

# LAZIZAL® Advanced Face Lift Capsules

**LAZIZAL® Advanced Face Lift Capsules** is a dietary supplement supporting skin functions and condition „from the inside“. The composition of natural ingredients has been enclosed in innovative biphasic capsules with modified, prolonged release, which improve the absorption of active compounds.



LAZIZAL® Advanced Face Lift Capsules contains two proprietary formulas, including a lipid complex of common wheat seed oil and antioxidant health-promoting bioflavonoids. The preparation is a source of valuable active compounds, supporting optimal skin functions. Natural vitamins E, C and beta-carotene (provitamin A), phytoceramides, plant extracts and hyaluronic acid support proper skin elasticity and hydration and promote wrinkle reduction.

The capsules are part of a comprehensive, synergistic approach to skin care offered by the LAZIZAL® brand. This approach is based on a combination of „internal“ supplementation with cosmetic products of the same brand operating from the outside.

## When?

With age, the skin loses its properties and with it a young appearance. The synthesis of collagen and elastin in the dermis is reduced, the amount of ceramides in the epidermis also decreases. As a result, the symptoms of aging begin to appear: wrinkles, furrows, bags under eyes and loss of facial oval. The skin becomes more susceptible to water loss - as a result, we increasingly complain about dryness, itching, redness and a tendency to irritation. Skin aging is favoured by oxidative stress caused by free oxygen radicals. The skin also undergoes photoageing under the influence of harmful UV<sup>1-3</sup> radiation. These processes are unavoidable, but with an appropriate diet and skin care we can influence the maintenance of the optimal condition of the skin for as long as possible. Appropriate supplementation may also be helpful, especially those based on ingredients with a scientifically proven health promoting effect. LAZIZAL® Advanced Face Lift Capsules dietary supplement will work as a supportive preparation for:

- ▶ people with mature skin, with signs of ageing such as wrinkles, loss of firmness, loss of facial oval, bags under eyes;
- ▶ people who want to support the condition of their skin on a daily basis, including young ones, so that it remains firm and smooth for as long as possible;
- ▶ people with a problem of dehydrated skin, lacking shine;
- ▶ people with vascular skin;
- ▶ people with skin problems such as stretch marks, cellulite;
- ▶ people with mild skin problems, such as eczemas, redness, irritation, dryness;
- ▶ people who are often in air-conditioned rooms;
- ▶ people with dry, chapped lips;
- ▶ people with a problem of dry, cracking skin on their hands.

## How?

LAZIZAL® Advanced Face Lift Capsules supports:

- ▶ optimal condition of the face and body skin, helping to maintain its young appearance;
- ▶ processes of collagen and elastin biosynthesis in the skin;
- ▶ maintaining proper skin elasticity and smoothness;
- ▶ reducing wrinkles and bags under eyes;
- ▶ normal protective functions for skin;
- ▶ proper hydration of the face, body and mouth skin;
- ▶ antioxidative processes;
- ▶ protection of skin against a harmful effect of the UV radiation;
- ▶ body detoxification processes;
- ▶ wound healing processes.



### LAZIZAL® Advanced Face Lift Capsules – usage:

1 capsule per day.



### Composition table

Ingredient content per daily dose of product	1 capsule
Borage oil ( <i>Borago officinalis</i> )	287 mg
including gamma-linolenic acid (GLA)	51,7 mg
Amla fruit extract ( <i>Emblica officinalis</i> ) 10:1	120 mg
including vitamin C	84 mg (105% RWS*)
Proprietary formula of wheat seed oil ( <i>Triticum vulgare</i> ) containing phytoceramides and DGDG	75 mg
Proprietary formula of bitter orange extract ( <i>Citrus aurantium</i> ) 5:1	50 mg
including bioflavonoids	22,5 mg
Hyaluronic acid (in the form of sodium hyaluronate)	30 mg
Natural vitamin E (D-alpha-tocopherol)	13,2 mg (110% RWS*)
Natural beta-carotene	5,3 mg (110% RWS*) (880 µg RAE**)

\*RDI – reference daily intake for an average adult (8400 kJ/2000 kcal)

\*\*RAC – retinol (vitamin A) activity coefficient

**Ingredients:** borage oil (*Borago officinalis*) standardised for the content of polyunsaturated gamma-linolenic acid (GLA), amla fruit extract (*Emblica officinalis*) (10:1) standardized for the content of vitamin C, proprietary formula of common wheat seed oil (*Triticum vulgare*) containing a complex of lipids, including phytoceramides and digalactosyl-diglycerides (DGDG), a proprietary formula of bitter orange extract (*Citrus aurantium*) (5:1) standardised for the content of bioflavonoids. hyaluronic acid (in the form of sodium hyaluronate), natural vitamin E (D-alpha-tocopherol) in sunflower oil, micronised natural beta-carotene crystals obtained from *Blakeslea trispora* in the fermentation process, suspended in sunflower oil. Element of outer and inner capsule shell: organic cellulose derivative (HPMC). Anti-caking agent: silica.

Do not exceed the recommended daily dose. The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.



### Two-phase capsules:

**The outer liquid capsule** contains: oils (from borage and the proprietary formula of common wheat seed oil), as well as vitamins: natural vitamin E and micronized natural beta-carotene crystals (provitamin A).

**The outer capsule contains:** amla fruit extract (standardized for vitamin C content), proprietary formula of bitter orange fruit extract and hyaluronic acid (in the form of sodium hyaluronate).



The herbal extracts contained in the preparation have a **ratio of 10:1 and 5:1 next to their names - this is the so-called DER. What does it mean?**

DER (*drug extract ratio*) specifies a number of milligrams of plant material used to obtain one milligram of the extract. Thus, when a capsule contains 120 milligrams of the amla fruit (*or other*) extract, DER 10:1 means that 1200 milli-grams of raw material were used to obtain the capsule.

## What makes the proprietary formula of common wheat seed oil (*Triticum vulgare*) special?

The formula material has **clinically proven** health-promoting effect<sup>4</sup>. The phyto-ceramides contained in it have proven to promote optimal skin hydration and elasticity. They help to maintain an appropriate level of collagen and elastin in the skin and show antioxidant properties. As a result, they can contribute to the reduction and slowing down of wrinkles, giving the skin a radiant, healthy and young look. **The results of 2 clinical trials** indicate that phytoceramides contained in the formula may contribute to the improvement of skin parameters within 15 days: **its hydration increases by 16% (already after 15 days), elasticity increases by 18% (after 30 days), redness decreases by 30% (after 15 days), smoothness increases by 33% (after 60 days), while wrinkle reduction was noticed by 80% of respondents (wrinkle reduction by 18% after 60 days)**. Clinical trials were conducted according to the gold standard: they were randomized, double-blind, placebo-controlled, conducted on a total of 80 volunteers **the dose of oil used in the tests - 70 mg - is contained in 1 capsule of LAZIZAL® Advanced Face Lift Capsules**.

Apart from phytoceramides, digalactosyl-diglycerides (DGDG) are also present in the formula, which can significantly increase the absorption of phytoceramides from the digestive tract. Both components of the formula show synergy of action.

## What properties does the proprietary formula of bitter orange fruit extract (*Citrus aurantium*) have?

Bitter orange is a fruit rich in bioactive compounds; the raw material used in the food supplement has a standardized content of bioflavonoids, which is at least 45%. These include mainly: naringenin, neohesperidine, hesperidine, isonaringine, neoeriocitrine and poncirine. Bioflavonoids show a number of health promoting effects. They have antioxidant properties that can help protect skin cells from the effects of oxidative stress<sup>5-7</sup>, helping to slow down ageing and wrinkle formation<sup>3</sup>. In addition, they support skin microcirculation and help to maintain optimal condition of blood vessels, thus contributing to the reduction of swelling and congestion of the skin (beneficial for capillary skin) and promoting cellulite reduction<sup>5,6</sup>. The antioxidant effect of bioflavonoids, protecting against photo-ageing of the skin, is strengthened by the synergic effect of vitamins E, C and provitamin A<sup>8</sup> contained in the dietary supplement.

## Why is vitamin C from amla extract important for maintaining the condition of the skin?

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The amla (Indian gooseberry) is a valuable source of vitamin C<sup>9</sup>, a strong antioxidants of health promoting properties Among its others effects, vitamin C is necessary for collagen synthesis in the connective tissue; its deficiency weakens function of joints, blood vessels, gums, skin, and teeth<sup>10,11</sup>; As a strong antioxidant, it is a natural skin protection against harmful effects of UV radiation (protects against skin sun burns and photoageing)<sup>12</sup>. Amla helps to maintain skin elasticity<sup>9</sup> and has protective and supporting properties for hair<sup>2</sup>.

## Borage oil(*Borago officinalis*) contains large amounts of gamma-linolenic acid (GLA) - how does it affect the skin?

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Borage belongs to oily plants; its seeds are used to obtain oil rich in polyunsaturated fatty acids. Borage oil is a cold-pressed oil, which preserves its valuable health-promoting ingredients. In addition to the essential unsaturated fatty acids (EFA), borage oil also contains tocopherols (vitamin E), carotenoids, phytosterols, minerals and numerous polyphenols which act as natural antioxidants, protecting the oil from adverse oxidation. Borage oil is characterized by a unique composition of fatty acids, with a high content of EFA from the omega 6 - gamma-linolenic acid (GLA) family coming to the fore<sup>13</sup>. The GLA content of the oil used to prepare the supplement is as much as 20%.

EFAs belong to nutrients of a very important health-promoting role. At the same time, the human body cannot synthesise these compounds, therefore, they must be supplied in a diet. There are 2 families of EFAs: omega 3 and omega 6 acids. GLA acid belonging to the omega-6 family is particularly valuable for the skin, plays a decisive reparative role and strengthens the protective barrier of the skin<sup>14</sup>. When administered orally, it passes into the dermis, supporting its cohesion and optimal hydration<sup>15</sup>.

The health-promoting role of omega acids (including GLA) in relation to the skin is multidirectional - apart from the aforementioned protective and regenerative function, EFAs can improve the skin's blood circulation, thus promoting better oxygenation and nutrition of the skin. Moreover, they exhibit antioxidant properties, indirectly affect the composition of the skin microflora and, thanks to their ability to absorb UV radiation, can act as natural sunscreens<sup>2</sup>.

## Hyaluronic acid primarily promotes optimal skin hydration.

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Hyaluronic acid occurs naturally in the human body in the form of sodium hyaluronate<sup>2</sup>. Particularly much hyaluronic acid is found in the human skin (half of resources). Hyaluronic acid has a very high water binding capacity, thus contributing to the maintenance of proper skin hydration and elasticity. With age, the amount of hyaluronic acid in the skin and epidermis gradually decreases; its deficiency is associated with dry skin and the formation of wrinkles<sup>2</sup>.

Hyaluronic acid supplementation has a positive effect on the smoothness and appearance of the skin, helping to moisturize it, contributing to shallow wrinkles and scars and improving the facial oval<sup>5,16</sup>. Hyaluronic acid also promotes faster wound healing, can help reduce cellulite<sup>2</sup> and promotes vascular skin care<sup>14</sup>.

## Vitamin E and beta-carotene (provitamin A), on a synergic basis, support their antioxidant effects, helping to protect the skin from photoageing.

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Alpha-tocopherol is the most biologically active form of vitamin E in the human body<sup>2</sup>. Vitamin E belong to strong antioxidants with important health promoting properties. It promotes protection against the oxidation of polyunsaturated fatty acids that are part of cell membranes, contributes to slowing down the cellular aging process, and helps protect the skin against photoageing and the formation of wrinkles. Moreover, vitamin E has moisturizing properties, supports the condition of blood vessels and promotes faster wound healing. Vitamin E also has an additional protective function for the preparation components. Vegetable oils contained

in the dietary supplement are protected from the adverse oxidation process thanks to the natural antioxidants (mainly polyphenols) present in these oils, but also thanks to the added natural vitamin E.

The antioxidant effect of vitamin E is enhanced by provitamin A (beta-carotene)<sup>2</sup> on a synergic basis. The micronized crystals of natural beta-carotene contained in the dietary supplement were obtained by fermentation from the saprophytic fungus *Blakeslea trispora*. This fungus has the ability to produce large quantities of natural beta-carotene.

Beta-carotene is a provitamin, from which vitamin A is formed in the human body. It has an antioxidant effect, helps to protect against photo-ageing of the skin and also gives the skin a nice colour<sup>2,19</sup>. Vitamin A, which is formed from beta-carotene, has a number of health promoting effects on the skin. It promotes the reconstruction of the epidermis, the synthesis of collagen and elastin, thus contributing to the improvement of skin elasticity, facial oval and smoothing of wrinkles. In addition, it slows down the aging processes, neutralizes the harmful effects of free oxygen radicals, regulates the functions of sebaceous glands, skin microflora, helps to heal wounds, promotes optimal skin moisturization and contributes to brightening of discoloration<sup>2</sup>.

## What makes LAZIZAL® Advanced Face Lift Capsules special?

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- ▶ **Biphasic capsules with modified, prolonged release.** An innovative two-phase form is a combination of two capsules - an external one with liquid filling and an internal solid one. The process of absorption of active substances found in the liquid phase begins already in the stomach and the initial section of small intestine, while the active substances contained in the solid phase are released only in the small intestine. The two-stage process of active substance absorption is favourable for their bioavailability. Vitamin E and beta-carotene, ingredients that are best absorbed in the presence of fats, are dissolved in the oil phase obtained from natural vegetable oils forming liquid content of the external capsule. These ingredients are assimilated as first, in the stomach and the initial section of the small intestine. On the other hand, plant extracts that are poorly fat-soluble are the solid components of the internal capsule and are released in the next stage.
- ▶ **100% natural ingredients**, including only those standardized for active substances or pure isolated active compounds.
- ▶ **Ingredient with clinically proven action** to improve skin condition and promote wrinkle reduction.
- ▶ **Complete ingredients, with their biological background maintained**, improving their bioavailability. The **fat environment** (presence of fatty acids found in oils forming the environment of the external capsule) enhances their bioavailability.
- ▶ **Packaging free of bisphenol A (BPA)**, a compound with controversial health effects<sup>20</sup>.
- ▶ **The product DOES NOT CONTAIN preservatives and artificial fillers, and IS GMO FREE** - raw materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **The product does NOT contain gluten** – it is suitable for people intolerant to gluten; the formula of common wheat seed oil is also gluten-free.
- ▶ **Concentrated formula** – making the supplement easy to use: once or twice a day.
- ▶ **A Premium line preparation**, with a health-promoting effect supplemented by cosmetics of the same line: Serum and anti-wrinkle cream (LAZIZAL® Advanced Face Lift Serum, LAZIZAL® Advanced Face Lift Cream).

 The references for LAZIZAL® Advanced Face Lift Capsules can be found on a separate binder sheet.

## References

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