

A Healthy Colour All Year Round

Beta-Gold is a natural supplement that can give you a golden tan all year round. It comes in a capsule form and is made from plant extracts. When used for over two weeks, it brings a beautiful light golden colour to your skin. If you sunbathe or use a sunbed, then Beta-Gold will help give you that extra golden glow.

HEALTH BENEFITS

Beta-Gold also contains provitamin A, a useful nutrient which your body converts to Vitamin A, but only in the amount it requires, so you can't take too much. Large scale studies seem to prove that this provitamin may actually help protect the body against disease.

TOTALLY NATURAL

Beta-Gold is a totally natural product, extracted from plants, not to be confused with a synthetic tanning capsule that was available in recent years.

HEALTHY SKIN

Recent research into ageing and certain diseases has focused on the role of free radicals. Free radicals are like scavengers that go around snatching electrons from healthy cells causing cellular damage which leads to wrinkling, loss of elasticity and premature ageing. The good news, however, is that we can help the body dispose of its free

radicals. Certain foods, vitamins and minerals seem to combat or mop up these scavengers. Among these are Vitamin C, Vitamin E, Selenium and the form of provitamin A as found in Beta-Gold. This is why it guards your health while allowing you to tan.

1 month's supply £10.50.
2 month's supply £18.00

The Secret of Healthy Glowing Skin

Contrary to popular belief, the secret of healthy, glowing skin has much more to do with proper nutrition than hygiene. The skin is the body's largest organ, our first line of defence against infection and in general is a good indicator of our state of health.

Clear skin means clear pores, free from infections or rashes. To maintain healthy skin, a good supply of nutrients is essential but equally essential is the ability of the body to eliminate waste products and toxins. If the body becomes clogged with toxins it will use the skin as a means of elimination resulting in poor skin condition, acne etc.

A clean balanced diet, high in fruit, with lots of vegetables, is the first step to a cleaner body and healthier skin. Essential non-cloggy oils are also excellent here.

You can also greatly enhance the quality of your skin with two terrific food supplements - liver formula concentrate and brewer's yeast powder. Both of these

products are high in nucleic acids - micro-nutrients which are renowned for their rejuvenating effect. They are also high in the full range of B-complex vitamins which are vital for healthy, glowing skin. Liver formula is prepared to our own specification and contains no artificial binders, fillers or sugars. It comes in powder or tablet form.

Our powdered brewer's yeast, (we don't recommend tablet form.)

containing 40% protein, is easily absorbed by the body and is one of the original and most popular of "health foods."

Both products work very well together, and besides giving you the benefits of a healthy, glowing skin, they also have a very positive energy-boosting effect.

Brewer's Yeast £3.75.
Liver Formula £12.40.
(1 month's supply)

Natural Hair Colour The Natural Way

Wave goodbye to grey hair! Now you can bring back your hair's natural colour with "Original Colour Restorer". It is not an instant tint, dye or colouring agent

Grey hair occurs when the amount of natural pigment in your hair gradually reduces. "Original Colour Restorer" works with the natural colour process and restores the original colour to your hair. It is suitable for both men and women. It will not wash out, and the grey will vanish within

two to four weeks - though quicker results can be achieved by applying more regularly. When you've got your colour just right, a simple regular application will keep it natural looking and healthy.

Whatever colour your hair used to be - blonde, brunette or red - and



no matter how long you have been grey, you can now bring back its natural colour.

One bottle costs: £5.75.
Two bottles cost: £10.00.

