

# NATURAL HEALTH

## Body | SUPPLEMENTS



### CASE STUDY SOLUTIONS WITHOUT THE SURGERY

For some of us, the prospect of more youthful skin – without a needle in sight – is a the real draw to beauty supplements. Sarah MacRae, a former model, discovered Pure-Col, a 100 per cent pure collagen formula in tablet form. It served as a natural way to sublime skin. “I have been taking Pure-Col for two years now and I am really happy with the results. It’s amazing that by simply supplementing our own reducing collagen stores it can make such a big difference. I don’t believe in surgical or invasive enhancement so Pure-Col is a great solution for me, enabling me to boost my looks with a natural and chemical free product. My skin really glows in a way it never used to and looks and feels really healthy and smooth. My hair is much thicker and also shinier – a real perk that I wasn’t expecting. And my nails are stronger and my cuticles whiter.”