Nutrition fact sheets

ESSENTIAL SUNSHINE VITAMINS FOR HAIR, SKIN, NAILS AND TO PROTECT YOUR BONES

21 Clinic

Experts in non-surgical cosmetic treatments

Nutrition and treatments for the way you look and feel















Phase 2 melting tablets restored my thinning hair.

I began to notice some benefit in the first weeks and after only six months my hair is fully re-grown"

Anita

We all know how a week in the sun leaves our nails, skin and hair looking so much better. We feel better too. The problem today is not simply our climate.

To prevent skin damage we wear sun blocks and that leaves us deficient in the vitamins that sun light provides.

PHASE 2 VITAMIN MELTING TABLETS PROVIDE A SAFE, NATURAL ALTERNATIVE TO SUNLIGHT.

Phase 2 Vitamins provides all the important vitamins that nature planned sunlight should deliver. This is not only for skin, hair and nails but also to prevent fragile bones (osteoporosis and ricketts).

Without sufficient sunlight we lack Vitamin D3 and the B vitamin Biotin. Public Health in the UK has confirmed that the one vitamin supplement we all need is Vitamin D3 – to read more search "new guidelines on vitamin D".

Phase 2 are a pleasant tasting tablet that is melted under the tongue. It is not swallowed. The reason for this is to ensure that the vitamins are fully absorbed directly into the blood stream and so prevent the risk of these fragile vitamins being damaged by stomach acids.

To discover more about what Phase 2 might do for you and to ask any questions, please email liz@21clinic.co.uk.

Write your name and post code and explain the problems that are concerning concern you and we will then call or write to you to explain exactly what is possible.

What to expect...

CONSULTATION

If required, an initial consultation is free of any charge. It is strictly private and confidential. The objective is to determine the problem you wish to resolve and to advise the most suitable treatments.

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TREATMENT

You may only require nutritional supplements and or skin care products. They are typically recommended to enhance the benefits when having any 21 Clinic treatments.

RESULTS

Vitamin D3 is well known to strengthen bones and teeth are well known. Phase 2's combines Biotin. Together the benefits to Nails, hair and skin and your well being are become visible over a period of one to three months.

COST

21 Clinic Nutrition products are a very affordable and provide all of the essential nutritional supplements that your body needs.

APPOINTMENT BOOKING AND CANCELLATIONS

Please give reasonable notice when booking treatment appointments. Should you have to cancel any treatment appointment please give 48 hours notice. If you do not, without good reason, we reserve the right to charge you £15 for a missed appointment.

ADVICE AND EVERYDAY SUPPORT

Your 21 Clinic therapist will keep in contact and will continue to provide advice to help you to improve your diet and lifestyle and everything to achieve and maintain your results.

