Aloe vera - a plant that can have positive effects on the body both internally and externally. Internally used to promote a healthy digestive system.

Amino acid - an essential building block of proteins.

Aminogen* - a plant enzyme thought to help absorb protein in the body which is needed for healthy lean muscle mass, strength and energy. It is a naturally derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.

Antioxidant - a substance that helps create a barrier from free radical damage.

Ascorbic acid (Vitamin C) - an antioxidant needed for the growth and health of tissues in all parts of the body. Found in many foods and dietary supplements.

Asparagus root - is a restorative, cleansing herb and an excellent diuretic. It is high in folic acid, which is essential for production of new red blood cells.

Betacarotene - maintains a healthy immune system; antioxidant; converted into Vitamin A by the body.

Bioflavonoids - collectively known as Vitamin P and are sometimes called flavonoids, they are plant based nutrients known to have antioxidant health benefits.

Biotin - assists metabolism of fats; maintains healthy skin and hair.

Boron - helps maintain calcium balance and keeps bones healthy.

Broccoli leaf - is high in vitamin C, as well as dietary fibre.

Cabbage leaf - is high in vitamin C, and is high in vitamin K.

Caffeine - found naturally in many plants, it stimulates the body and mind.

Calcium - the most abundant mineral in the body, providing strength for the skeleton.

Calcium hydrogen phosphate – abating agent.

Calcium caseinate - is a calcium source of protein produced from casein in skim milk. Its main food uses are for powders requiring rapid dispersion into water, such as in Formula 1 Nutritional Shake Mix, and may be more suitable for those with lactose intolerance.

Calcium hydroxide - a seed of the cacao tree, it contains the most significant amounts of fat and carbohydrates. It is used as a natural food additive.

Chitosan works by binding lipids in the body, derived from Chitin, which is found in the shells of shellfish such as crab and shrimp.

Cholesterol - is an essential building block of all cells. It is produced by the liver and can be acquired from the diet.

Choline bitartrate - important in blood sugar regulation.

Citric acid - acidity regulator

Clove - an antioxidant.

Clove oil - essential oil that helps improve digestibility.

Cocoa - a seed of the cacao tree, it improves blood flow and is high in antioxidants and bioflavonoids.

Cocoa butter - a pale-yellow, pure edible vegetable fat extracted from the cocoa bean. Cocoa butter is one of the most stable fats known, containing natural antioxidants that prevent rancidity.

Copper - is the third most abundant trace mineral in the body, but it is often deficient in a person's diet because food sources high in this mineral are not always eaten frequently (such as oysters and liver). Copper works together with iron to make red blood cells and is the major component of the outer coating of nerve fibres and collagen. Copper is used by the body, along with zinc and manganese, to manufacture numerous enzymes, many of which work as antioxidants. Copper is also used in metabolising protein and iron, and producing melanin (colour pigment) in hair and eyes.

Corn silk - also known as zea mays, is the silk on the cob of a corn. Corn silk has been used to promote healthy activity of the urinary tract and is a mild diuretic. In Chinese medicine it is used as a treatment for water retention.

Cyanocobalamin (Vitamin B12) - helps make red blood cells, for cardiovascular health.

Dandelion leaf - A natural diuretic, it is commonly used to help remove excess water and toxins from the body.

Dextrins - is a low molecular weight carbohydrate – produced by the hydrolysis of starch (or glycogen) to sugars by heat, by acids and by enzymes. It is a natural fibre, which can aid your body's natural ability to expel waste.

Dextrose - see Glucose.

Docosahexaenoic acid (DHA) - DHA is an Omega 3 fatty acid and is the most abundant Omega-3 fatty acid in the brain and retina. Dietary DHA may reduce the risk of heart disease by reducing the level of blood triglycerides in humans. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Eicosapentaenoic acid (EPA) - EPA is an Omega 3 fatty acid that is converted into prostaglandins in the body - these hormone-like substances are considered to be essential for proper brain function, improve immune function and help reduce inflammation. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Electrolytes - are inorganic salts or complex molecules that separate into positively charged ions when dissolved in water. These ions are responsible for numerous physiological activities and excess levels are regularly excreted in the urine. They therefore play a key role in maintaining the system that regulates water balance.

Enzyme - a protein in the body that speeds up a biological process.

Essential fatty acids - EFA's are fatty acids that humans and other animals must ingest because the body requires them for good health but cannot synthesise the. Only two EFAs are known to be beneficial for humans: alpha-linolenic acid (an Omega 3 fatty acid) and linoleic acid (an Omega 6 fatty acid).

Fenugreek - a soluble fibre renowned for its beneficial qualities, forms a gel in the stomach, together with iron to make red blood cells and is the major component of the outer coating of nerve fibres and collagen. Copper is used by the body, along with zinc and manganese, to manufacture numerous enzymes, many of which work as antioxidants. Copper is also used in metabolising protein and iron, and producing melanin (colour pigment) in hair and eyes.

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Fenugreek - a soluble fibre renowned for its beneficial qualities, forms a gel in the stomach,
taking up room, so you are likely to eat less, feel full longer without hunger pangs and cravings.

**Fibre** - found in whole fruits, vegetables, beans, and grains like oats and brown rice. Contains plenty of vitamins and minerals, helps you feel full and keeps you regular.

**Flavonoids** – see bioflavonoids.

**Folate** – see folic acid

**Folic acid** - helps make red blood cells; important for women of childbearing age. Free radical - a highly reactive and unstable molecule.

**Fructose** - a natural sugar found in most fruits and some vegetables.

**Garlic** – in herbal medicine, garlic has long been used for hoarseness and coughs. Garlic is also alleged to help regulate blood sugar levels and has been found to enhance thiamin absorption.

**Ginger** – in traditional medicine, often used to treat colds.

**Glutamic acid hydrochloride** - Glutamic acid, or glutamate, is an amino acid that occurs naturally in the body. Generally recognized for its power as a neurotransmitter, glutamic acid is a hydrochloride (HCL) and often used to flavour food or as a supplement to promote digestion.

**Glucosamine sulfate** - a natural compound found in healthy cartilage and connective tissue. The cartilage producing compound found in healthy cartilage and connective tissue. The cartilage producing compound found in healthy cartilage and connective tissue. The cartilage producing compound found in healthy cartilage and connective tissue. The cartilage producing compound found in healthy cartilage and connective tissue. The cartilage producing compound found in healthy cartilage and connective tissue.

**Glucosamine hydrochloride** - clinically proven to be as effective as a prescription medicine for the relief of the symptoms of mild to moderate osteoarthritis. Glucosamine also helps to delay the progression of the disease.

**Glucose** – also known as dextrose or grape sugar, is a simple sugar (monosaccharide) and is our body’s primary source of energy. This type of sugar comes from digesting carbohydrates into a chemical that we can easily convert to energy.

**Glutamic acid (HCL)** - an excellent form of Hydrochloric acid which produces enzymes which assist in the breakdown and digestion of foods in the stomach, such as fibrous meat.

**Green tea** - a 4,000 year-old tea, rich in antioxidants. Has been well-researched and shown to be rich in polyphenol antioxidant nutrients. It contributes to a general feeling of well-being. Green Tea contains caffeine but is a natural antioxidant.

**Guarana** - a South American native climbing shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is gentler on the digestive system than many other forms of caffeine, and preferred by many as an alternative to coffee. Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

**Hibiscus flower** - studies have shown that drinking hibiscus tea can lower high blood pressure and reduce high cholesterol levels in many individuals.

**Inositol** - is a form of sugar that is produced by the human body from glucose. It is a naturally occurring nutrient that is usually classified as a carbohydrate. In the human body, it plays a major role in preventing the collection of fats in the liver, as well as promoting healthy hair growth. The presence of inositol also aids in efficient processing of nutrients into the conversion of energy, which in turn helps the body to maintain a healthy metabolism. Inositol also can be considered brain food, as the nutrient is necessary to properly nourish the brain.

**Iodine** - formation of thyroid hormones required for growth and development.

**Iron** - formation of red blood cells which are involved in transport of oxygen to all body tissues.

**Isoflavones** - types of bioflavonoids that are found naturally occurring in plants, most commonly found in the soybean; strong antioxidants.

**Krill Oil** - an oil rich in Omega 3 fatty acids extracted from shrimp-like crustaceans. Contains astaxanthin, a powerful antioxidant known to promote healthy cholesterol levels that are already within a normal range. Found in Herbalifeline®.

**Lactobacillus acidophilus** - enhances the body’s ability to control pathogenic microorganisms; helps support the immune function; and naturally improves bowel function. Acidophilus is found naturally in fermented foods, such as yoghurt and sauerkraut, and is regarded as the most beneficial and versatile of the Lactobacilli family of ‘friendly’ bacteria.

**Lecithin** - a emulsifier; is a lipid material composed of choline and inositol, is found in all living cells as a major component of cell membranes, which regulate the nutrients entering and exiting the cell. Chemically it is phosphatidylcholine, a phospholipid that is part of the cell structure in both animals and plants. Phospholipids are needed by every cell in the body and are key building blocks of cell membranes; without it, the cell membranes would harden.

**Lemon peel** - rich in bioflavonoids and is a natural antioxidant.

**Linoleic acid** - a polyunsaturated Omega 6 fatty acid that is found in the lipids of cell membranes. It is an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components.

**Linolenic acid** - is an unsaturated Omega 3 fatty acid and is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components. Commonly found in many vegetable oils.

**LipoSan Ultra** - a patented form of Chitosan that becomes soluble in stomach acid and works faster.

**Malva sylvestris** - also known as mallow, this gentle herb is often used in herbal teas to hydrate and soothe the digestive system, and to regulate its function due to its laxative action.

**Manganese** - a mineral that is good for bone and cartilage health and acts as a cofactor in several metabolic and enzymatic reactions. It is a component, with zinc and copper, of the antioxidant enzyme system. Needed for healthy bone and nervous system.

**Magnesium** - is central to the production of energy and the functioning of nerves and muscles; it also plays a role in the formation of teeth and bones.

**Molybdenum** - carbohydrate metabolism, vital role in iron utilisation.

**Monounsaturated fat** - Monounsaturated fatty acids are liquids at room temperature and semi-solid or solid when refrigerated, for example, olive oil. Monounsaturated fats can have a beneficial effect on health when eaten in moderation and when used to replace saturated fats or trans fats.

**Niacin (Vitamin B3)** - Also known as Nicotinamide, is a water soluble vitamin which is a vital component of the human diet. In addition to reducing cholesterol levels, it contributes to the regulation of metabolism and cell repair.

**Oleic acid** - a monounsaturated Omega 9 fatty acid that is found in various animal and vegetable fats. It is considered to be one of the healthier sources of fat in the diet. It is commonly used as a replacement for animal fat sources that are high in saturated fat.

**Omega-3s** - essential nutrients that help maintain a healthy heart, brain, eyes, skin, joints, hair and immune system. Omega 3s provide temporary relief from the pain of arthritis. These essential fatty acids play a part in many metabolic processes and supplementation is important because the body cannot produce Omega 3s and must therefore obtain them from dietary sources. Linolenic acid is the primary Omega 3 fatty acid.

**Omega-6s** - an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is the primary Omega 6 fatty acid.

**Omega-9s** - an essential fatty acid, but technically not an EPA, because the body can produce a limited amount, provided that essential EFAs are present. Oleic acid is the primary Omega 9 fatty acid.
Orange pekoe - a medium-grade black tea consisting of many whole tea leaves composed purely of new flushes - a flush is the flower bud plucked with two youngest leaves - any other leaves produce teas of lower quality.

Oxidation - occurs when life essential oxygen combusts within the human body and produces by-products called free radicals. Panthenic acid (Vitamin B5) - metabolism of carbohydrates, fats and proteins; antibody production; nervous system.

Parsley leaf - source of volatile oils and bioflavonoids, is also an excellent source of two vital nutrients: Vitamin C and Vitamin A (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene).

Pectin - is a complex carbohydrate, which is found both in the cell walls of plants, and between the cell walls, helping to regulate the flow of water in between cells and keeping them rigid. It is used in food as a gelling agent and is a good source of dietary fibre.

Peppermint oil - essential oil that minimises aftertaste in Herbalife®.

Phosphorus - formation of teeth and bones; metabolism of fats, carbohydrates and protein.

Potassium - fluid regulation and transport of nutrients into and from cells; muscle contraction.

Phytonutrients - plant-derived nutrients with many health benefits and antioxidant properties. Polysaturated fat - Polysaturated fats lower total cholesterol and LDL cholesterol (bad cholesterol). Seafood like salmon and fish oil, as well as corn, soy, safflower and sunflower oils are high in polysaturated fats. Omega 3 fatty acids belong to this group.

Potassium - an essential mineral and micronutrient in human nutrition - found inside cells, it is an important mineral for maintaining fluid and electrolyte balance in the body.

Protein - a molecule with a mission. Our bodies require different types of proteins for different functions such as movement (muscles), growth (hormones), digestion (enzymes) and even sight. Protein also elevates our mood, helps control hunger, fatigue, and assists with weight management. Eating the right amount of protein daily helps you maintain lean body mass (LBM) as you lose weight. The more LBM you have, the higher your metabolism and the more rapidly you burn calories and stored fat.

Psyllium seed husk - herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis, and constipation.

Pyridoxine (Vitamin B6) - healthy immune system; formation of red blood cells; Premenstrual Syndrome (PMS).

Riboflavin (Vitamin B2) - maintains health of skin, mucous membranes, eyes and normal muscular function; breaks down protein and cholesterol.

Rose hip – the fruit of the rose plant and high in vitamin C content; also contain some vitamin A and B, essential fatty acids and antioxidant bioflavonoids.

Rosemary - extract produced from rosemary leaves and rich in antioxidants. Rosemary contains more than a dozen antioxidants, one particularly potent - rosmarinic acid. Herbalists consider Rosemary ideal as an all round tonic and to provide a natural uplifting effect. Studies show rosemary may protect against free radical damage both internally and externally.

Safflower oil - supplies oleic, linoleic and linolenic acids that complement your diet. Contains the highest source of polysaturated fats than is found in any other type of vegetable oil.

Saturated fat - is solid at room temperature. It comes from animals (meat, cheeses, eggs etc.) and palm kernel oil. These fats are not essential and are the type that encourage free radical damage, and should be kept to a minimum. The more solid (saturated) a fat is, the more difficulty your body has digesting it, and because of this, it is more likely to be deposited and stored.

Selenium - essential mineral vital for normal function of the immune system and thyroid gland. Selenium is an antioxidant and due to declining amounts of selenium found naturally in soil, it is important to supplement your diet.

Scutellaria root - a Traditional Chinese Medicine (TCM) herb with antioxidant and healthy-ageing benefits.

Silicon dioxide - an emulsifier.

Stearic acid - a saturated fatty acid.

Sodium - an essential mineral for all animal life.

Sodium chloride – known as common table salt. Assists in the elimination of water by drawing out of cells through osmosis.

Sodium citrate – acidity regulator.

Sorbitol – a sugar substitute that is also known as glucitol is about 60% as sweet as sucrose with fewer calories.

Soy protein - a protein derived from soybeans and the only vegetarian source of complete protein. It is equal to animal sources of protein such as meat, eggs and milk. This vegetable protein is naturally rich in isoflavones, genistin and daidzein.

Sucralose - an artificial sweetener made from sugar but with no calories.

Tableting agent/aid - can include diluents, binders or granulating agents, glidants (flow aids) and lubricants to ensure efficient tabletting.

Tang Kuei - the root of the plant is a rich source of calcium, B vitamins, iron, magnesium and essential oils. These volatile oils have antispasmodic properties that have been shown to act on smooth muscles to alleviate cramps, one of the symptoms of PMS.

Taurine - an amino acid that serves many different functions in the body. In certain situations, taurine provides a boost as the body cannot make enough Taurine to meet its needs.

Thiamin (Vitamin B1) - breaks down glucose to release energy; assists digestion; aids in the function of the nervous system.

Thyme oil - essential oil that helps improve digestibility.

Tomato fruit – rich in Vitamin C and the phytonutrient lycopene.

Turmeric - contains Vitamin C, E, and carotenoids.

Trans fat - is the common name for an unsaturated fat that has been hydrogenated. Hydrogenation is widely used to solidify liquid vegetable oils to make products such as margarines and shortenings and involves adding hydrogen to the oil. Unlike the “good” unsaturated fatty acids found in fish and vegetable oils, trans fats behave similarly to saturated fats in the body and have similar health issues. The consumption of trans fats increases the risk of coronary heart disease by raising levels of ‘bad’ LDL cholesterol and lowering levels of ‘good’ HDL cholesterol.

Triglyceride – the chemical form in which most fat exists in food as well as in the body; triglycerides are also present in blood plasma and, in association with cholesterol, form the plasma lipids. Triglycerides in plasma are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates. Calories ingested in a meal and not used immediately by tissues are converted to triglycerides and transported to fat cells to be stored. Hormones regulate the release of triglycerides from fat tissue so they meet the body’s needs for energy between meals.

Unsaturated fat - Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. Unsaturated fats fall into two main groups - mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega 3 (alpha linolenic acid) and Omega 6 (linoleic acid) essential fatty acids.

Whey Protein - a protein isolated from whey, a by-product of milk. It is commonly used by bodybuilders and other athletes to accelerate muscle development and aid in recovery.

Zinc - needed for healthy reproductive and immune systems, it is also required for tissue repair and renewal. Is a component, with manganese and copper, of the antioxidant enzyme system.
Outer Nutrition

Aloe vera - is a natural moisturiser than can also be used internally to aid in digestion.

Apple extract - source of vitamins A and C as well as zinc, all essential for healthy glowing skin.

Apricot Oil - this moisturising oil contains vitamins A and E and helps skin retain elasticity and suppleness; helps fight acne.

Avocado Oil - is high in sterolins which are reputed to reduce age spots and help heal sun damage and scars; deeply hydrates skin; helps prevent dry hair and scalp.

Beeswax beads - for smoothing & polishing skin.

Calendula flower - also known as pot marigold; soothes and softens hair and skin with natural anti-inflammatory and healing properties

Carrot extract - source of vitamins A, C and E.

Chamomile - helps soothe irritation and rejuvenates the skin.

Citrus extracts - contain Vitamin C for protection against free radical damage and give a fresh citrus scent.

Clover - hydrates skin without greasiness.

Eucalyptus Leaf Oil - balances skin's natural moisture barrier.

Eyeliss™ - a breakthrough ingredient that reduces water retention around the eyes, helping to minimise the appearance of under-eye puffiness and dark circles.

Ginger root - helps stimulate healthy hair growth by allowing the maintenance of protein levels.

Ginkgo leaf - antioxidant.

Glucosamine - has internal and external benefits – it helps repair and maintain cartilage, and helps support joints and ligaments. It also helps to improve, repair and rebuild weak and damaged skin cells and is compatible with all skin types.

Grape seed - helps stimulate healthy hair growth; an antioxidant which protects the skin from premature ageing.

Grapefruit extract - works deep into the skin to fight bacteria that causes acne.

Hydrolite 5 - acts as an excellent skin moisturiser.

Jojoba - replenishes the natural oils produced by skin and hair; has natural moisturising properties and can provide healing benefits to the skin; its beads smooth and polish skin.

Kukui Nut Oil - derived from a nut grown in the Pacific Islands, this oil is an excellent emollient and has a non-greasy after-feel.

Lavender - helps the skin heal itself by stimulating cell growth, reducing inflammation and balancing the production of oil.

Lemon Extract - full of vitamin C, this adds a healthy glow to skin and improves its overall health.

Lime extract - rejuvenates the skin, keeps it shining and protects from infection due to high levels of vitamin C.

Linked Papain - a plant-derived enzyme from the papaya fruit, helps exfoliate dead and damaged cells from the skin’s surface and enhances skin smoothness.

Milk Thistle Oil - also known as silybum marianum; cleanses and detoxifies

Nettle Extract - for added shine on hair

Olive Oil - nourishes and moisturises skin.

Orange Oil - balances skin's natural moisture barrier; full of vitamin C, this adds a healthy glow to skin and improves its overall health.

Panthenol - a form of vitamin B5 that acts as a moisturiser; is is absorbed deeply into the skin and adds essential moisture.

Pheohydrane P - derived from a marine source, this ingredient provides long-lasting moisturisation.

Rosemary extract - helps strengthen and rejuvenate hair.

Tea Tree Oil - helps control shine and reduce oiliness.

Sage extract – conditions and softens hair while moisturising and soothing the scalp.

Sesame seed oil - rich in antioxidants.

Shea Butter - derived from the Shea Tree, a plant species grown in Africa, Shea Butter moisturises and helps maintain the elasticity of the skin.

Siberian Ginseng Extract - tightens and smoothes the skin and helps reduce the appearance of fine lines.

Sunflower Seed Oil - light oil containing vitamins A and E.

Sweet Almond Oil - helps replenish oils lost during the cleansing process.

Vitamin A - antioxidant that guards cells from damaging free radicals; helps improve skin moisture and renewal.

Vitamin C - antioxidant that protects the skin against free radical damage and is the most prevalent vitamin found in the skin; helps produce collagen, promotes firm skin tone and supports the skin’s immune system, but is rapidly depleted with exposure to the sun.

Vitamin E - antioxidant that plays an important role in protecting against premature ageing by reducing the appearance of fine lines and wrinkles; helps protect cells; helps smooth skin surface and reduce inflammation.

Wheat protein - a moisturising and strengthening protein known for increasing hair’s ability to maintain and receive moisture.

Wheatgerm oil - contains Vitamin E.

Willowerb - works as a natural skin exfoliant to help unplug follicles and pores.

Witch Hazel - derived from a plant source, this ingredient is a skin freshener.

Ylang ylang - softens and smooths skin.

*Eyeliss™ is used under the authorisation of Sederma Inc.