

# P FOR PIGMENTATION

## WHAT CAUSES DARK SPOTS ON YOUR SKIN?



Skin color varies with an individual's skin pigmentation as a result of genetics.



Our skin contains melanin, a skin pigment produced by skin cells called melanocytes.



Hormones, sun and chemical exposure cause free radical damage to the cells, which speeds up melanin production.



When melanin overproduces, dark spots appear and age your appearance.



## TIPS TO PREVENT SKIN PIGMENTATION

### 1 TAKE CARE OF YOUR DIET

The health of your skin depends a lot on your diet. Ensure you include plenty of green leafy vegetables such as spinach, coriander, asparagus and other foods high in vitamin A that is highly beneficial for your skin. You may also include g3 superfruit blend as part of your daily diet. g3 contains significant amount of vitamin A; its unique, highly-bioavailable form of carotenoids will provide powerful antioxidant protection for your skin cells.



### 2 PROTECT YOUR CELLS AGAINST FREE RADICAL DAMAGE



Tēgreen 97 is a proprietary, highly concentrated extract of the catechins found in green tea. As one of the most potent antioxidant supplements on the market, Tēgreen 97 has a 97% polyphenol content, 65% of which are catechins. Each Tēgreen 97 capsule contains the catechin equivalent of approximately seven cups of green tea and is 99.5% caffeine free. Its potent antioxidants provide defense against free radicals at the cellular level.

### 3 USE THE RIGHT SKIN CARE REGIMEN

One of the most effective ways to deal with skin concerns like dark spots and premature-aging is to take steps to prevent them.

Nu Skin's latest customized skin care solution, ageLOC Me<sup>®</sup>, features three serums, a day moisturizer and a night moisturizer in one smart, hygienic delivery. ageLOC Me helps to prevent visible signs of hyper-pigmentation and age spots to reveal more even and radiant skin. It improves cell turnover, increases skin radiance and will eventually reveal younger, youthful looking skin.

Nu Skin<sup>®</sup> Tri-Phasic White<sup>®</sup> is a comprehensive skin brightening system containing five products that target all three critical phases of the skin's discoloration process. Tri-Phasic White system consists of Carnosine and Brightex that provide potent antioxidant protection against free radicals. It reduces the appearance of pigmentation and promotes a brighter, and more brilliant complexion.



### 4 AVOID DIRECT EXPOSURE TO THE SUN

Direct and prolonged sun exposure can cause skin darkening and premature aging. Therefore avoid direct sun exposure and protect your skin from the sun by applying sunscreen with a minimum of SPF 30. Nu Skin Sunright SPF 35 has been formulated to offer broad-spectrum coverage with anti-aging technology to help protect your skin from future sun damage.

