

DearBody

LOVE YOURSELF NATURALLY

The ingredients in *Dear Body* has carefully been chosen for their specific health properties. Scientific research has shown that the selected ingredients have beneficial results on the skin and gut. If you are interested in more information, please contact us!

VERISOL™ COLLAGEN PEPTIDES

Oral supplementation of specific collagen peptides has beneficial effects on human skin physiology: A double-blind, placebo-controlled study

Skin Pharmacology Physiology, 2014, 27, 47 - 55
Proksch *et al.*, 2014

Oral supplementation with specific bioactive collagen peptides improves nail growth and reduces symptoms of brittle nails

Journal of Cosmetic Dermatology, 2017, 16, 520 - 526
Hexsel *et al.*, 2017

Dietary supplementation with specific collagen peptides has a body mass index-dependent beneficial effect on cellulite morphology

Journal of Medical Food, 2015, 18, 1340 - 1348
Schunck *et al.*, 2015

Oral intake of specific bioactive collagen peptides reduces skin wrinkles and increases dermal matrix synthesis

Skin Pharmacology and Physiology, 2014, 7, 113 - 119
Proksch *et al.*, 2014

BOTANICAL EXTRACTS

Aspalathus linearis (Rooibos) – A functional food targeting cardiovascular disease

Food & Function, 2018, 9, 5041 - 5058
Smith & Swart, 2018

Effects of rooibos (*Aspalathus linearis*) on oxidative stress and biochemical parameters in adults at risk for cardiovascular disease

Journal of Ethnopharmacology, 2011, 133, 46 - 52
Marnewick *et al.*, 2018

Rooibos (*Aspalathus linearis*) facilitates an anti-inflammatory state, modulating IL-6 and IL-10 while not inhibiting the acute glucocorticoid response to a mild novel stressor *in vivo*

Journal of Functional Foods, 2016, 27, 42 - 54
Smith & Swart, 2016

Antioxidants from plants protect against skin photoaging

Oxidative Medicine and Cellular Longevity, 2018, 1454936
Petruk *et al.*, 2018

Protective effects of citrus and rosemary extracts on UV-induced damage in skin cell model and human volunteers

Journal of Photochemistry and Photobiology B: Biology, 2014, 136, 12 - 18
Pérez-Sánchez *et al.*, 2014

Skin photoprotective and anti-ageing effects of a combination of rosemary (*Rosmarinus officinalis*) and grapefruit (*Citrus paradisi*) polyphenols

Food & Nutrition Research, 2016, 60, 31871
Nobile *et al.*, 2016

Anticancer effects of rosemary (*Rosmarinus officinalis*, L.) extract and rosemary extract polyphenols

Nutrients, 2016, 8, 731
Moore *et al.*, 2016



Antioxidant and antimicrobial properties of rosemary (*Rosmarinus officinalis*, L.): A review
Medicines, 2018, 5, 98
Nieto *et al.*, 2018

Carnosic acid and carnosol, two major antioxidants of rosemary, act through different mechanisms
Plant Physiology, 2017, 175, 1381 - 1394
Loussouarn *et al.*, 2017

FLAXSEED

Phytoestrogens and their health effect
Journal of Medical Sciences, 2019, 7, 495 - 499
Desmawati & Sulastri, 2019

Dietary flaxseed as a strategy for improving human health
Nutrients, 2019, 11, 1171
Parikh *et al.*, 2019

Hyaluronic acid - A key molecule in skin aging
Dermato-Endocrinology, 2012, 4, 253 - 258
Papakonstantinou *et al.*, 2012

METHYLSULFONYLMETHANE (MSM)

Effects of oral supplementation with methylsulfonylmethane on skin health and wrinkle reduction
Natural Medicine Journal, 2015, 7, 1 - 18
Anthonavage *et al.*, 2015

Beauty from within: Oral administration of a sulfur-containing supplement
methylsulfonylmethane improves signs of skin ageing
International Journal of Vitamin and Nutrition Research, 2020, 21, 1 - 10
Muizzuddin & Benjamin, 2020

BACILLUS COAGULANS PROBIOTIC

Probiotic characteristics of *Bacillus coagulans* and associated implications for human health and diseases
Journal of Functional Foods, 2020, 64, 103643
Cao *et al.*, 2020

Probiotics, prebiotics and synbiotics - A review
Journal of Food Science and Technology, 2015, 52, 7577 - 7587
Pandey *et al.*, 2015

A review on *Bacillus coagulans* as a spore-forming probiotic
Applied Food Biotechnology, 2019, 6, 91 - 100
Adibpour *et al.*, 2019



CURCUMIN AND PIPERINE

The promise of slow down ageing may come from curcumin

Current Pharmaceutical Design, 2010, 16, 884 - 892
Sikora *et al.*, 2010

Safety and anti-inflammatory activity of curcumin: A component of tumeric (*Curcuma longa*)

The Journal of Alternative and Complimentary Medicine, 2003, 9, 161 - 168
Chainani-Wu, 2010

Effects of turmeric (*Curcuma longa*) on skin health: A systematic review of the clinical evidence

Phototherapy Research, 2016, 30, 1243 - 1264
Vaughn *et al.*, 2016

Curcumin, inflammation, ageing and age-related diseases

Immunity & Ageing 2010, 7, 1
Sikora *et al.*, 2010

Antioxidant and anti-inflammatory properties of curcumin

Advances in Experimental Medicine and Biology, 2007, 595, 105 - 125.
Menon & Sudheer, 2007

Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers

Planta Medica, 1998, 64, 353 - 356
Shoba *et al.*, 1998

GREEN BANANA POWDER

Health Benefits of Green Banana Consumption: A systematic review

Nutrients, 2019, 11, 1222
Falcomer *et al.*, 2019

Resistant starch as prebiotic: A review

Starch Journal, 2011, 63, 406 - 415 Fuentes-Zaragoza *et al.*, 2011

Women with metabolic syndrome improve anthropometric and biochemical parameters with green banana flour consumption

Nutrición Hospitalaria, 2014, 29, 1070 - 1080
da Silva *et al.*, 2014

Colonic fermentation of unavailable carbohydrates from unripe banana and its influence over glycemic control

Plant Foods for Human Nutrition, 2015, 70, 297 - 303
Dan *et al.*, 2015

ZINC

Zinc and human health: An update

Archives of Toxicology, 2012, 86, 521 - 534
Chasapis *et al.*, 2012

Zinc and Skin Health: Overview of physiology and pharmacology

Dermatologic Surgery, 2005, 31, 837 - 847
Schwartz *et al.*, 2005



Zinc, human diseases and aging

Aging Clinical and Experimental Research, 1995, 7, 77 - 93
Fabris & Mocchegiani, 1995

VITAMINS A, C, E

Ultraviolet B-induced DNA damage in human epidermis is modified by the antioxidants ascorbic acid and D-a-tocopherol

Journal of Investigative Dermatology, 2005, 124, 304 - 307
Placzek *et al.*, 2005

Protective effect against sunburn of combined systemic ascorbic acid (vitamin C) and d-a-tocopherol (vitamin E)

Journal of the American Academy of Dermatology, 1998, 45 - 48
Eberlein-König *et al.*, 1998

Role of vitamin C in collagen biosynthesis and connective tissue health

Journal of Bodywork and movement in therapies, 2002, 6, 221 - 224
Elliot, 2002

Role of vitamins in skin care

Nutrition, 2001, 17, 839 - 844.
Shapiro & Saliou, 2001

The roles of vitamin C in skin health

Nutrients, 2017, 9, 866
Pullar *et al.*, 2017

Effect of vitamin C on collagen biosynthesis and degree of birefringence in polarization sensitive optical coherence tomography (PS-OCT)

African Journal of Biotechnology, 2008, 7, 2049 - 2054
Sharma *et al.*, 2008

INULIN

Applications of inulin and probiotics in health and nutrition

International Food Research Journal, 2012, 19, 1337 - 1350
Miremadi & Shah, 2012

Chemopreventive and metabolic effects of inulin on colon cancer development

Journal of Veterinary Science
Hijová *et al.*, 2013

Effects of inulin on faecal bifidobacteria in human subjects

British Journal of Nutrition, 1999, 82, 375 - 382
Kruse *et al.*, 1999

Inulin and oligofructose: Safe intakes and legal status

Journal of Nutrition, 1999, 129, 1412S - 1417S
Coussement, 1999



Inulin dietary fiber with functional and health attributes—A review

Food Reviews International, 2010, 26, 189 - 203

Nair *et al.*, 2010

Prebiotic inulin-type fructans induce specific changes in the human gut microbiota

Gut, 2017, 66, 1968 - 1974

Vandeputte *et al.*, 2017

The prebiotic properties of oligofructose at low intake levels

Nutrition Research, 2001, 21, 843 - 848

Rao, 2001

FRUIT POWDERS

Characterization of phenolic profile and antioxidant capacity of different fruit part from lemon (*Citrus limon* Burm.) cultivars

Journal of Food Science and Technology, 2017, 54, 1108 - 1118

Xi *et al.*, 2017

Effects of inorganic nitrate and beetroot supplementation on endothelial function: A systematic review and meta-analysis

European Journal of Nutrition, 2016, 55, 451 - 459

Lara *et al.*, 2016

The potential benefits of red beetroot supplementation in health and disease

Nutrients, 2015, 7, 2801 - 2822

Clifford *et al.*, 2015

Betalain and phenolic compositions, antioxidant activity of Tunisian red beet (*Beta vulgaris* L. *conditiva*) roots and stems extracts

International Journal of Food Properties, 2014, 17, 1934 - 1945

Koubaier *et al.*, 2014

Betanin—A food colorant with biological activity

Molecular Nutrition & Food Research, 2015, 59, 36 - 47

Esatbeyoglu *et al.*, 2015

Role of anthocyanins in skin aging and UV induced skin damage

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Rojo *et al.*, 2013

Blueberries and their anthocyanins: Factors affecting biosynthesis and properties

Comprehensive Reviews in Food Science and Food Safety, 2011, 10, 303 - 320

Routray & Orsat, 2011

Blueberry anthocyanins in health promotion: A metabolic overview

Journal of Functional Foods, 2013, 5, 1518 - 1528

Norberto *et al.*, 2013

Bog blueberry anthocyanins alleviate photoaging in ultraviolet-B irradiation-induced human dermal fibroblasts

Molecular Nutrition & Food Research, 2009, 53, 726 - 738

Bae *et al.*, 2009



Recent research on the health benefits of blueberries and their anthocyanins

American Society for Nutrition 2020, 11, 224 - 236
Kalt *et al.*, 2020

Abundance of active ingredients in seabuckthorn oil

Health and Disease, 2017, 16, 95
Zielińska & Izabela Nowak, 2017

Bioactive profile, health benefits and safety evaluation of sea buckthorn (*Hippophae rhamnoides* L.): A review

Cogent Food & Agriculture, 2016, 2, 1128519
Wani *et al.*, 2016

Hippophae Rhamnoides L. (Sea Buckthorn): A potential source of nutraceuticals

Food and Public Health 2012, 2, 69 - 72
Christaki, 2012

Omega-7 inhibits inflammation and promotes collagen synthesis through SIRT1 activation

Applied Biological Chemistry, 2018, 61, 433 - 439
Song *et al.*, 2018

Sea buckthorn berries: A potential source of valuable nutrients for nutraceuticals and cosmeceuticals

Food Research International, 2011, 44, 1718 - 1727
Bal *et al.*, 2011

The Omega 7 as a health strategy for the skin and mucous membranes

EC Nutrition, 2019, 14.6, 484 - 489.
García, 2019

HYALURONIC ACID

Hyaluronic acid, a promising skin rejuvenating biomedicine: A review of recent updates and pre-clinical and clinical investigations on cosmetic and nutricosmetic effects

International Journal of Biological Macromolecules, 2018, 12, 1682-1695
Bukhari *et al.*, 2018

Ingestion of an Oral Hyaluronan Solution Improves Skin Hydration, Wrinkle Reduction, Elasticity, and Skin Roughness: Results of a Clinical Study

Journal of Evidence-Based Complementary & Alternative Medicine, 2017, 22, 816-823
Göllner *et al.*, 2017

Oral hyaluronan relieves wrinkles: a doubleblinded, placebo-controlled study over a 12-week period

Clinical, Cosmetic and Investigational Dermatology, 2017, 10 267-273
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