnesium is a component of the mineralized part of bone and is necessary for the metabolism of potassium and calcium in adults. It helps maintain normal levels of potassium, phosphorus, calcium, adrenaline and insulin. It is also important for the mobilization of calcium, transporting it inside the cell for further utilization thus making it helpful for those with osteoporosis. It plays a key role in the functioning of muscle and nervous tissue. Magnesium is necessary for the synthesis of all proteins, nucleic acids, nucleotides, cyclic adenosine monophosphate, lipids and carbohydrates.\*

Magnesium is required to for release of energy, regulation of the body temperature, proper nerve function, helping the body handle stress, and promoting a healthy metabolism. Magnesium works together with calcium to regulate the heart and blood pressure. Importantly, Magnesium is also required by the body to build healthy bones and teeth, and is required for proper muscle development. It works together with calcium and vitamin D to help keep bones strong and prevent osteoporosis. Magnesium also protects the heart by discouraging the aggregation (clumping) of red blood cells, which can lead to the formation of blood clots, and by raising HDL (good) cholesterol levels.\*

### **Potassium (Bicarbonate)**

Foods rich in potassium include fresh vegetables and fruits such as bananas, oranges, cantaloupe, avocado, raw spinach, raw spinach, cabbage and celery. Potassium is an essential macromineral that helps to keep fluid balance. It also plays a role in a wide variety of biochemical and physiological processes. Among other things, it is important in the transmission of nerve impulses, the contraction of cardiac, skeletal and smooth muscle, the production of energy, the synthesis of nucleic acids, the maintenance of intracellular tonicity and the maintenance of normal blood pressure. Potassium stimulates muscle relaxation and insulin release. It also promotes glycogen and protein synthesis. Potassium is an electrolyte that promotes proper heartbeat. Potassium is important in releasing energy from protein, fat, and carbohydrates during metabolism.\*

Potassium also regulates water balance and assists recuperative powers. Potassium aids rheumatic or arthritic conditions (causing acids to leave the joints and ease stiffness). Potassium is crucial for the elimination of wastes. Potassium is a natural pain desensitizer. Potassium helps control convulsions, headaches and migraines, promotes faster wound healing and generally contributes to a sense of well-being. Potassium is stored in the muscles.\*

### **Biotin (Vitamin B7)**

Biotin can be found in food sources such as egg yolks, peanuts, beef liver, milk (10 mcg/cup), cereals, almonds and Brewer's yeast. Biotin is used in healthy cell growth, the production of fatty acids, metabolism of fats, and amino acids. It plays a role in the Citric acid cycle, which is the process in which biochemical energy is generated during aerobic respiration. Biotin not only assists in various metabolic chemical conversions, but also helps to transfer carbon dioxide. Biotin is also helpful in maintaining a steady blood sugar level. Biotin is often recommended for strengthening hair and nails.\*

## **Primary Benefits\*:**

- Demonstrates anti-inflammatory activity to assist in normalizing reddened, swollen, or thick skin
- Helping skin stay younger looking
- Helps maintain an optimal moisture balance in skin that can minimize the appearance of fine lines, wrinkles and pits
- Helps maintain healthy connective tissue
- Helps maintain healthy hair and nails – Biotin
- Helps maintain microcirculation of skin capillaries for healthy oxygen and nutrient supply – part of our vascular system, which “feeds” the skin to help keep it fresh and rejuvenated
- Helps maintain normal cell growth
- Helps maintain normal muscle and nerve function
- Supports a healthy immune system
- Supports a healthy cardiovascular system
- Helps maintain skin elasticity and moisture
- Helps maintain/supports healthy collagen production
- Helps support the skin’s natural defenses from harmful environmental pollutants and chemicals
- Hyaluronic acid helps maintain healthy joint flexibility, especially in knees, by moisturizing joints
- Hyaluronic acid also plays a role in maintaining elasticity of capillaries in the dermis
- Helps maintain healthy blood flow, minimizing the appearance of spider veins in the skin
- Potent free radical scavenger
- Powerful antioxidant that provides the skin with a defense against damage and signs of aging
- Promoted healing of minor skin damage
- Promotes a healthy circulatory system including healthy capillaries
- Promotes healing of minor skin injuries
- Promotes healthy functioning of the skin at the cellular level, which results in healthy vibrant looking skin
- Provides antioxidant protection for the entire body
- Replenishes essential vitamins and minerals that are co-factors for many enzyme reactions in vivo to help the entire skin to grow and cells to divide
- Supports a healthy complexion
- Supports a smooth, soft, and even toned complexion
- Supports healthy skin elasticity to keep skin looking young and firm (tight)

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**nutraMetrix OPC-3®  
Skin Health Formula**

**Supplement Facts**

**Serving Size: 2 capfuls (6.67 g)**  
**Servings Per Container: 45**

	Amount Per Serving	% Daily Value*
Calories	16	
Total Carbohydrates	4 g	1
Sugars	4 g	**
Vitamin C (Ascorbic Acid)	200 mg	333
Vitamin D3 (Cholecalciferol)	400 IU	100
Vitamin E Acetate (d-Alpha-Tocopheryl Acetate)	33 mg	110
Biotin	150 mcg	50
Calcium (Lactate)	400 mg	40
Magnesium (Carbonate)	150 mg	37
Potassium (Bicarbonate)	125 mg	4
Pine Bark Extract (Pycnogenol®)***	40 mg	**
Grape Seed Extract	25 mg	**
Red Wine Extract	25 mg	**
Bilberry Extract	25 mg	**
Citrus Extract Bioflavonoids	25 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	15 mg	**

\* Percent Daily Values are based on a 2000-calorie diet.  
\*\* Daily Value is not established.  
\*\*\*Pycnogenol® is the registered trademark of Horphag Research, Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

Other ingredients: fructose, citric acid, grape powder, maltodextrin, raspberry powder, grape flavor, raspberry flavor and silica.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.