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Canadian Living 

6 ingestible beauty supplements for hair, skin and nails

Nutricosmetics are the hot new thing in beauty. We've rounded up a few of our fave supplements, drinks and powders.

By Grace Toby

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Pop it

This Canadian-owned company aims to control the imbalance of free radicals and antioxidants in the body via pills and powders.

Advanced Anti-Aging/Dermal Formula, the bestseller, is a nutrient-dense capsule that improves the appearance of fine lines and wrinkles. "Expect to see changes after two to three skin cycles (two to three months)," says cofounder Corina Crysler.



Corina Crysler
Formulator and Co-founder
GliSODin Skin Nutrients

