

BLEMISH CONTROL



Internal Skincare®

PURE SKIN® FOOD SUPPLEMENT

SOLUTION FOR:

- Blemishes and breakouts
- Whiteheads and blackheads
- Large or clogged pores

WHAT IT IS:

Powerful internal defense against skin impurities and breakouts.

WHAT DOES IT DO/HOW DOES IT WORK:

- Help keep blemish-prone skin clear (yellow dock and burdock extracts)
- Supports the maintenance of normal skin (vitamin A)
- Contributes to the protection of cells from oxidative stress (vitamin C and zinc)

WHY IS IT DIFFERENT:

Even the best, healthiest eater needs to take supplements every day. It's simply a fact of life given our habits and stress levels—both of which can strip our bodies of nutrients.

THE STORY/DOCTOR'S INSPIRATION:

Blemishes begin below the surface where topical products can't penetrate. Pure Skin® Food Supplement provides the nutrients needed to support the production of strong healthy skin at the internal cellular level.

"Topical skincare products only address about 20% of the skin's needs. The other 80% have to come from proper nutrition. Even the world's most advanced, most expensive products won't give your skin what it needs if you're not taking good care of your internal body." – Howard Murad, M.D., FAAD

WHAT ELSE YOU NEED TO KNOW:

Dr. Murad advises his patients to take supplements twice a day, morning and night, to ensure a steady supply of nutrients around-the-clock. Don't take supplements on an empty stomach. Instead, take supplements with your morning breakfast and your evening meal to help enhance absorption.

DIRECTIONS:

Take two tablets twice daily, preferably with meals or as recommended by your healthcare professional. For optimal results, use with appropriate Murad regimen.



Murad®

PURE SKIN[®] FOOD SUPPLEMENT

MURAD PRO TIPS:

Breakouts are an inflammatory condition that causes the skin around the pore to turn red, swollen and tender. To help boost skin's defenses against inflammation, combine external skincare with supplements, and eat foods that are known to have anti-inflammatory and antioxidant properties, such as:

- **Sweet potatoes, carrots, cantaloupe, bell peppers, oranges, and yellow- and red-hued fruits and vegetables.** These foods are rich in Beta-Carotene, which converts to Vitamin A in the body. Vitamin A can help normalize cell production to help prevent clogged pores.*
- **Poultry, oysters, beans and fish.** These foods are high in Zinc, which helps boost immune function and may help control the inflammatory response.
- **Almonds, eggs, tomatoes, melons, oranges, and leafy green vegetables are high in Vitamin C and Vitamin E.** These antioxidants help protect and help heal the skin from damage and scarring that blemishes may cause.

INGREDIENT - Daily Portion: 4 Tablets

Chart in alphabetical order

Biotin	300 mcg
Calcium	56 mg
Chromium	70 mcg
Magnesium	160 mg
Niacin	50 mg
Pantothenic Acid	26 mg
Proprietary Blend L-Lysine HCl L-Proline Burdock (Arctium lappa) 4:1 Root Extract Yellow Dock (Rumex crispus L.) 4:1 Root Extract Horsetail (Equisetum arvense L.) 6:1 Shoot Extract Grape (Vitis vinifera L.) Seed Extract	1.5 g
Selenium	160 mcg

Vitamin A	4600 mcg
Vitamin B1	6 mg
Vitamin B6	4 mg
Vitamin C	560 mg
Vitamin E	72 mg
Zinc	12 mg

Ingredients: Ascorbic Acid, L-Lysine HCL, Microcrystalline Cellulose (anti-caking agent), Horsetail (Equisetum arvense L.) Extract, Magnesium Oxide, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, L-Proline, Caramel (colour), Burdock (Arctium lappa) Extract, Stearic Acid (glazing agent), Methylcellulose (stabilizer), Yellow Dock (Rumex crispus) Extract, Selenium AA Chelate, Croscarmellose Sodium (carrier), Magnesium Stearate (anti-caking agent), Silicon Dioxide (glazing agent), Niacin, Grape (Vitis vinifera) Seed Extract, Biotin, Pantothenate, Zinc Oxide, Beta Carotene, Glycine (glazing agent), Vitamin A Palmitate, Thiamine HCL, Pyridoxine HCL, Chromium Picolinate

Warning: As you should with any ingestible and especially if you are taking any medication, are pregnant or nursing, please consult your physician prior to use. Food supplement should not be used as a substitute for a varied diet.

Cruelty-free
Dermatologist developed.

Made in USA

3419/0514/8C-7434 2018 Murad, LLC

Murad[®]