

Prevent sun damage

DAMAGE due to sunlight occurs from incidental exposure during daily activities. Wherever there is light, there is UV (ultraviolet) radiation. And where there is UV radiation, there is the potential for harm to the skin.

In urban landscapes, people are exposed to more than just sun light itself. Light also reflects off of metal, glass and concrete. Exposure from going indoors and out, exposure from light coming through building and car windows (unless they're specifically treated with UV filters), and even exposure thin clothing, all adds up.

One serious sunburn can increase the risk of skin cancer by as much as 50%.

Damage caused by the sun is cumulative and shows up later as signs of ageing, or in worse case scenarios, as skin cancer. Ninety-five per cent of all skin cancers are found on light-exposed areas such as the face, top of the ears, neck and chest.

Primitive versions of physical sunscreens have been around for centuries. Chemical sunscreens have been in use since the early 1920s but early versions were greasy, irritating, staining, and could not be made

into water resistant formulas.

Basic features for choosing sunscreen are:

- Full spectrum sun protection to protect against both UVA and UVB radiation.
- Antioxidants to neutralise ageing free radicals.
- Anti-inflammatory agents to prevent redness and soothe skin.
- Hydrating ingredients to replace moisture loss as a consequence of exposure.

Murad Age-Proof Suncare products contains the patented Skin Repair System with Co-3 is highly desirable and can help fortify and repair connective tissue.

The benefits of the pomegranate extract is amazing. Experts believe that 80% of what we perceive as the signs of skin ageing—and this includes fine lines, age spots, sallow colour, loss of elasticity, uneven texture, and more.

Free radicals are unstable molecules that erode tissue through a process called oxida-

tion. When an apple slice turns brown or a steel beam rusts, those too are examples of oxidation. Free radical formation is not just an isolated event either, because free radicals generate more free radicals, thus establishing a cascade of deterioration.

Pomegranate extract contains the extraordinarily powerful polyphenol ellagic acid, a highly efficient free radical scavenger. Ellagic acid has also been studied for its healing benefits and anti-cancer benefits.

Noted for its versatility, pomegranate extract offers antioxidant benefits and protection both topically as well as internally in supplement form.

In addition to its healing benefits, pomegranate extract—whether applied topically or taken internally—has the unique ability to improve the SPF power of sunscreen.

As the first to incorporate Pomegranate technology into topical skincare, Dr. Murad developed the highly effective



Murad patented Skin Repair System with Co-3 which is highly desirable and can help fortify and repair connective tissue.

Age-Proof Suncare products. Pomegranate's SPF enhancing abilities allow him to use fewer topical chemical sunscreens while still maintaining the desired levels of SPF protection.

Murad has a full range of patented, clinically proven formulas to prevent sun damage. Call our infoline 1 300 88 8826 or log on to www.cnbeauty.com.my for details.

For great oral healthcare

PEOPLE have all kinds of habits. Some bite their nails when nervous. Others tap their fingers when they are impatient. While these habits are usually involuntary, there are certain habits that must always be voluntary such as having proper dental habits.

There are many products out there that promise dental protection. But can these products like Lotte Xylitol dental health chewing gum – be helpful additions to our oral hygiene regimen?

Being a dental health chewing gum, Lotte Xylitol is a great addition to one's dental habits because it complements other practices such as brushing the teeth, flossing, gargling with mouthwash, and visiting the dentist regularly.

As a supplement to one's normal dental regimen, Lotte Xylitol effectively helps in protecting the teeth. It aids in keeping the teeth strong and healthy by preventing plaque and cavity build-up. Together with regular tooth brushing, flossing, and gargling, Lotte Xylitol can help avoid dental problems like tooth decay and bad breath.

Lotte Xylitol's main active ingredient is the natural sweetener, xylitol. It's a sugar substitute with dental protection properties.

Xylitol is unlike other sweeteners. It only has two-thirds the food energy and 75% of the calories of table sugar, but is just as sweet. More importantly, unlike sucrose, it can't be metabolised

by the bacteria Mutans Streptococci.

These bacteria are commonly found in a person's oral cavity and are mainly responsible for the formation of plaque. They absorb the sugars and carbohydrates from our food and metabolise them into lactic acid. The acid decalcifies or mineralises the tooth enamel, making it vulnerable to decay.

Since they can't metabolise xylitol, the bacteria cannot produce lactic acid. This helps stop the build-up of plaque and cavity, therefore decreasing the risk of tooth decay.

Lotte Xylitol can only help in preventing plaque and cavity build-up that can lead to tooth decay. And it can't do everything



The XYLITOL Blister Lemon Mint is one of the products that can help in preventing plaque and cavity build-up that can lead to tooth decay.

a toothbrush can do.

Brushing the teeth properly cleans the oral cavity. It gets rid of unwanted and harmful particles such as plaque, caries and food residue on and in between the teeth.

Dental health chewing gums can't do that. Just like brushing the teeth, other practices like flossing and gargling are just as important and cannot be substi-

tuted by chewing dental health gums.

So don't forget to brush your teeth, floss, gargle, visit your dentist regularly, and chew two pellets of Lotte Xylitol, four to five times a day for healthier teeth and gums. Remember to practise the Lotte Xylitol habit.

For details, look out for the Lotte Malaysia advertisement in this StarSpecial.

Get your life into Great Shape

When your life is in good shape, you will feel fully alive with a great sense of purpose and full of confidence.

Introducing ForsLean Plus from Nutra-Life

ForsLean Plus contains Forslean®, a patented, standardised extract which is backed by extensive studies. Nutralife's ForsLean Plus is added with guarana and green tea extract that works synergistically with Forslean®.

Get your life firmly back into shape and let it show.

Standardised forskohlii extract
Guaranteed Potency

Get your ForsLean Plus today at major pharmacies nationwide!

NUTRA-LIFE



Available in 30's & 60's

ForsLean PLUS

For more information please contact: CAMBERT (M) SDN. BHD. (134845-P) Tel:03-5569 3660 / 5569 4337