

## Omega Beauty

Hydrates and Nourishes Hair, Nails & Skin‡

### DESCRIPTION

Omega Beauty delivers a clinically studied blend of unique oils and antioxidants for supporting healthy hair, skin and nails. Black currant seed oil, coriander seed oil and omega-3 fish oil combined with vitamin C, vitamin E, and lycopene provide essential fatty acids and antioxidant protection to help promote hair thickness and skin moisture, as well as provide support for the skin barrier against environmental stressors.‡

### INDICATIONS

- Promote hair thickness and density‡
- Improves nail strength and reduces brittleness‡
- Supports skin hydration‡

### FUNCTIONS AND MECHANISM OF ACTION

Polysaturated fatty acids (PUFAs) are essential for health maintenance and have a wide range of benefits. PUFAs are involved in the synthesis of lipid molecules called ceramides that are located within the cell membrane. Ceramides are important for skin texture and maintenance of skin barrier function. PUFAs omega-3 and omega-6 are also converted to eicosanoids, which regulate diverse physiological processes. These fatty acids can only be obtained through dietary means or supplementation. Fish oil and black currant seed oil are rich in omega-3 and omega-6, respectively. Studies show that both oils support skin defenses and promote collagen synthesis. Combining these well-studied omega-3 and omega-6 sources may provide nutritional value and benefits to the skin.‡

Clinical studies have shown that individuals who supplemented with a combination of fish oil, black currant seed oil, lycopene, vitamin C, and vitamin E had improved skin moisture retention and decreased itchiness. Improvements were associated with an increase in ceramide levels. The specific combination also reduced nail brittleness after three months and improved hair density and thickness, while reducing shedding, after six months.‡

Lycopene is a carotenoid that supports epidermal homeostasis. Lycopene supplementation in adults has been shown to replenish degraded forms of lycopene to produce a skin-rejuvenating effect and more closely resemble a younger skin profile. Furthermore, lycopene-rich supplements have been shown to regulate indicators of oxidative stress, suggesting that lycopene may support the skin's defenses against environmental stressors.‡

Vitamins C and E are known antioxidants that quench free radicals to help protect the skin's lipids. Vitamin C supplementation has been shown to support skin health, wrinkle reduction, and collagen synthesis by directly mediating the generation of radicals while providing antioxidant protection. Oral vitamin E is transported to the skin surface by the sebaceous glands and supports skin barrier function by its antioxidant activity.‡

Coriander is an herb indigenous to the Mediterranean region that has traditionally been used for its many health benefits. Coriander seeds are rich in essential oils, triglycerides and polyphenols. Oral supplementation of the extracts has been shown to enhance superoxide dismutase and catalase antioxidant activity, and decrease lipid peroxidation. The seeds have particularly high levels of the monounsaturated fatty acid petroselinic acid, which is produced in human skin and nails, and has been shown to promote healthy skin *in vitro*. Clinical studies have reported that individuals who supplemented with 600 mg of coriander seed oil increased hair thickness and density compared to placebo. Thus, this unique seed oil may promote antioxidant activity and support healthy hair, skin and nails.‡

### FORMULA (#202576)

Serving Size 2 softgels:

Vitamin C (as ascorbic acid)..... 30 mg  
 Vitamin E (as d-alpha tocopherol)..... 5 mg  
 Omega-3 Triglyceride Concentrate ..... 500 mg

Providing:

EPA ..... 200 mg  
DHA ..... 100 mg  
Black Currant Seed Oil ..... 500 mg  
Providing:  
Gamma linolenic acid (GLA) ...70 mg  
Coriander Seed Oil .....600 mg  
Petroselinic acid .....360 mg  
Lycopene..... 1 mg  
Other ingredients: Glycerin, Gelatin, Yellow Beeswax, Purified Water, Annatto (for color), Sunflower Lecithin

Contains: Fish (anchovies, sardines)  
Gluten-Free, Non-GMO

## SUGGESTED USE

Adults take 2 softgels daily with food or as directed by a health professional.  
For additional hair health benefits, take with Hair Growth+.‡

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**For more information on Omega Beauty, visit [douglaslabs.com](http://douglaslabs.com)**

‡These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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