

Your appearance is largely influenced by your daily diet. A deficiency in vitamins and an imbalance of minerals can quickly lead to a deterioration in appearance. In recent years, there has been a growing interest in the issue of skin aging and methods for its prevention. Researchers have focused on the term "biological aging," meaning the body's ability to respond to environmental stress decreases over time. As a result, the internal balance of the body is disrupted, leading to brittle and dry hair, increased nail fragility, and skin aging.

This is recommended for those with dull, dry skin or excessively oily skin, acne, or breakouts. It is also helpful for those with brittle, breaking hair, hair loss, or stretch marks after childbirth, rapid growth, or quick weight loss.

Aloes

Vita C

Keratin Hair Complex

Collagen

2x Collagen Powder

RegenOil Liquid Gold®

ProDeacid®



USAGE:

Morning:

- Vita C 25 ml before meals
- My Mind 25 ml during meals
- Regen Oil 5 ml with food in the morning or at lunch
- ProMigren 2 capsules after meals

Lunch:

- Fizzy Easy Mg+K+B complex 1 tablet per glass of water after meals
- ProBactilardi 1 Synbiotic and 1 Postbiotic capsule 5 days a week 1 hour after meals

Evening:

- Fiber 25 ml before meals, with a glass of water
- ProRelaxin 2 capsules after meals