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Altri autori (Persone)	TaborAndrew BlairRobert M
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Nota di contenuto	pt. 1. The biology of healthy and aging skin -- pt. 2. Beauty from the inside and the outside -- pt. 3. Micronutrient support for beautiful hair and skin -- pt. 4. Protect your skin with natural antioxidants -- pt. 5. Supporting a solid foundation for firmer skin -- pt. 6. Natural moisturizers for smoother skin -- pt. 7. Natural support for a healthier complexion -- pt. 8. Natural protection from photocarcinogenesis.
Sommario/riassunto	Nutritional cosmetics is an emerging area of intense research and marketing and encompasses the concept that orally consumed dietary products can support healthier and more beautiful skin. There are numerous dietary ingredients now being marketed for their potential skin health and beauty benefits and many of these are supported by growing scientific evidence. The purpose of this book is to compile the scientific evidence showing the potential benefits of some of the more extensively researched ingredients. As far as possible, information about the benefits of ingredients consumed orally fo