

LEHVOSS Nutrition
Solutions to Support Beauty from Within



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[LEHVOSS Nutrition](#) have an extensive portfolio offering a wonderful selection of products aimed specifically at these health applications. From our researched [branded ingredients](#) such as [Pomella®](#), [HAPLEX®Plus](#), [OptiMSM®](#) and [Veri-te®](#) to high-quality minerals from our [PHARMAGNESIA®](#) range and natural vitamins from our [PlantNutra®](#) range. Let's not forget our **LEHVOSS Essentials** which includes "must have" products such as [D-biotin](#), [coenzyme Q10](#) and more!



Introduction to "Beauty from Within"

We all know how beauty is perceived on the outside, but do we know what affects that beauty? An imbalance in our immune system defences, lack of sleep, poor circulation and poor digestion and are just some of the triggers associated with dull skin, nails and hair. For us to look good on the outside, we must take care of our insides, starting with gut health. If your skin is experiencing breakouts or irritation, chances are there could be an imbalance in your gut. Boosting your immune system and balancing your gut microbiome are some of the ways you could improve this.

What else? We all know that getting older is inevitable, but how nice would it be to age gracefully. There are many things we can do to feel younger such as eat well, exercise and get a good nights sleep, but how do we keep our skin looking young. Taking beauty from within supplements as part of a regular everyday diet could help provide many positive health benefits including heathy aging and gut health.

Let us guide you through our products and you can see for yourself why you should choose [LEHVOSS Nutrition](#) as your solution provider for your next food supplement idea.



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Pomella®: The Power of Punicalagins

Pomella® Pomegranate Extract is the breakthrough formula standardised to punicalagins, the primary natural antioxidants of the pomegranate fruit which are backed by clinical research. Research suggests Pomella® may support skin health benefits, associated influence on the skin-gut axis, and beauty from within, by stimulating a balanced skin microbiome and encouraging beneficial bacteria for gut health support. Furthermore, Pomella® may also help protect skin against UVA and UVB induced damage.



A recently published (2022) double-blind, placebo-controlled, randomised study was conducted on healthy males and females (aged 25-55 years old) over a 4 week period. Each subject was given a 250mg capsule of **Pomella®** containing 75mg of punicalagin per capsule and an oral placebo daily. Results showed a significant improvement in multiple markers associated with visible wrinkles and moisture in a healthy population. Plus the impact to specific skin-health bacteria strains and skin elasticity improvement gave strong evidence supporting the skin-gut axis.¹

In the same study researchers examined the shift in gut microbiota and in blood short chain fatty acid (SCFA) levels. Results concluded that SCFAs shifted in the Pomella® group with a 38% increase (versus 1.8% decrease with placebo) in acetates and 162% increase (versus 0.1% increase with placebo) in propionates.

What are short chain fatty acids and why are they important?
Short chain fatty acids can act as postbiotics, or the bioactive

by-product of probiotics and prebiotics, in signalling from the gut to other areas of the body. In particular, butyrate, propionate, and acetate are key amino acids known to support the gut-body axes.

Numerous studies have focused on gut microbiota in centenarians, with longevity positively associated with an abundance of short-chain fatty acid (SCFA) producers. The production of a broad range of bioactive metabolites is a critical component of the gut's function, serving as the most likely linkages between the gut microbiota and the host. SCFAs, such as butyrate, propionate, and acetate, are products of fibre fermentation by the gut microbiota and have been shown to exert anti-inflammatory and immunomodulatory effects.

Pomella® is a clean-label and plant-based ingredient with potent antioxidant properties supporting not only beauty from within and gut health, but also cardiovascular health, cognitive wellness, healthy aging and so much more. Note Pomella® is also available in a water-soluble grade which is suitable for liquid sachets, RTD sachets and functional beverages.



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High Quality Fish Collagen Peptides & Hyaluronic Acid

Collagen is known to be key in helping to maintain our skin. As the main component of connective tissue it plays a role in strengthening skin, as well as elasticity and hydration. As we age, our bodies produce less collagen resulting in dry skin and wrinkles. Taking a collagen supplement daily, could help the reduction of this.

[LEHVOSS Nutrition](#) offer high-quality, sustainably sourced, certified and traceable fish collagen peptides with good organoleptic properties and solubility. Backed by research, our hydrolysed fish collagen provide numerous health benefits including the support of beauty from within.

If you are looking to produce the ultimate skin health supplement, why not combine collagen with hyaluronic acid? It is well-known that hyaluronic acid and collagen complement and support one another. Hyaluronic acid helps collagen by providing a moisture rich environment where collagen can stretch without breaking. While collagen works on the skin firmness, hyaluronic acid nourishes and hydrates the collagen filling the free space of the skin matrix with water and giving it a fuller, firmer and youthful appearance. According to research, our branded hyaluronic acid made by fermentation, known as [HAPLEX®Plus](#) has proved to be effective, with statistically significant results on the parameters of skin moisture and skin elasticity. We have various grades of Hyaluronic Acid available.



PureWay-C®: The Vitamin C with an Extra Boost

Did you know vitamin C also promotes collagen production? According to research, it has the potential to thicken the dermis, diminish fine lines, and is essential for firm, youthful skin. Our [PureWay-C®](#) is the advanced vitamin C you need to boost your beauty food supplement.

[PureWay-C®](#) is a proprietary, scientifically researched form of vitamin C that contains lipid metabolites and citrus bioflavonoids for better delivery, absorption and uptake.² This is available in various grades suitable for gummies, liquids, powders, tablets, effervescent tablets, chewable tablets, capsules, softgels, functional foods, beverages and more. Don't forget we also offer [PureWay-C® Liposomal](#), available in 70% standard powder and 50% water dispersible powder. This product comes from the same producers as of PureWay-C® and delivers true Liposomal Vitamin C, mixed with the same proprietary fatty acid formula from the scientifically proven PureWay-C® standard grade. Liposomal PureWay-C® is created via an all-natural process using no alcohols or solvents and with Non-GMO, Vegan, Halal and Kosher sunflower lecithin.



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OptiMSM®: The Forgotten Nutrient for Skin

Having a good skin care routine all year round is of great importance and maybe even more so during those hot summer months. UV rays from the sun can have a negative effect on the health of your epidermis causing damage such as wrinkles, leathery skin and liver spots.

[Sulphur](#) is a critical nutrient which helps support healthy aging through the regulation of glutathione and other mechanisms in the body. Because of this, [OptiMSM®](#) may help support healthy skin, and play a role in the inflammatory process by working at molecular level to promote proper cell structure and function so that skin stays stronger for longer.³



Not only that, but research also suggests OptiMSM® promotes the appearance of younger-looking skin, aids skin strength & elasticity, and helps to hydrate and tone our skin. A study using 1g of OptiMSM® a day, taken orally, found significant improvements in wrinkles, firmness, hydration, and elasticity within just 4 weeks.⁴

For thirty years, OptiMSM® has set the standard for MSM (methylsulfonylmethane) purity, safety & consistency in nutritional and topical applications for healthy aging, joint support, muscle recovery and hair, skin & nail products. **OptiMSM® does not compromise on quality, and neither should you!**

OptiMSM® is manufactured in the U.S. in a single-purpose production facility and purified through a proprietary multi-stage distillation process. It is available in two grades: microprill for traditional formulations such as tablets and capsules, and flakes for ready-to-drink sachets, liquid shots, powder blends and more.



Veri-te®: A Key Ingredient for Skin Care

[Resveratrol](#) is essentially a gold mine of anti-aging effects. It is a naturally occurring substance most commonly found in grapes, blueberries and other plants, but more specifically it is part of a group of compounds called polyphenols.

These polyphenols are full of antioxidants and other benefits for your skin. With more than 17,000 published studies and over 270 human clinical trials (Pubmed, May 2023), Resveratrol is considered one of the most well-investigated compounds applied in food and beverages, dietary supplements and cosmetics.



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How does Resveratrol work? As our bodies combat daily stress and age, mitochondrial function can become slowly compromised leading to impairment in many bodily functions including blood pressure, attention and concentration, skin health, bone health, eye health and joint health.



The latest Resveratrol research highlights not only its action as an effective antioxidant, but also how it can exhibit a number of complementary functions on cellular and systemic levels, leading to a wide range of beneficial health effects. Ultimately, Resveratrol can potentially help rejuvenate the mitochondria and counteract the negative effects of stress and aging.

In addition to this, Veri-te® is especially good for menopausal women, making it an important ingredient for healthy aging. A double-blind, randomised, placebo-controlled, two-period crossover study called RESHAW (Resveratrol Supporting Healthy Ageing in Women) was conducted over a 24-month period on 125 postmenopausal women (65 years average).

The objective was to evaluate the effects on brain health (cognition and memory), bone health (risk of fracture), cardiometabolic markers, and menopausal symptoms (mood, sleep quality and pain perception) in post-menopausal women with an oral dose of 75mg twice daily of Veri-te® Resveratrol.

The results showed improved cerebrovascular function and overall cognitive performance, improved mood and glucose metabolism, and reduced pain perception, bone loss and risk of bone fracture.⁵

LEHVOSS Nutrition offer [Veri-te®](#) which is a premium, natural and responsibly sourced form of resveratrol, produced using a sustainable and innovative yeast fermentation process. Veri-te® is free from contaminants and Novel Food Approved.

PureSea®: Don't Ignore Iodine Deficiency

It is reported that iodine deficiency is a significant and growing issue across Europe. Being deficient in iodine can cause hypothyroidism, which has common symptoms including unexpected weight gain, hair loss, dry skin, and brittle hair and nails.

[PureSea® gold-standard seaweed](#) is an ideal natural source of [iodine](#) which plays a key role in [skin health](#). Products containing a good source of the nutrient can use an EU approved health claim surrounding the maintenance of skin, making PureSea® ingredients a great choice.

Sourced from the pristine and remote Scottish waters, each batch of [PureSea®](#) is tested to specification for safety, quality and key aspects of nutrition.

Furthermore, on-line transparent traceability is available for customers to discover where each batch was harvested, providing photographs and maps, certification, unique DNA Authentication, even down to the name of the individual harvesters.



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XanMax® for Skin Protection

XanMax® is a perfect ingredient for your next skin protection supplement as it may help to promote long term skin health by increasing the hydration and elasticity while decreasing the oxidation, a process that causes the degradation of beneficial skin lipids.



Boosting the antioxidant defence system of the skin is potentially an important strategy for reducing environmentally induced skin damage. Numerous pre-clinical and clinical studies have demonstrated the skin benefits of topical, oral supplemented carotenoids, or combined oral and topical formulations, aiming to improve the appearance of skin. During the last decades lutein and zeaxanthin, the two unique dermal carotenoids, have been extensively evaluated for skin health benefits.

PHARMAGNESIA®: High-Quality Minerals

Our [PHARMAGNESIA®](#) range includes a variety of minerals such as calcium, copper, iron, magnesium, selenium and zinc, enabling EFSA Approved Health Claims related to the normal maintenance of skin, hair & nails, and protection of cells from oxidative stress. These high purity minerals are offered in

conformity with the standard pharmacopeia (EP, USP, DAB, DAC) and EU regulations and are available in different grades, particle size distribution and bulk weights.

The “MUST HAVE” Essentials, Natural Vitamins & Minerals

[LEHVOSS Nutrition](#) provides a diverse selection of carefully chosen ingredients from our “**must have**” Essentials range, along with natural, plant-based solutions from our [PlantNutra®](#) line. Among our essential offerings, we feature ingredients specially designed to meet the needs of the beauty-from-within market including [Coenzyme Q10](#) and [D-biotin](#).

Our Coenzyme Q10 stands as a premium ingredient, produced by fermentation and is subject to our rigorous technical approval process. This ensures high-quality and boasts a shelf life of three years. Notably, CoQ10 produced via natural fermentation closely mimics the structure of the CoQ10 naturally generated within the human body, potentially enhancing its recognition and absorption by the body.

According to research [CoQ10](#) may offer numerous benefits, encompassing support for healthy skin aging, as it serves a protective function in safeguarding the skin against the harmful effects of sun exposure, primarily caused by free radicals.



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D-biotin, also known as Vitamin B7 or Vitamin H, is a member of the B complex vitamins and is associated with various EFSA Approved Health Claims related to the maintenance of healthy hair and skin.

Our D-biotin is a high-quality ingredient, carefully chosen from our trusted, approved partners and verified by our regulatory team to uphold the most stringent standards of quality and safety. Our D-biotin caters to vegetarians and vegans and carries kosher & halal certifications to accommodate diverse dietary preferences. Furthermore, it offers purity through solvent-free extractions and the added convenience of being cold water soluble.



Our **PlantNutra**[®] range consists of clean-label, sustainable and innovative ingredients offering a solution for your all-natural health food supplements. New to the range is **Natural Zinc from Guava Leaves**, standardised to 2.5% natural zinc with tannins and polyphenols. This plant-based form of zinc is a whole food, vegetarian and vegan option which tends to be recognised by the body more easily, as it is a nutrient normally found in food. According to research, the antioxidants found in guava leaves can help protect skin from aging and improve skin tone and texture by destroying the free radicals that damage our skin over time.⁶

We also offer a high-quality **Amla** extract, which is standardised to 45% tannins, 10% gallic acid and 1% vitamin C, obtained from the fruit. Published research suggests it's antioxidant properties offers benefits of healthy hair, healthy skin and anti-aging support, in particular, its beneficial effects on skin conditions, helping to protect the skin from the

damaging effects of free radicals and UV rays. Furthermore, amla has shown the ability to improve skin elasticity, thickness, structure, and overall health through antioxidant activity, elastase and collagenase inhibition, which are known to breakdown the collagen and elastin responsible for maintaining the skin's structure and integrity; depletions of collagen and elastin contribute to wrinkles and aging skin.⁷⁻¹⁰ Overall, amla offers a wide range of opportunities for skin, hair, and personal care nutricosmetics.

LEHVOSS Nutrition are here to meet all your ingredient needs. Whether you are looking to produce a stand alone product or combine ingredients to make the next best beauty supplement, we really do have something for everyone! Discover more by visiting our **LEHVOSS Nutrition** website, or contact your **local sales manager** who is on hand to answer any questions you may have.



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