

# EAT THESE FOODS AND REDUCE WRINKLES

Herring, sardines,  
salmon - Omega 3  
keeps skin thick,  
supple &  
moisturized

Broccoli  
reduces  
oxidative  
damage)

Dark Chocolate  
reduces UV  
damage)

Avocados  
for supple  
springy skin

Soy  
(Improves  
skin elasticity)

Tomatoes  
reduces  
UV damage)



Red & yellow bell  
peppers helps  
create collagen  
from high  
Vitamin C

Walnuts  
High Omega  
3 and gamma  
tocopherol  
Vitamin E

Sunflower seeds  
(Vitamin E)  
Helps regenerate  
new skin cell and lighten  
scars and brown spots

Sweet potatoes  
(Reduces  
UV damage)

## LEADING CAUSES OF SKIN DAMAGE

Sun, Sugar, Lack of sleep, Stress, Poor nutrition, Smoking  
Alcohol, Poor cleansing, Lack of exercise, Dairy

**CINNAMON VOGUE**

PREMIUM CEYLON CINNAMON FROM SRI LANKA