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**STANFORD UNIVERSITY PHYSICIAN PRESENTS RESULTS OF  
EFFECTS OF SYSTEMIC NUTRIENTS ON SKIN TO  
THE AMERICAN ACADEMY OF DERMATOLOGY**

(Provo, UT) March 22, 2003 – The results of a Nu Skin-funded study at the Department of Dermatology at Stanford University's School of Medicine were presented today at the poster session of the American Academy of Dermatology's annual congress in San Francisco. The study was designed to measure the effects of a combination of topical and oral forms of green tea extracts on the histology of skin.

"This work, which represents the culmination of our first collaborative study with Stanford University, is among the first to quantify short-term histological changes in the skin associated with nutritional supplementation," says Lori Bush, president of Nu Skin. "This credential from the AAD further supports Nu Skin's commitment to dermatological science and building a greater body of knowledge in the skin care category."

Green tea extracts have recently gained popularity as an ingredient in topical skin care preparations to treat aging skin. However, human studies showing actual clinical benefits in humans are lacking. The study was commissioned to put green tea supplementation to the test in human skin. In the study, clinicians used Tēgreen 97<sup>®</sup> — a proprietary green tea-derived antioxidant developed by Nu Skin's sister company, Pharmanex.

Authored by physician scientists of the department of dermatology at Stanford University, the study revealed that histologically, there was a significant improvement in the skin's elastic tissue content. However, the short duration of the study did not allow for manifestation of visible clinical benefits associated with green tea supplementation.

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Researchers also noted that green tea might eventually have a place in skin rejuvenation. "Previous studies with green tea have shown it to be a powerful antioxidant that can help prevent photo damage in the skin," said study author Alexa Boer Kimball, M.D., MPH, assistant professor and director of clinical trials at Stanford Hospital and Clinics. "This study suggests that green tea may also promote elastic tissue remodeling when used for a relatively short time. Longer and larger studies will be helpful in teasing out the long-term effects of the oral versus the topical formulations on visible signs of photoaging."

Nu Skin's partnership with Stanford University began in April 1999 with the establishment of the Nu Skin Center for Dermatological Research at Stanford University School of Medicine which focuses on scientific investigation, dermatology research, product development, patient care and training. The Nu Skin Center conducts clinical trials and research involving existing and potential Nu Skin products, ingredients and formulas.

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Nu Skin<sup>®</sup> International, Inc. is a subsidiary of Nu Skin Enterprises (NYSE:NUS), which operates in over 30 markets including Asia, Europe, North and South America, Australia and New Zealand. Founded in 1984 in Provo, Utah, Nu Skin markets more than 100 premium quality personal care products created specifically for person-to-person distribution. To order products, contact a local Nu Skin distributor, call the company's toll-free order line in the United States at 1-800-487-1000, or visit the company's site at [www.nuskin.com](http://www.nuskin.com).

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