



RESTORE A YOUTHFUL
APPEARANCE

Belleza

Capsule

NOURISHES SKIN & HAIR

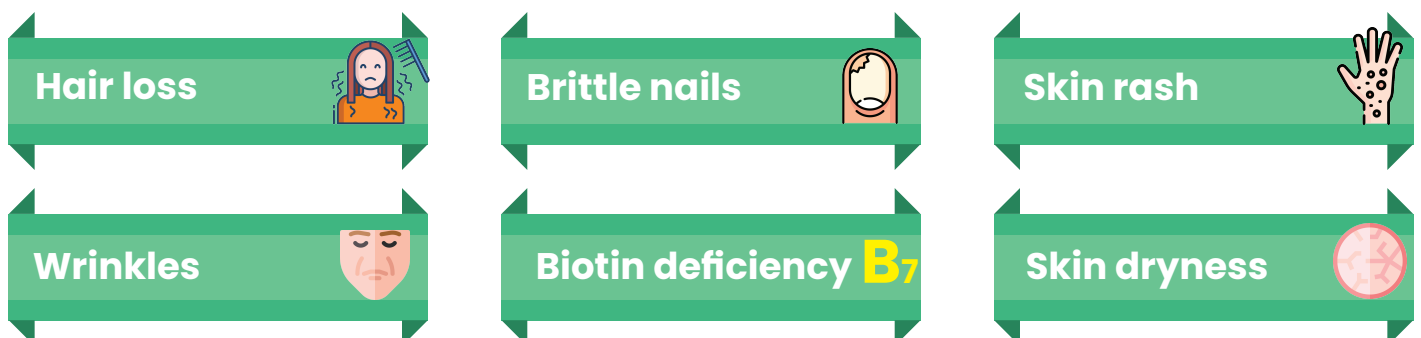
PROPERTIES:



DESCRIPTION:

Belleza capsule contains an adequate amount of biotin that helps restore and maintain youthful levels of collagen, keratin and elastin for longer hair growth, stronger nails and rejuvenated skin. It is rich in antioxidants & also prevents arthritis & joint pain. It boosts skin elasticity and reduces wrinkles.

INDICATIONS:



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USE OF BELLEZA CAPSULES:

HAIR, SKIN AND NAILS:



- Biotin, also known as vitamin B7, stimulates keratin production in hair and can increase the rate of follicle growth. Vitamin C helps the skin retain collagen, giving it a smoother appearance. Iron helps optimize their health through its participation in supplying oxygen for cell and tissue repair. MSM contributes to the production of elastin, collagen and keratin of a substance that is essential for the health of hair, skin and nails.

OSTEOARTHRITIS:



- Studies confirm the positive effect of specific collagen peptides on joint cells (chondrocytes). MSM reduces fast inflammation that is causing pain in the joints and helps with the natural production of collagen. Latest research has shown that the MSM helps relieve pain, especially in cases of osteoarthritis, rheumatoid arthritis, muscular pain and tendinitis. Calcium and vitamin D are essential for building strong dense bones.

MUSCULAR PAIN:



- MSM helps reduce pain, muscle damage and oxidative stress after intense exercise. Vitamin D is essential for your muscles to function normally. As per a study, a Vitamin D deficiency leads to proximal weakness and reduced muscle mass. Vitamin C is a powerful antioxidant, so it can help counteract the accumulation of free radicals and improve post-workout recovery.

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ROLE OF VITAMINS ON SKIN:

- Vitamin A helps to speed up healing & promotes natural moisturizing.
- Vitamin C improves wrinkles and skin texture.
- Vitamin D enhances calcium absorption and prevents premature aging.
- Thiamine improves the appearance of fine lines, wrinkles and skin tone.
- Riboflavin helps with mucus secretion in the skin and prevents dryness.
- Niacinamide helps build keratin & retains moisture.
- Vitamin B6 reduces sebum levels and limits the area of oily spots.
- Iron helps with optimizing the skin's wound healing function.
- Vitamin B12 reduces inflammation, dryness, and acne.
- Biotin helps improve skin's hydration, smoothness, and appearance.
- Vitamin B5 enhances skin's moisture-retaining capacity.
- Calcium supports the creation of new skin cells and healing.
- MSM guards against premature aging and skin damage.
- Collagen plays a role in strengthening skin as well as in elasticity and hydration.

18 STUDIES REPORTED THE EFFECT OF BIOTIN ON HAIR & NAILS

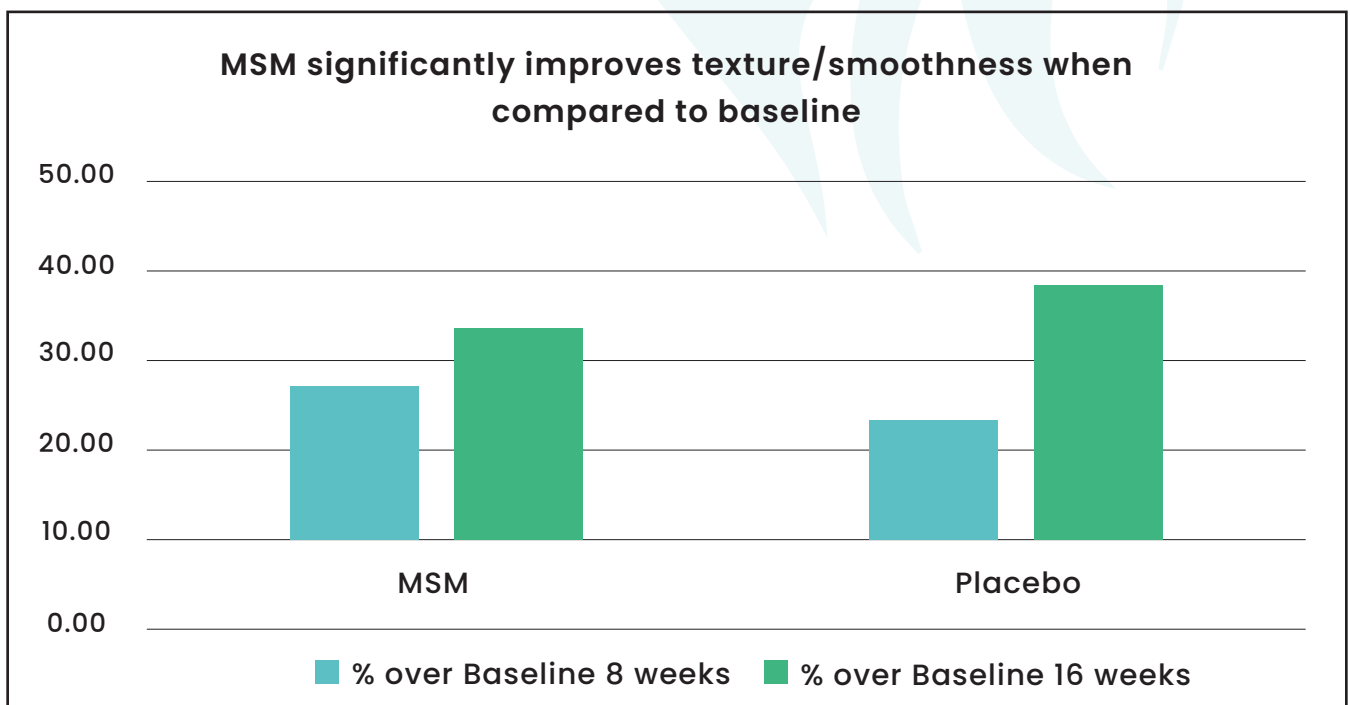
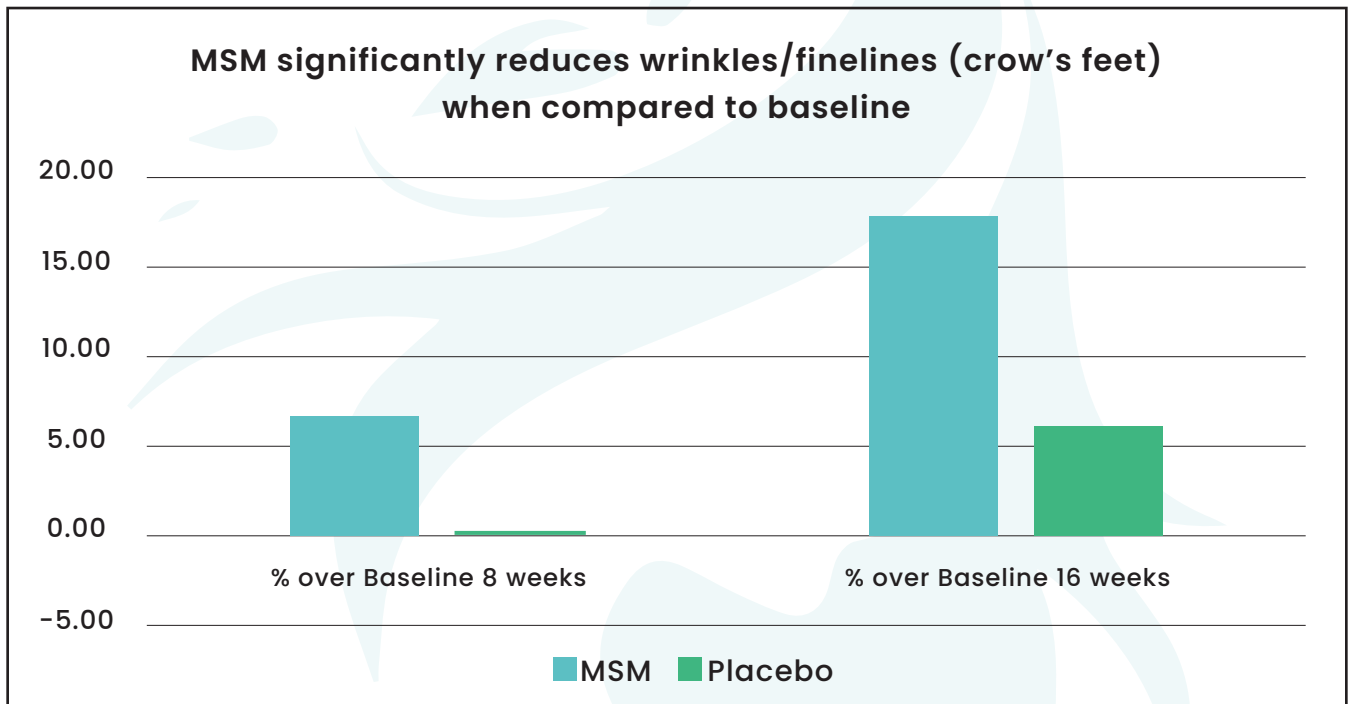
Study	Age	Diagnosis	Dose	Effect
Rajendiran and Sampath, 2011	2 months	Alopecia (Hair loss)	10,000 µg/twice a day	total resolution in 8 months
Fujimoto et al., 2005 [5 months	Alopecia (Hair loss)	1,000 µg/day	hair regrowth in 2 months
Boccaletti et al., 2007 [7]	1 year	uncombable hair syndrome	5,000 µg/day	excellent results in 3 months
Boccaletti et al., 2007 [7]	2 years	uncombable hair syndrome	5,000 µg/day	excellent results in 3 months
Mukhopadhyay et al., 2014 [9]	3 years	Alopecia (Hair loss)	10,000 µg/twice a day	marked improvement in 1 month, complete hair growth in 6 months
Hochman et al., 1993 [15]	n/a	brittle nail syndrome	2,500 µg/day	6 months
Colombo et al., 1990 [16]		brittle nail syndrome	2,500 µg/day	2 months

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EFFECT OF MSM ON SKIN WRINKLES & TEXTURE/SMOOTHNESS:2



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NOURISHES SKIN & HAIR

Nourishes skin,
hair and nails

For shiner, brighter
and glowing skin &
hair

Paraben
free

Perfect blend of
vitamins, minerals
and micronutrients

Ideal for all
skin types

COMPOSITION:

Each capsule contains:

• Vitamin A.....	900 mcg
• Vitamin C.....	50 mg
• Vitamin D3.....	1.25 mcg
• Thiamine (B1).....	2.5 mg
• Riboflavin.....	2.5 mg
• Niacin.....	2.5 mg
• Vitamin B6.....	2.5 mg
• Ferrous bisglycinate.....	100 mcg
• Vitamin B12.....	10 mcg
• Biotin.....	2500 mcg
• Pantothenic acid	50 mg
• Calcium carbonate.....	107.5 mg
• MSM.....	200 mg
• Collagen.....	200 mg

DOSAGE:

- 1 capsule daily with meal or as directed by the physician.

PRESENTATION:

- Available in 3 x 10s Alu-Alu blister pack.

REFERENCES:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5582478/#:~:text=Biotin's%20function%20in%20protein%20synthesis,produced%20by%20normal%20gut%20flora.>
<https://www.naturalmedicinejournal.com/journal/effects-oral-supplementation-methylsulfonylmethane-skin-health-and-wrinkle-reduction>

