

glowelle®



Secrets to Beautiful Skin

Discover which
skin-beautifying ingredients
you need for a healthful glow!

Think it's impossible to get that Glow? Think again, with inside-out beauty from GLOWELLE®.

True beauty doesn't just come from what you put on your skin. It also comes from what you put into your body. That's why, if you want skin that positively glows, you need to give it the nutrition it craves.

At GLOWELLE®, we call this the concept of inside-out beauty. Put good stuff in, get beautiful skin out.

About GLOWELLE

GLOWELLE is the brainchild of a talented group of women within NESTLE® who are passionate believers in the power of inside-out beauty.

Our Inspiration

Our goal was to create a once-a-day beauty drink dietary supplement that would help give women gorgeous, glowing skin. It is time to take care of yourself and drink in beautiful skin. Go ahead, try it...we know you'll love the way it makes you look and feel.

Our Promise

Trust in the divine wisdom of Nature. Our formulation includes some of the most skin-beautifying ingredients at amounts that are truly effective. The result? GLOWELLE. It's all about taking care of yourself.

Love Your Skin.
Love Your Glow.
Love Yourself.



apple extract

What Is It?

Apple extract is an extract of apples and is rich in polyphenols — a type of phytonutrient.

What Common Food Source Does It Come From?

The skin of apples.

Why Is It Good For My Skin?

Polyphenols are powerful antioxidants. That means they bolster your skin's natural ability to defend itself against the destructive free radicals formed by exposure to the sun.*

While there's quite a bit research on apple polyphenols in humans in general, research regarding apple polyphenols and skin is still in its infancy. That said, test tube studies have found some pretty cool things. For instance, apple polyphenols inhibit the enzymes that break down collagen and elastin. Why is this important? Collagen is what gives your skin structure, while elastin is what gives it snap.

What Is In GLOWELLE?

Pure full spectrum standardized apple extract.

apple extract isn't alone in helping to beautify skin...turn the page for more good-for-your-skin ingredients in GLOWELLE



**GLOWELLE is not a sunscreen. Always use a sunscreen with an SPF appropriate for your skin type.*

beta-carotene

What Is It?

There are more than 500 carotenoids found in the human diet. Carotenoids contribute to the red, yellow, and orange colors of fruits and vegetables. They are also found in dark green vegetables. **Beta-carotene** is just one of the many protective carotenoids that are present in a healthful diet.

What Common Food Sources Does It Come From?

Orange and orange-yellow foods, such as acorn squash, pumpkin, carrots, sweet potatoes, oranges and peaches, contain beta-carotene, in addition to alpha-carotene and cryptoxanthin.

Why Is It Good For My Skin?

Beta-carotene is the "starting material" your body uses to make vitamin A, which is key to fighting free radicals to help maintain healthy skin. And considering everything your skin is exposed to on a daily basis — like sun, pollution, and other environmental factors — it needs continual help to stay glowing.

But beta-carotene also has skin-supporting properties of its own. As an antioxidant that lives in your skin, it protects against the harmful effects of free radicals, promoting an even skin tone. Supplementation with beta-carotene has been shown to increase the level of this important nutrient in the skin.

What Is In GLOWELLE?

The natural form of beta-carotene we have contains small amounts of other mixed carotenoids, such as alpha-carotene, cryptoxanthin and zeaxanthin.

cocoa extract

What Is It?

Extracted from cocoa beans, **cocoa extract** is a natural source of polyphenols, a type of phytonutrient.

What Common Food Source Does It Come From?

The dried seed of the cacao tree, *Theobroma cacao*.

Why Is It Good For My Skin?

All those rumors are true...chocolate can be good for you. The cocoa extract in GLOWELLE adds to the total polyphenol content in the product and also provides theobromine. Exciting research indicates that cocoa extract with polyphenols could improve your skin's texture and moisture level. And the naturally occurring theobromine found in our cocoa extract is the same substance that may make us feel good after eating chocolate.

What Is In GLOWELLE?

A proprietary form of cocoa extract.

And all along you thought cocoa just tasted really good...



coenzyme q10 (coq10)

What Is It?

Naturally produced by the body, **CoQ10** is one of your skin's antioxidants. It's a coenzyme, which is a molecule that enzymes require in order to function.

What Common Food Sources Does It Come From?

Eggs, spinach, broccoli, peanuts, wheat germ, organ meats, sardines, mackerel and whole grains.

Why Is It Good For My Skin?

There are lots of reasons CoQ10 is skin-friendly. Together with vitamin E, CoQ10 reinforces your skin's natural protective antioxidant barrier against environmental dangers such as sun exposure and pollution. Taking supplements of vitamin E plus CoQ10 has been shown to increase levels of both antioxidants in the outermost layer of the skin.

But CoQ10 has benefits in its own right too. Research on human skin cells indicates that this coenzyme may help reduce skin redness. Even more exciting, these skin cell tests found that CoQ10 inhibits the enzymes that break down collagen and elastin — the proteins that give your skin its structure and elasticity. The better shape your collagen and elastin are in, the fewer fine lines and wrinkles you might have.

What Is In GLOWELLE?

CoQ10 is an expensive ingredient, which is why you'll see many products include just a pinch of it. GLOWELLE contains 50 mg of CoQ10 in every serving. Research shows you need at least this amount to reap a meaningful benefit.

Glowing Woman
Kim R., age 36

goji berry extract

What Is It?

This extract is from the **goji berry**, a botanical that has been used in traditional Chinese medicine for overall well-being.

What Common Food Source Does It Come From?

The fruit of the goji plant, *Lycium barbarum*.

Why Is It Good For My Skin?

While the goji berry has been treasured in the East for thousands of years, it has only recently attained the status of "superfruit" in the West. This one little red berry is packed with beneficial antioxidants, and those antioxidants likely protect the skin from the damaging effects of free radicals.

What Is In GLOWELLE?

Pure full-spectrum standardized goji berry extract.

Think of these superfruits
as an antioxidant army...



grape seed extract

What Is It?

It is an extract of **grape seeds**, and a natural source of polyphenols, a type of phytonutrient.

What Common Food Source Does It Come From?

The seeds of the fruit of the grape plant, *Vitis vinifera*.

Why Is It Good For My Skin?

Ever wonder why fruits and vegetables are so good for you? Part of the reason is that they're chock-full of protective phytonutrients like polyphenols, which constitute one of the largest groups of plant antioxidants.

Tests on human skin cells have shown that grape seed polyphenols neutralize the destructive free radicals created by sun exposure, which should keep your skin looking younger longer. Plus, in vivo research provides further evidence of grape seed polyphenol's skin benefits.

What Is In GLOWELLE?

Pure full-spectrum standardized grape seed extract.



green and white tea extract

What Is It?

Green tea and white tea are both made from the leaves of the same plant. The difference between the two is that white tea is picked and harvested before the buds fully open. Green tea is picked when the plant is more mature.

What Common Food Source Does It Come From?

The leaves of the tea plant, *Camellia sinensis*.

Why Is It Good For My Skin?

No doubt you've heard the buzz about green and white teas. Both contain a wealth of antioxidant polyphenols called catechins. Green tea is one of the most studied botanicals on the planet. The most abundant and well-researched of green tea's catechins is Epigallocatechin gallate, also known as EGCG.

While more clinical research on humans is needed to explain how green tea polyphenols benefit skin, test tube and in vivo studies have found some promising results. Specifically, green tea polyphenols may keep your skin from becoming inflamed after exposure to the sun, increase the survival of your skin cells, and protect your skin's structural integrity. And that may diminish the appearance of fine lines and wrinkles.

What Is In GLOWELLE?

Pure full-spectrum standardized green and white tea extracts.

Green and white teas are well-known for their antioxidant power, but did you know that they're good for the skin too?



lutein

What Is It?

Like beta-carotene, **lutein** also belongs to the carotenoid family of antioxidants. It's a yellow pigment that, in concert with other carotenoids, provides protection to the skin from free radicals.

What Common Food Sources Does It Come From?

Egg yolks, broccoli, kale, spinach, and other green leafy vegetables.

Why Is It Good For My Skin?

Human studies have shown that lutein decreases some of the harmful effects of free radicals — which are created en masse in response to sun exposure.* That means it helps fight the signs of aging by nourishing the skin from the inside out. In fact, this super-antioxidant reduces redness and photoaging (premature aging caused by sun exposure). Not only that, it also hydrates the skin and boosts levels of skin lipids (those fats that keep your skin moist). Quite the multitasker!

What Is In GLOWELLE?

The natural lutein in GLOWELLE has been found to be more bioavailable than lutein from spinach. Also, we don't skimp on the lutein. While some other products include just a sprinkle of the stuff, GLOWELLE has included an efficacious dose of 10 mg per serving. It's also good to take lutein with its carotenoid buddies, lycopene and beta-carotene, since the carotenoids work together as a team.



GLOWELLE contains the same amount of lutein as 8 cups of romaine lettuce!

lycopene

What Is It?

Lycopene is yet another antioxidant carotenoid. Just like beta-carotene and lutein, this bright red pigment is a natural inhabitant of your skin, where it provides protection from free radicals.

What Common Food Sources Does It Come From?

Tomatoes, guava, apricots, watermelon, papaya, and pink grapefruit.

Why Is It Good For My Skin?

All of the carotenoids are powerful antioxidants. However, lycopene is especially effective against singlet oxygen — a particularly pernicious type of free radical. Interestingly, sun exposure destroys more of the lycopene in skin than the beta-carotene. That could be exactly why lycopene is there — it takes the hit from free radicals generated by sun exposure, so your skin doesn't have to.

You'll want to combine lycopene with other carotenoids, vitamin E, and selenium if you have rough skin. Human studies have shown this synergistic combination improves rough skin.

What Is In GLOWELLE?

The lycopene in GLOWELLE is an all-natural extract of lycopene-rich tomatoes, providing a full complement of tomato carotenoids and other antioxidants to benefit good health. This tomato lycopene complex contains a wide variety of phyto-nutrients including phytoene, phytofluene, beta-carotene, tocopherols and phytosterols.

GLOWELLE contains the same amount of lycopene as 11 cherry tomatoes!

**GLOWELLE is not a sunscreen. Always use a sunscreen with an SPF appropriate for your skin type.*



maritime pine bark extract

What Is It?

Like cocoa, grape seed, and green tea extracts, **pine bark extract** is a natural source of antioxidant polyphenols.

What Common Source Does It Come From?

The bark of the French maritime pine tree, *Pinus pinaster*.

Why Is It Good For My Skin?

Pine bark extract contains the same active constituents as many other skin-friendly botanicals — polyphenols. Not surprisingly, it has been shown to have impressive antioxidant activity and support a healthy response to skin redness. If you are looking for even skin tone, pine bark extract might be your knight in shining armor. A small human study has shown that this botanical may be effective at promoting an even skin tone.

Pine bark extract has another advantage too. It regenerates and protects both vitamin C and vitamin E, so the body can use them over and over again.

What Is In GLOWELLE?

Pure full-spectrum standardized French maritime pine bark extract.



pomegranate extract

What Is It?

Pomegranate is an exotic fruit whose blood-red flesh contains the phytonutrient ellagic acid.

What Common Food Source Does It Come From?

The arils (seed casings) of the pomegranate fruit, *Punica granatum*.

Why Is It Good For My Skin?

Pomegranate is one of the foods with the highest antioxidant levels on the planet. One small human study indicates that this exotic fruit provides powerful protection against free radicals that are generated from sun exposure and are a key cause of premature skin aging. Additional research on human skin cell tests also shows that pomegranate extract protects skin cells from the harmful effects of sun exposure.

What Is In GLOWELLE?

Pure full-spectrum standardized pomegranate extract.



quercetin

What Is It?

Quercetin is a type of polyphenol, which in turn is a type of phytonutrient.

What Common Food Sources Does It Come From?

Onions, scallions, kale, broccoli, apples, berries and tea.

Why Is It Good For My Skin?

Sunlight is a double-edged sword. You need it in order to manufacture vitamin D. But when your skin is exposed to the sun, a cascade of negative events is sent into motion. Sunlight ramps up production of the enzyme that degrades collagen, the stuff that gives skin its structure. It bombards your skin with free radicals, which may lead to skin damage.

Testtube studies show that quercetin may help on all three fronts. First, it may inhibit the enzyme that degrades collagen. Second, it may protect skin cells against free radicals formed from sun exposure. And finally, it may help even out skin tone.

What Is In GLOWELLE?

Quercetin derived from a natural source.

One serving of GLOWELLE contains the same amount of quercetin as found in 25 medium apples...

Glowing Woman
Mia M., age 30



selenium

What Is It?

Selenium is an essential trace mineral. It's a key component of glutathione peroxidase, one of the body's primary antioxidant enzymes.

What Common Food Sources Does It Come From?

Seafood, meat, wheat germ and bran, Brazil nuts, whole grains, and sesame seeds.

Why Is It Good For My Skin?

When your skin is exposed to the sun, free radicals are formed that attack your tissues. As an antioxidant, selenium may protect your skin from injury caused by these destructive molecules. Clinical research using a supplement of selenium, mixed carotenoids, and vitamin E found that this combination of ingredients supports an even skin tone.

What Is In GLOWELLE?

GLOWELLE contains selenomethionine, which is better absorbed than the more commonly used selenite.

...and the same amount of selenium as found in nearly 2 servings of salmon!



vitamin c

What Is It?

Vitamin C is an essential nutrient and potent antioxidant.

What Common Food Sources Does It Come From?

Bell peppers, kiwi fruit, broccoli, Brussels sprouts, cabbage, citrus fruits, papaya, and strawberries.

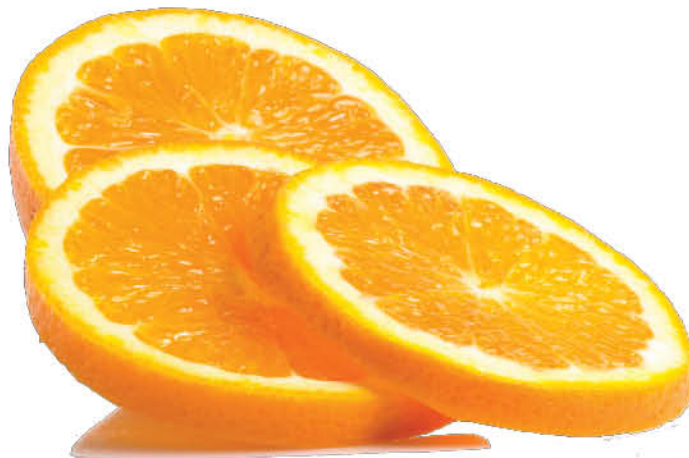
Why Is It Good For My Skin?

Vitamin C is essential for the production of collagen — those long, strong fibers that give your skin its structure and shape. Human studies have indicated that vitamin C actually increases collagen production.

Another reason vitamin C is good for your skin is that it regenerates vitamin E. In other words, once vitamin E has become spent from fighting free radicals, vitamin C brings it back to life. Taking supplements of both nutrients has been shown to elevate their levels in the skin, where they can fight signs of aging from the inside out.

What Is In GLOWELLE?

Ascorbic acid.



vitamin C is not just good for fighting colds,
but also good for your skin

vitamin e with mixed tocopherols

What Is It?

Vitamin E is another essential nutrient and powerful antioxidant.

What Common Food Sources Does It Come From?

Cold-pressed vegetable oils, nuts, and seeds.

Why Is It Good For My Skin?

Vitamin E is an important antioxidant that inhabits your skin. There, it acts as a shield to protect the inner and outer layers of your skin from free radicals, thus fighting the signs of aging. Researchers have believed for many years that alpha-tocopherol is the primary biologically active form of vitamin E. However, recent research shows that all tocopherols, such as gamma tocopherol, work in the body as potent antioxidants.

In addition to contributing to skin aging, sun exposure also depletes your skin of its natural lubricants — like squalene, cholesterol, and unsaturated fatty acids. Vitamin E to the rescue! Together with CoQ10, vitamin E protects that all-important moisture barrier, keeping skin hydrated from within.

It's important to replenish your stores of vitamin E, because being exposed to the sun can deplete skin levels of this essential nutrient by 45%! Taking supplements of vitamin E and CoQ10 has been shown to increase levels of both antioxidants in the stratum corneum (the outermost layer of skin).

What Is In GLOWELLE?

The natural variety of vitamin E (d-alpha tocopherol), which is better absorbed and more potent than its synthetic cousin (dl-alpha tocopherol). Due to the importance of both alpha- and gamma-tocopherols, GLOWELLE contains a mixture, in naturally occurring ratios.

One serving of GLOWELLE contains the same amount of vitamin E as found in 108 almonds! Wow!

about dr. susan beck...

...the brains behind all these skin-loving ingredients.

Dr. Susan Beck has accomplished more in one lifetime than is reasonable for any human being. First, all her degrees. Dr. Beck has a Ph.D. in nutritional sciences with a focus in oncology (the study of cancer) from Union Institute. She holds a master's degree in traditional Chinese medicine from the Five Branches Institute. And she has a certificate in clinical trial design and management from the University of California, Santa Cruz.

Second, all her titles. Dr. Beck is a California board-certified and nationally certified acupuncturist. She is a certified nutrition specialist. She is the former treasurer and board member of the American Herbal Products Association. She is the former co-director of a health and wellness clinic in Cupertino, California. And she has more than 15 years of experience developing products for the dietary supplement and cosmeceutical industries.

Finally, how she glows. Dr. Beck eats a healthy diet of organic whole foods. She spends quality time with her family and close friends. And she works out every day — whether jogging, doing yoga, or lifting weights. Oh...and she's a dedicated martial artist. With a black belt. See what we mean?



at a glance — the essence of glowelle

the origins of GLOWELLE

glowing + wellness + woman = GLOWELLE

our glowing mission

A small group of women within Nestle® who were passionate believers in the power of inside-out beauty launched GLOWELLE. This entrepreneurial group focused on creating a solution that would give women gorgeous skin from head to toe. They weren't interested in offering just a pretty bottle, but the real thing. A once-a-day beauty drink that actually works!

our glowing philosophy

We believe that a woman's sense of well-being feeds her soul, lifts her spirits, nourishes and sustains her. And when we feel well-nourished, we are more in tune with ourselves and the world around us. We are dedicated to helping women look good and feel good, so that they can live their very best life. Here's to looking and feeling confident, beautiful, and absolutely radiant!

inside-out beauty

An important key to healthy-looking, radiant skin is good nutrition. Our proprietary formula is a synergistic blend of antioxidants from vitamins, phytonutrients and botanical and fruit extracts that help protect and nourish from within. And that makes for a very beautiful you — inside and out!

Give your skin the nutrition it craves with GLOWELLE
Drink In Beautiful Skin

We believe
in the power of beauty from within

We believe
her beauty glows from within her being
every woman has a light-giving strength
from which she pulls
it takes a moment to change a
lifetime; to inspire

We celebrate
her dreams, my dreams, our dreams
her life force, her touch, her magic
voices that melt fear and open minds

We know
we are a circle of women
bound by one breath, one heart,
from within we are beautiful



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