
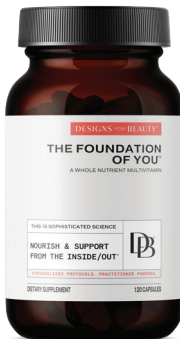




Radiant Hair, Skin, & Nails

External beauty mirrors internal health; those seeking healthier-looking hair, skin, and nails must nourish their bodies within for outer radiance.^{1,2} Certain vitamins, minerals, phytonutrients, and botanicals must be obtained from diet or supplementation to help support normal collagen production and healthy cellular regeneration.³⁻⁸ Maintaining an optimal intake of these nutrients supports strength, elasticity, texture, and color of hair, skin, and nails.* Ongoing inflammation and oxidative stress caused by poor diet or other environmental impacts are key factors associated with various skin-related conditions (i.e., psoriasis, acne, eczema) and the undesirable effects of the natural aging process like wrinkles, fine lines, and discoloration.^{4,9-11} Consequently, targeted nutrients that promote antioxidant status and healthy inflammatory responses may be clinically beneficial for those seeking vibrant-looking skin.* Lastly, essential nutrients, such as omega-3 fatty acids, vitamin C, and vitamin E tocotrienols, promote skin barrier function and may prevent age-related skin changes associated with intrinsic aging and extrinsic factors, such as UV and other environmental stressors.^{4,12-19}

DIET AND LIFESTYLE CONSIDERATIONS

- Recommend a nutrient-dense, whole-food diet. Suggest antioxidant- and polyphenol-rich foods, such as spices, fruits, vegetables, beans, and legumes.^{20,21} Encourage optimal intake of omega-3 fatty acids, such as cold-water fatty fish, while avoiding excess intake of omega-6 fatty acids.¹²⁻¹⁴ An essential fatty acids test is recommended to optimize the omega-3/omega-6 ratio and manage healthy inflammatory responses.
- Recommend limiting or avoiding alcohol, tobacco, refined sugars, and high-carbohydrate foods.²⁰
- Consume at least 64 oz of water daily to help promote skin hydration and tissue function.^{20,22,23}
- Maintain healthy sleep hygiene, as inadequate duration or quality of sleep can alter normal skin repair processes, barrier function, and texture.²⁴⁻²⁶
- Encourage stress-reduction techniques. Excess cortisol upregulates collagen breakdown and may affect the function and regulation of hair follicles.^{27,28}

			
<p>The Big Glow™ Dose: 2 capsules per day with a meal Duration: 12 weeks; re-assess Description: The Big Glow™ is a unique blend of vitamins, keratin, and botanicals for normal cellular repair and maintaining moisture, strength, and elasticity for hair, skin, and nails.* The formulation is designed to promote collagen production, support normal inflammatory responses, and provide antioxidative support for healthy skin appearance.*</p>	<p>The Foundation of You™ Dose: 4 capsules per day with meals (divided dosing recommended) Duration: 12 weeks; re-assess Description: Delivers a comprehensive, foundational multivitamin/mineral for overall physiology.* Features antioxidant support to attenuate the adverse effects of oxidative stress on the skin.* Features nutrients that promote skin complexion and cellular repair, supporting the skin's firmness, hydration, and elasticity.* Delivers vitamins that support nail strength and hair follicle support.* Warnings: If taking a blood thinning medication, consult a health-care practitioner before use.</p>	<p>Beyond Brilliance™ Dose: 6 g (approx. 1 scoop) in 8 oz of liquid per day Duration: 12 weeks; re-assess Description: A once-daily powder that revitalizes skin and nails while promoting hair strength and fullness.* Features hydrolyzed collagen peptides and Lustriva®, a patented, clinically researched blend of stabilized biotin and silica, which may promote hair fullness, optimal skin texture, and nail strength.* Warnings: High doses of biotin (>5 mg/day) may interfere with certain lab tests that involve immunoassays, particularly in endocrine-related profiles.²⁹ Individuals should stop biotin supplementation for at least 3 days prior to the blood draw.</p>	<p>Calm the Storm™ Dose: 2 softgels per day with a meal Duration: 12 weeks; re-assess Description: A high-potency omega-3 fatty acids formula in a balanced 1:1 ratio of EPA to DHA. This formula promotes normal inflammatory responses and helps to maintain the skin's natural oil barrier, helping to keep the skin hydrated.* Omega-3s may also offer some protection against sun-induced or UV skin damage and may promote skin elasticity associated with a more youthful complex.* Warning: Consult your health-care practitioner before use if you are taking blood thinner medication or if you are planning to have surgery.</p>

<https://www.designsforhealth.com/api/library-assets/literature-reference---dfbphairskinandnails-protocol-references>

Lustriva®, including the Lustriva logo, is a registered trademark of Nutrition21, LLC. Lustriva® is patent protected.

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.