

NATURAL HEALTH

UK'S TOP HOLISTIC EXPERTS & WRITERS

BEAUTY

TRIED & TESTED: THE BEST BEAUTY SUPPLEMENTS

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TRIED & TESTED BY SARAH JAGGER: BEAUTY BOOSTING SUPPLEMENTS

TV beauty expert Sarah Jagger tells us which pretty pills really do pack a punch

We know that beauty is more than skin deep but exactly how effective are the new wave of supplements claiming to improve our hair, skin and nails from within?

For the past six months I've been road testing all the powders and pills I could get my hands on and was pleasantly surprised by the results of some. My test was simple: when I found one I liked I found two other testers to try it out too (three heads are better than one, right?). I personally prefer the powder formulas because I can easily blend them into a breakfast smoothie and forget about endless pill popping. I've included my recipe for a delicious green smoothie below. Enjoy!

Best for Skin Firming - Rejuvenated Collagen Shots £36 www.collagen-shots.com

After the age of 25 collagen synthesis reduces at a rate of 1,5% a year and the age of 45 collagen levels can have fallen by as much as 30%. The visible signs are lines and wrinkles as well as a loss of firmness. In order to encourage increased hydration and elasticity in the skin, collagen shots contain marine collagen (not suitable for vegetarians), acai berry, vitamin B3, vitamin B5, vitamin B6, and vitamin C.



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