



Tienervelproebe is te wyte aan verskeie faktore soos hormonale veranderinge, genetika, leefstylkeuses en omgewingsfaktore. Gedurende puberteit ondergaan die liggaam beduidende hormonale veranderinge wat 'n toename in olieproduksie veroorsaak, wat kan lei tot verstopping van porieë en aknee-uitbrake tot gevolg kan hê.

Genetika speel ook 'n rol in die ontwikkeling van tienervelproebe. As 'n familielid 'n geskiedenis van aknee of ander velprobleme het, is die kans groter dat 'n tiener soortgelyke probleme sal ervaar.

Leefstylkeuses soos bv. dieet, oefening en velsorggewoontes kan ook die gesondheid van tienervelle beïnvloed. 'n Dieet hoog in suiker en verwerkte voedsel dra by tot velprobleme, terwyl gereelde oefening en 'n gesonde dieet bydra tot 'n gesonde vel.

Omgewingsfaktore soos sonbloomstelling of skadelike chemikalieë in velsorgprodukte dra ook by tot velprobleme. Dit is dus belangrik dat tieners die korrekte/toepaslike velsorgprodukte gebruik, asook hul velle teen oormatige sonbloomstelling beskerm met *SUN CARE LOTION* of *ULTRAVIOLET*.

RADICAL IMAGE-kapsules is spesiaal saamgestel om veral tieners, maar ook ander persone met velprobleme, te help.

RADICAL IMAGE bevat:

- Vitamine A, een van die belangrike vitamines, wat sorg vir 'n gesonde immuunstelsel, goeie sig, en 'n gesonde vel.
- Vitamine C, wat die immuunstelsel help bou, wondgenesing bevorder, asook beserings en skade aan velselle help herstel.
- Vitamine B6, wat hormoonvlakke help stabiliseer, en stres/angstigtheid verminder.
- Sink, dandelion-wortel, en saw palmetto (*Serenoa repens*), wat ontsteking, olierige afskeidings, en aknee-uitbrake verminder.
- Alfa-lipoïensuur, 'n kragtige anti-oksidadant wat natuurlik in die liggaam voorkom. Dit besit kragtige anti-inflammatoriese eienskappe wat beskerming teen vrye radikaal-skade bied, en ook help om inflammasie in die vel te verminder.
- Wild yam, 'n tradisionele medisinale plant. Dit bevat diosgenien, wat estrogeen- en progesteron-eienskappe besit. Wild yam is 'n gesogte bestanddeel in produkte vir tieners en menopousale vroue, juis omdat dit help om hormoonvlakke te balanseer en velgesondheid te verbeter.



Teenage skin problems are attributed to various factors such as hormonal changes, genetics, lifestyle choices, and environmental factors. During puberty, significant hormonal changes occur in the body, leading to an increase in oil production, which can cause pore blockages and result in acne outbreaks.

Genetics also play a role in the development of teenage skin problems, with a higher likelihood of a teenager experiencing similar problems if a family member has a history of acne or other skin problems.

Lifestyle choices such as diet, exercise, and skin care habits can also influence the health of teenage skin. A diet high in sugar and processed foods contributes to skin problems, while regular exercise and a healthy diet promote healthy skin.

Environmental factors such as exposure to the sun or harsh chemicals in skincare products also contribute to skin problems. Teenagers should therefore use appropriate skincare products to protect their skin from excessive direct sun with *SUN CARE LOTION* or *ULTRAVIOLET*.

RADICAL IMAGE was specially formulated to help teenagers and those struggling with skin conditions such as acne.

RADICAL IMAGE contains:

- Vitamin A, an important vitamin that supports a healthy immune system, good vision, and healthy skin.
- Vitamin C that promotes a strong immune system, aids in wound healing, and repairs damage to skin cells.
- Vitamin B6 that helps to stabilise hormone levels and reduces stress and anxiety.
- Zinc, dandelion root, and saw palmetto (*Serenoa repens*) that reduce inflammation and oily secretions, thereby limiting acne outbreaks.
- Alpha-lipoic acid, a powerful antioxidant naturally present in the body, which has potent anti-inflammatory properties that protect against free radical damage. It also helps to reduce skin inflammation.
- Wild yam, a traditional medicinal plant, which contains diosgenin, that possesses oestrogen and progesterone-like properties, making it an ideal ingredient in products for teenagers and menopausal women because it helps balance hormone levels and improve skin health.



ENGLISH: On November 21, 2022, my husband almost lost his thumb while operating a grinder and the machine slipped. I cleaned the wound and trimmed all loose skin with a sterilised scissor. I applied BITTER ALOE GEL to the wound and covered it with gauze and bandages. For the next 21 days, I treated the wound daily with BITTER ALOE GEL. The tissue started filling in from the bottom, and in just over 2 months, the wound and nail were completely healed! The accompanying photos tell the story.
Sarah van Niekerk, Betty's Bay.



AFRIKAANS: Op 21 November 2022 het my man byna sy duim in 'n slypmasjien-ongeluk verloor toe die masjien gegly het. Ek het die wond skoongemaak en die los velle met 'n gesteriliseerde skêr afgeknip. Ek het BITTER ALOE GEL op die wond uitgedruk en met gaas en verband toegedraai. Vir die volgende 21 dae het ek die wond daaglik met BITTER ALOE GEL versorg. Die weefsel het van onder af begin opvul, en in n t meer as 2 maande was die wond en nael heeltemal gesond! Die meegaande foto's vertel die hele verhaal. Sarah van Niekerk, Bettiesbaai.

Specials

JULY 2023

R80
SAVE R10
ALOE TISSUE OIL
100 ml

R78
SAVE R10
WINTER FIGHTER
30 Capsules

R245
SAVE R30
Lift
20 ml