



SKIN BEAUTY PLAN

20 REFILL sachets
20 ILLUMINATE tablets
60 NOURISH softgels

REFILL

1 SACHET
IN THE MORNING

Collagen	5 g
Vitamin C	80 mg*

ILLUMINATE

1 TABLET
IN THE MORNING

Hyaluronic acid	10 mg
Coenzyme Q10	10 mg
Biotin	50 mcg*
Camu camu	200 mg
Vitamin C	80 mg*

NOURISH

3 SOFTGELS
AT NIGHT

Borage oil (Omega 6)	1,5 g
Vitamin E	30 mg**

* 100% NRV: nutrient reference values

INSTRUCTIONS FOR USE. The plan lasts 20 days. It can be repeated as many times as desired depending on the needs and objectives. No rest is required between plan and plan. The results are visible from the first plan and accumulate with the continued intake. Each morning, take 1 REFILL sachet (lemon flavor) dissolved in a glass of water and a ILLUMINATE tablet. It is not necessary to be fasting. At night, take 3 NOURISH softgel.

PROPERTIES. Plan for the integral care of the skin especially indicated in cold weather, dry weather, when the skin looks dull or to fight the appearance of the first signs of age. The combination of the three products and their administration pattern give a global and complete effect to redensify, moisturize and illuminate the skin. The sachets contain type I collagen, which is one of the main and most important structural elements of the inner layers of the skin, and vitamin C which contributes to the normal formation of collagen for the normal functioning of the skin. The tablets contribute to the luminosity of the skin thanks to a combination of antioxidants. They contain hyaluronic acid, which is a viscous texture polysaccharide that is part of the elastic structure of the skin, an extract of the fruits of the Amazonian tree camu camu highly rich in vitamin C, which helps protect cells from oxidative damage, and biotin for skin maintenance in good conditions. Taken in the morning, they counteract the effect of free radicals from pollution and UV rays throughout the day. The pearls contain omega 6 of borage oil that participate in multiple metabolic functions of the skin and vitamin E that contributes to the protection of the cells against oxidative damage. Taken at night, they help a good recovery and rest of the skin during the hours of sleep.

REMARKS. It does not contain other allergens (gluten, lactose, etc.). No side effects associated with any of the ingredients have been described at the doses used. In case of suffering any unwanted effect derived from the consumption of the product, cease its use and contact a health professional. For additional information, you can contact humalik@humalik.com. Food supplement. Do not exceed the recommended daily amounts or use as a substitute for a varied and balanced diet. Keep out of reach and sight of younger children.

REFERENCES. "Oral Intake of Specific Bioactive Collagen Peptides Reduces Skin Wrinkles and Increases Dermal Matrix Synthesis. Proksch E., Schunck M., Zague V., Segger D., Degwert J., Oesser S. Skin Pharmacol Physiology." "Oral Supplementation of Specific CollagenPeptides Has Beneficial Effects on Human Skin Physiology: A Double-Blind, Placebo-Controlled Study. Proksch E et al. Skin Pharmacol Physiol. (2014)".



Keep at room temperature in a fresh and dry place, far from a heat source.



Deep 168 mm
High 127 mm
Width 95 mm
Volume 2.027 cc



3 years



Gross 373 g
Net 254 g

