

Beauty, Anti-oxidants and Skin

Most of us associate antioxidants with anti-ageing and beauty, but antioxidants are also vitally important for all round good health and immunity.

Particularly important as we head towards the winter months are foods and products that will protect us from the inside out from colder weather, bugs and infections. If these products also help our skin to glow and our eyes to shine, so much the better!

Remember to eat a rainbow of fruits and vegetables to make sure you are getting the full range of antioxidant nutrients, as well as drinking plenty of fresh water and minimising your intake of alcohol, caffeine and transfats, all of which create free radicals and are the enemies of antioxidants.

Check out Terra Nova's Antioxidant Nutrient Complex, currently on special offer:

50 VegCaps, were £13.00, now £11.50, 100 VegCaps, were £22.75, now £18.75. Terra Nova's innovative products combine top quality nutrients with Biodynamic freeze dried herbs to help your body absorb and utilise the nutrients efficiently.

Other products to watch:

Lambert's Colladeen Dermaplus, clinically proven to reduce wrinkles in as little as 90 days, increases skin elasticity and gives the skin a Sun Protection Factor of 10. Packed with antioxidants from berries, this product will protect all your cells from oxidative damage, not only your skin!

Viridian's 65+ Multi is an excellent product, combining all the regular vitamins and minerals you would expect to find in a multi, with other nutrients particularly relevant for people over 65. 65+ Multi contains Betaine Hydrochloride and a range of digestive enzymes, all of which we make less of as we age, but are vital to good digestion and overall good health. 65+ multi also contains CoQ10, an important antioxidant nutrient that is vital for cellular energy production and cardiovascular health, and Alpha Lipoic Acid, another fantastic antioxidant with a key role in liver health.

Viridian's 65+ is £17.25 for 60 VegCaps.