



# SKINGAIN

FIRMER SKIN  
REDUCES WRINKLES  
FINE LINES AND  
STRETCH MARKS



# Slow down the aging process

Firmer skin, reduce wrinkles, fine lines and stretch marks!

SKINGAIN is made up of a unique and patented mixture of type I and type II collagen.

Collagen is the most important protein in the connective tissue and can comprise as much as 30 % of the body's total protein weight and up to 70 % of the protein in the skin. From the age of 25 the body's ability to produce collagen decreases. The decomposition of collagen with age leads to wrinkles.

Use 1-2 portions of SKINGAIN each day to slow down the skin's aging process.

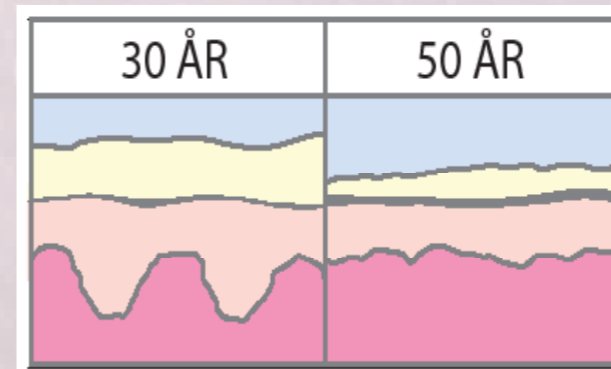


## THE SKIN'S AGING PROCESS

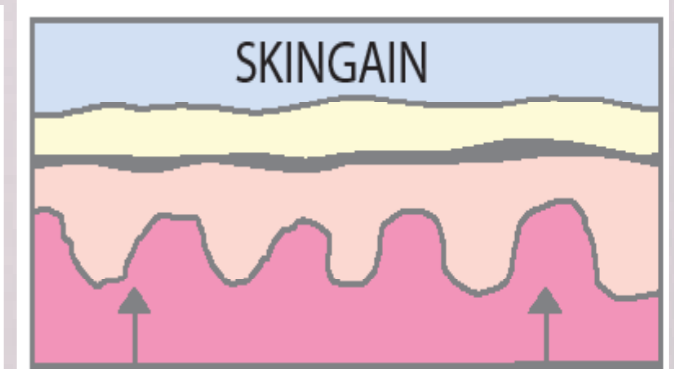
There is mainly two mechanisms behind the aging of the skin. One is external influences like UV radiation, smoking, stress and so forth.

The other is biological aging. When we grow older the skin loses its biological ability to produce

enough collagen and lastin to keep the skin firm and elastic. Simultaneous, the degradation of connective tissue increases. The result is thinner and looser skin, the blood vessels narrow and the skin becomes more pale and dull-looking.



The skin becomes thinner and less elastic. This is a result of a combination of biological aging and external influences like UV-radiation, smoking, stress and so forth.



SKINGAIN rebuilds the skin's normal smoothness, thickness and fluid pressure.

# Why do we get wrinkles?



SKINGAIN motvirker aldringsprosess, og du får synligere resultater etter bare 4-6 uker.

Beautiful skin has always been a symbol of youth, life and energy. With time the skin loses its natural elasticity and moisture. The result is fine lines, wrinkles and deep furrows. The fight against wrinkles has been fought for a long time with creams, serums, plastic surgery, laser etc.

SKINGAIN is a new and natural way to slow down the skin's aging process. Get visible results after just 4-6 weeks!

SKINGAIN contains a unique and patented mixture of type I and type II collagen. Collagen is the most important protein in the connective tissue and can comprise as much as 30 % of the body's total protein weight and up to 70 % of the protein in the skin. Collagen is important for the strength of skin and the tissue structure. From the age of 25 the body's ability to produce collagen decreases. The decomposition of collagen with age leads to wrinkles. SKINGAIN adds collagen to the body.

The connective tissue in the skin contains large amounts of hyaluronic acid. This works as a lubricant and gives the skin form, volume and increase the ability to keep moisture. The amount of hyaluronic acid in the skin decreases with age. This reduces the skin's ability to retain water and leads to loss of volume to the skin with subsequent formation of wrinkles and other signs of aging.

SKINGAIN contains agents that have shown in studies to significantly increase the amount of hyaluronic acid in the epidermis.



25



35



45



60

With age the skin loses its natural elasticity and moisture, and the result is fine lines, wrinkles and deeper furrows.

## Best practice against wrinkles

SKINGAIN is an effective aid to slow down the aging process. Good routines and a conscious awareness towards physical activity, health and food will also have a positive effect. Here is some good advice.

### LESS STRESS

Avoid constant stress. Stress breaks down the immune system in the skin and weakens the connective tissue.

### GET MORE SLEEP

Get enough rest and sleep. This leads to less stress and the body recovers while we sleep, including the skin.

### WORK OUT MORE

Work out more with weights to strengthen muscles. This will increase the production of growth hormones. This will keep the connective tissue in check.

### MORE SEX

Just like with weight training, sex increases the production of growth hormones that helps keep the connective tissue in great shape.

### MORE FATTY ACIDS

Omega 3, 6 and 9 are important for the skin's moisture levels. Most of us get enough Omega 6 through our diet, but are often deficient of Omega 3. You should consider increasing the amount of fish, walnuts and other Omega-3 rich products, or alternatively start taking an Omega-3 supplement.

Vitamin Es are antioxidants to the fatty acids. Without vitamin E you will not get the same benefit of Omega 3, 6 and 9.

### USE SUN PROTECTION

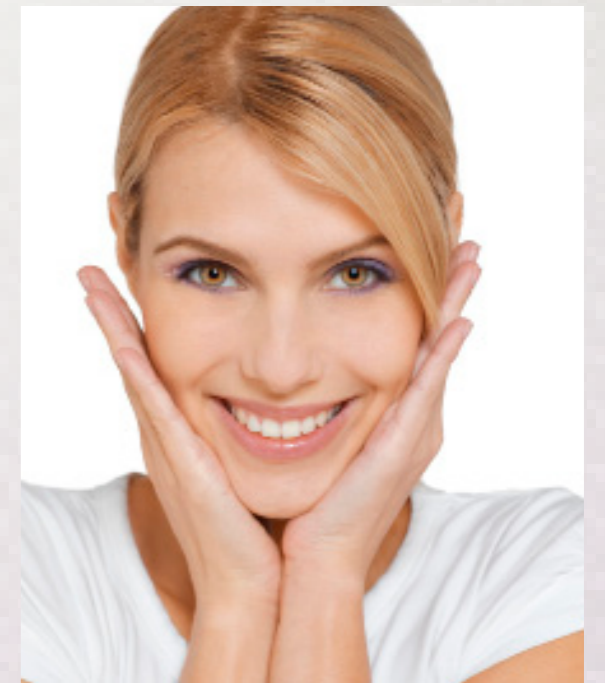
90 % of the aging of the skin is because of external influences. The sun and UV radiation is a major factor. Use sun protection all year, not just in the summer. Choose a day cream with sun protection.

### STOP SMOKING

Smoking slows down the blood flow and results in poor cell regeneration. As a result the skin's ability to excrete waste products is reduced.

### REDUCE THE INTAKE OF SUGAR

Studies have shown that there is a connection between sugar and increased sun damage and wrinkles. The same is true for dairy products, butter and margarine. Sugar sticks collagen and elastin and special enzymes are created. Sugar will also be able to increase the testosterone hormone that can affect zits and acne.



## TIPS AGAINST WRINKLES!

- Use sun protection
- Stop smoking
- Avoid stress
- Work out
- Get enough sleep
- Have more sex
- Reduce intake of sugar
- Eat more fish
- Use SKINGAIN

### OMEGA 3

- Oily fish
- Walnuts
- Flaxseeds

### OMEGA 6

- Soy oil
- Sunflower seeds
- Corn oil

### OMEGA 9

- Olive oil
- Canola oil
- Mustard seeds

### OMEGA 6

- Meat
- Milk
- Egg

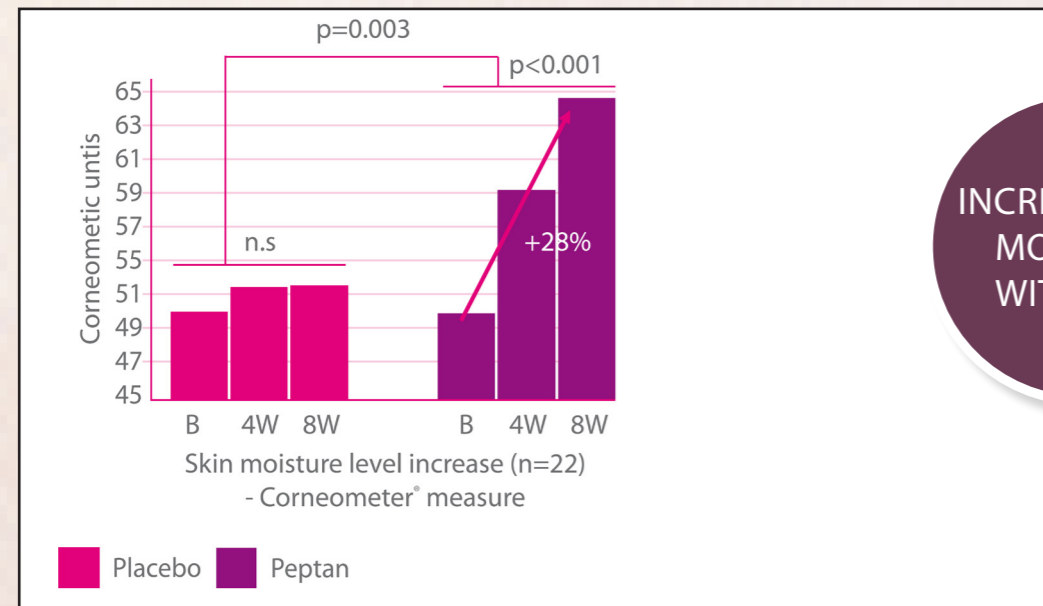
### VITAMIN E

- Almonds
- Sunflower seeds
- Hazel nuts

# Documented effect

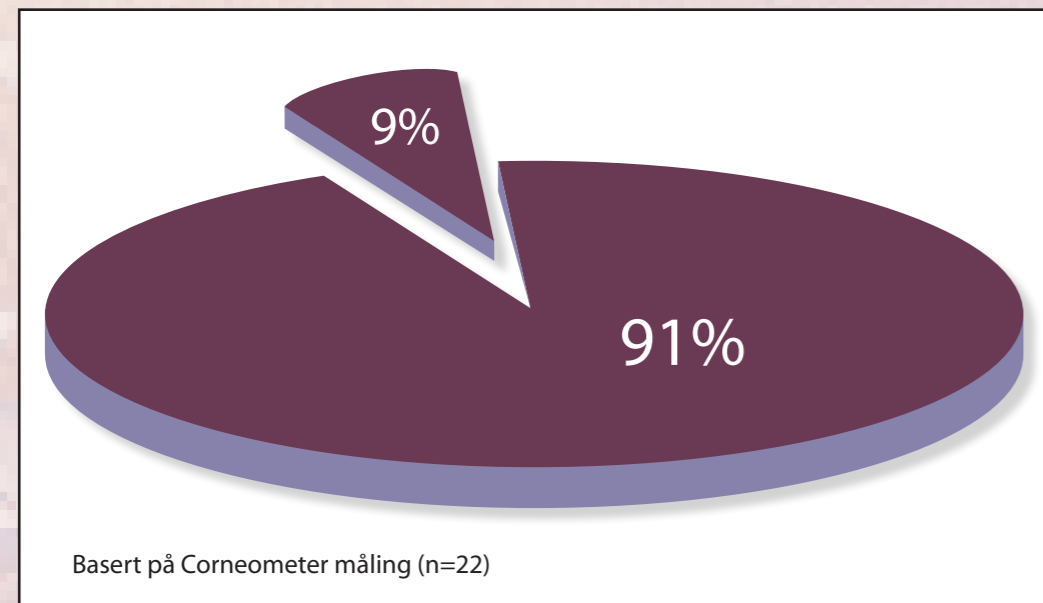
SKINGAIN consists of a unique and patented mixture of type I (Peptan™) and type II (CARTIDEA®) collagen. These agents have been tested in several clinical studies and have documented good effect on skin.

## EFFECT ON SKIN MOISTURE



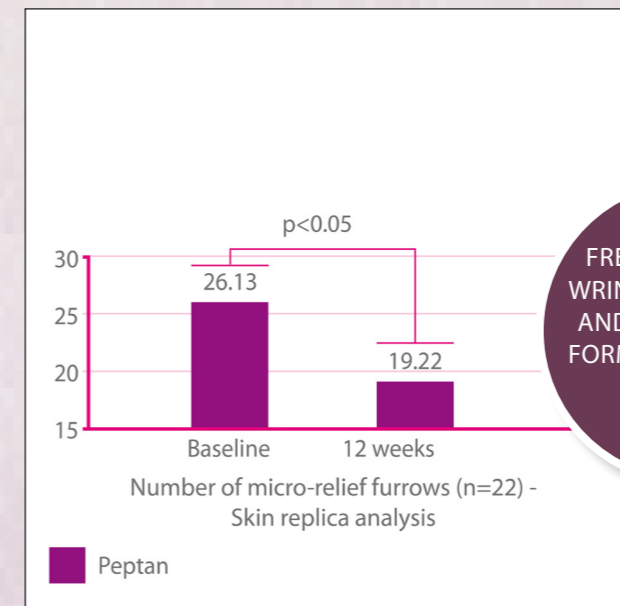
INCREASE SKIN MOISTURE WITH 28 %

Significant improvement in skin moisture after 8 weeks. + 28 % compared to the placebo group.



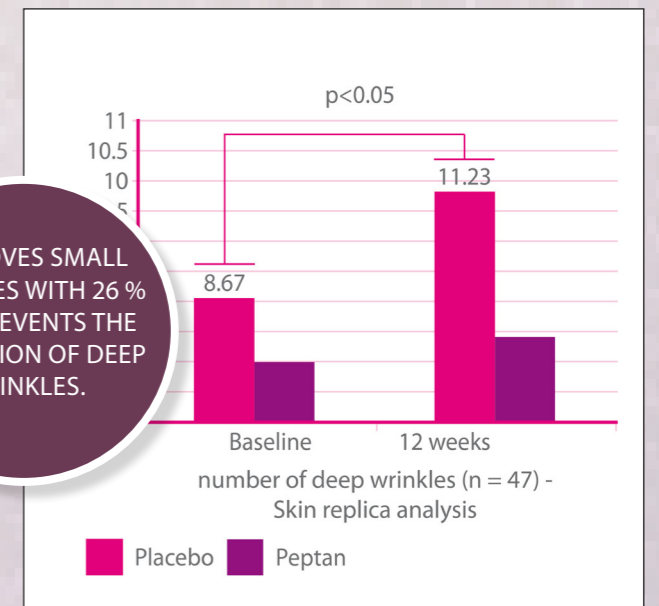
91 % of the participants experienced increased skin moisture after 8 weeks.

## EFFECT ON SIGNS OF AGING

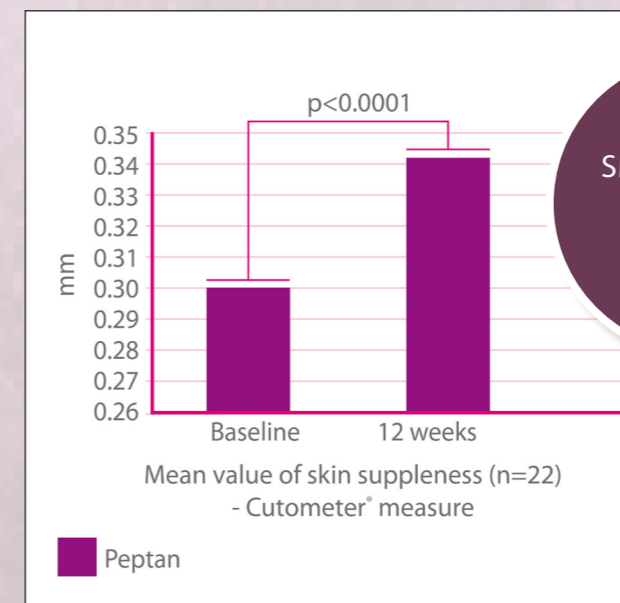


FREMOVES SMALL WRINKLES WITH 26 % AND PREVENTS THE FORMATION OF DEEP WRINKLES.

The number of small wrinkles decreased significantly after 12 weeks with collagen. - 26 %



The placebo group had a 30 % increase in deep wrinkle formation during a period of 12 weeks compared to those who received collagen.



SKIN SMOOTHNESS INCREASED BY 19 %

The skin smoothness increased by 19 % for those who received collagen.

### CONCLUSION:

- Improves skin moisture
- Reduces small wrinkles
- Prevents the formation of deep wrinkles
- Increases skin smoothness



Med-Eq AS, PO BOX 565 - sentrum, 3101 Tønsberg  
health@med-eq.com | www.med-eq.no

