

ORGANIC  **VISION**
QUALITY

Hair Skin BoneTM

radiate with true beauty from the inside out



Did you know...

When **calcium** tablets¹ were taken without vitamin D, the risk of **heart attacks** increased by about 30%?



A decrease in the amount of **collagen** we produce as we age not only affects our skin but also our **bone health**?

A **healthy liver** which detoxes³ properly and thoroughly helps us develop and maintain clear, **glowing skin**?



Total global sales in the ⁴ **skincare** industry were **\$844 million** in 2012?

We all want to look good and feel good, even as we age.
But beauty and youthful vitality is more than skin deep.
When we are truly healthy from the inside out, we will glow and radiate with health and wellness. So how do we build up our bodies so that our external appearance reflects our internal health?

Organic Vision's™ Hair Skin Bone™ will provide you with the following **5** benefits:

1 *Be the envy of everyone and enjoy thick, shiny, luscious hair!*



2 *Startle others with your smooth and supple skin!*



3 *Have fun beautifying your strong, durable nails!*



4 *Move and exercise with sturdy, agile bones!*



5 *Enjoy better posture and prevent osteoporosis!*



How is this possible?

According to **the World Applied Sciences Journal** ⁵, Bamboo, one of nature's richest sources of silica, helps the absorption of key minerals, helping our bodies produce collagen to strengthen connective tissues in the body, promoting beautiful, strong skin, hair, cartilage and bones.



The **Journal of the American Pharmaceutical** ⁶ states that **Witch Hazel** helps to calm down inflammation of the skin and prevents skin disorders such as eczema, rosacea and acne. It also acts as a wonderful astringent, tightening pores, sealing in moisture and regulating oil production for your skin.

We have also included the **Marigold Flower, or Calendula**, which contains flavonoids, acting like anti-oxidants to protect the skin against oxidative damage from the environment. It is also a soothing anti-septic and anti-inflammatory agent, assisting in the healing of the skin. The **Indian Journal of Experimental Biology** ⁷ found that calendula works by inhibiting the signaling molecules and enzymes that trigger the body's inflammatory response.



According to **Holistic Nursing Practice** ⁸, **Milk Thistle** helps to clear unwanted toxins in the blood, and helps in the regeneration of liver tissue and decreases inflammation, greatly improving the appearance of skin, and minimizes conditions such as acne.

Burdock Root is also included to help detoxify the liver and purify our blood, which according to the **Journal of Inflammopharmacology** ⁹, aids in the treatment of skin diseases such as eczema, psoriasis, dermatitis and acne.



Proceedings of the Nutrition Society ¹⁰ state that **soybean sprouts**, included in Hair Skin Bone, contain essential amino acids that increase bone formation and prevent the breakdown of bones.

Directions for Use

This product is suitable for men, women and children.



For regular maintenance of healthy hair, skin & bone:

Take 2 capsules daily

For thicker, more voluminous hair:

Take 4 capsules daily

For cleansing the liver:

Take 6 capsules before bed together with a tablespoon of olive oil

For strengthening weak bones:

Take 4 capsules daily

Expected Results

Short term:

- You will notice an improvement in the strength of your nails and hair.
- There will be less breakage
- Skin conditions will start to improve



Long term:

- Your bones will become stronger, preventing the onset of osteoporosis and arthritis with age
- Your liver will function at a higher performance, helping to cleanse away unwanted toxins



1. http://well.blogs.nytimes.com/2013/04/08/thinking-twice-about-calcium-supplements-2/?_php=true&_type=blogs&_r=0
2. S. Viguet-Carrin, P. Garnero, P.D. Delmas (2006) The role of collagen in bone strength. Osteoporosis International, 17: 319–336, DOI 10.1007/s00198-005-2035-9
3. Apostolos Pappas (2009) The relationship of diet and acne. Dermatoendocrinology, 1(5): 262–267
4. http://www.thebeautycompany.co/downloads/Beyer_BeautyNumbers.pdf
5. (Bamboo) Vasanthi, N., Saleena, L.M. & Anthoni Raj, S. (2012) Silicon in Day Today Life. World Applied Sciences Journal 17 (11): 1425–1440
6. Bunghez, I.R. & Rodica-Mariana Ion (2011) Complex Spectral Characterization Of Active Principles From Marigold (Calendula Officialis) Journal of Science and Arts, Year 11, No. 1 (14), pp. 59–64
7. Preethi KC, Kuttan R, Kuttan R (2009) Anti-inflammatory activity of flower extract of Calendula officinalis Linn. and its possible mechanism of action. Indian Journal of Experimental Biology; 47(2):113–20
8. Ross, Stephanie Maxine MH, HT, CNC. (2008) Milk Thistle (Silybum marianum): An Ancient Botanical Medicine for Modern Times. Holistic Nursing Practice, 22 (5) 299–300
9. Chan, Y.S., Cheng, L.N., Wu, J.H., Chan, E., Kwan, Y.W., Ming-Yuen Lee, S., Pak-Heng Leung, G., Hoi-Fu Yu, P., Chan, S.W. (2011) A review of the pharmacological effects of Arctium lappa (burdock). Inflammopharmacology, 19 (5), 245–254
10. Branca, F. (2003) Dietary phyto-oestrogens and bone health. Proceedings of the Nutrition Society, 62 (4), pp 877–887

For more details, contact me :

