Inner Glow™ Solid Drink
Beautiful glowing skin begins with healthy liver
CONTENTS

1. Acne & Liver
2. Product Introduction
3. Mechanism of action
4. Product Features
5. Target Audiences
Acne & liver
Acne has always been regarded as a natural physiological phenomenon during puberty. Most often, acne will subsides at the end of puberty. In some cases, acne can last years beyond puberty. Severe or prolonged acne problem can cause dermis damage and form permanent scars on the skin.

Some people are lucky to see their acne disappear after a period of time. However, unbalanced diet and insufficient rest continue to cause skin redness, inflammation, and causing one to lose confidence on outer appearance.
Acne is considered a disease primarily related to the Pathogenic Influence of Heat and Damp Heat on the meridians, Zang Fu, and Fundamental Substances. This Heat may be a product of poor diet, stress, overwork, a congenital condition, or the natural ascendance of Yang energy, which is typical in adolescence. Heat also may enter into the Blood or transmute into Toxic Heat, both of which can cause lesions.

Teenagers are the most vulnerable to acne. During adolescence, feeling of being on an emotional roller coaster is so common among teens. In TCM, Emotions such as anger, depression, fear or constant stress can cause energy disharmony in the body. This can lead to stagnation of Qi (vital energy) and cause Heat and Dampness to the skin.

Acne is considered a disease primarily related to the Pathogenic Influence of Heat and Damp Heat on the meridians, Zang Fu, and Fundamental Substances. This Heat may be a product of poor diet, stress, overwork, a congenital condition, or the natural ascendance of Yang energy, which is typical in adolescence. Heat also may enter into the Blood or transmute into Toxic Heat, both of which can cause lesions.

The liver controls the circulation of Qi throughout the entire body. Emotional problems can cause liver Qi to stagnate and create "fire". This leads to the outbreak of acne. Acne prone to grow on liver meridians which include cheeks, forehead, mouth. This shows the relationship between acne and liver is "unusual."
Liver and Acne

TCM view the relationship between liver and blood as central to the cause of many skin type problems. Liver is in charge of removing toxins from our body, producing bile and performing essential metabolic functions. While we are awake, the liver supplies blood to the muscles; when we are sleeping, the blood returns to the liver to be cleansed. If the liver function is abnormal it may affect the quality of the blood, causing certain types of skin conditions.

Signs of bad liver health include an ashen complexion, acne, eye problems (such as bloodshot eyes or blurry vision), muscular weakness and insomnia. The liver also helps to regulate emotions, so unexplained irritability and anger can also indicate a liver problem.
Heathy liver—acne disappears

Studies have shown that patients with chronic liver diseases often have recurrent episodes of acne, especially during adolescence. The longer the course of chronic liver disease is, the more likely the incidence of acne occurs.

The liver is an important detoxification organ of the human body. It can convert various toxins of the body into non-toxic or low-toxic substances through a series of chemical reactions. The liver is also the main organ for hormone metabolism. When toxins accumulate in liver or the function of liver is impaired, the liver is less effective in metabolizing hormones, causing hormone imbalance disorders. Hormone imbalance, especially a rise in androgens, can lead to acne in adults.
Get rid of acne, starting from the liver

Product Introduction
Product Ingredients

Tricholoma matsutake, dandelion, sesame powder, peanut powder, peach powder, bamboo salt.
Tricholoma matsutake

Tricholoma Matsutake, also known as matsutake, is an edible and medicinal fungus. It has been used as a natural remedy in traditional Chinese medicine for thousands of years.

Tricholoma Matsutake possesses the functions of antitumor, antivirus, and promoting immunity etc., with its exiguous quantity it is acclaimed as “the king of mushroom”.

Tricholoma Matsutake contains 18 kinds of amino acids, 14 kinds of essential trace elements, 49 kinds of active nutrients, 5 kinds of unsaturated fatty acids, 8 kinds of vitamins, 2 kinds of glycoproteins, abundant dietary fibers and a variety of bioactive substances.
Effects of Tricholoma matsutake

**Skin whitening**
Tricholoma matsutake functions as a skin depigmenting agent. Tricholoma matsutake polysaccharide can effectively inhibit tyrosinase and prevent the formation of melanin. The whitening effect of matsutake was 15% better than arbutin.

**Anti-aging**
Tricholoma matsutake polysaccharide can enhance body’s antioxidant capacity, eliminate free radicals to reduce lipid peroxidation in the cells, thereby increasing immunity and providing anti-aging effect.

**Protects Liver**
Tricholoma matsutake can promote free radical scavenging, inhibit free radical-induced lipid peroxidation, enhance SOD, CAT, GSH-Px activities and decrease MDA level in the liver, thereby protecting liver from damage by free radical.
Although most people think of dandelion (Taraxacum officinale) as a pesky weed, the plant has long been used as an herbal remedy, and every documented population in areas where it grows naturally has used it medicinally. In fact, the earliest mention of dandelion as a medicinal herb dates back to the 10th and 11th centuries in the Middle East. It was also used in traditional Chinese medicine to ease liver problems and other health issues. The entire dandelion plant from root to blossom is edible with a slightly bitter, chicory-like taste.

Dandelion is low in calories and rich in carbohydrates and fiber. It contains vitamin A, vitamin B6, vitamin C, and vitamin K. The minerals in it include iron, calcium, magnesium, potassium, and sodium.
Effect of Dandelion

Heat-relieving and detoxification
Dandelion contains taraxasterol, taraxerol, taraxacin, caffeic acid, choline, inulin and other ingredients, which help clear away body heat, detoxify the body and alleviate the conditions of skin inflammations.

Anti-inflammation, Anti-microbial & anti-fungal
Phytic acid and taraxacin of dandelion have significant inhibitory effect on dermatophytes, which are pathogenic fungi that infect human skin and cause dermatophytosis. Dandelion can relieve eczema, dermatitis, and alleviate skin problems caused by fungal infections.

Dark spots lightening and skin whitening
Flavonoids in dandelion have SOD-like effect, can remove free radicals in the body, lighten the freckles on the face, and gradually whiten the skin.

Improvement of liver & gallbladder functions and liver metabolism
Dandelion have a protective effect on liver tissue in the presence of toxic substances and stress. In addition, vitamins, minerals, and lecithin present in dandelion can help to enhance liver and gallbladder functions.
Black Sesame Powder

Sesame seeds are rich in unsaturated fatty acids, proteins, vitamins and minerals. Sesame seeds contain up to 60 percent oil and 20 percent protein, making them a high source of both essential fatty acids and amino acids. Sesame contains sesame antioxidants sesamin, sesamol, and sesamolin, all of which contribute to its improved liver function.

**Nourishing blood and skins**
Sesame seeds have the effect of nourishing blood which help to improve dry and rough skin problems, making the skin smooth, rosy and lustrous. Sesame seeds are rich in vitamins, minerals, natural oils and organic compounds that promote the generation of red blood cells and hair growth.

**Anti-inflammatory and antioxidant**
Sesame seeds are rich in vitamin E, which can inhibit the accumulation of free radicals in the cells and prevent the damage associated with lipid peroxidation of the skin. Sesame seeds help the skin remain warm and moist. They are rich in anti-inflammatory properties that are vital in healing redness and other facial skin issues by getting rid of pathogens and other agents causing skin infections.

**Promoting intestinal and liver detoxification**
Sesame seeds support a healthy digestive system and colon, help in smooth functioning of the intestine, thus facilitating waste disposal and relieving constipation. Sesame seeds also tonify the liver and enhance liver metabolism. Removal of toxins and enhancement of liver metabolism help detoxifying skin and provide a healthy and glowing skin.
Peanut flour

Peanut flour is made from crushed and defatted peanuts. It is rich in protein, trace elements and a small amount of peanut oil.

Nutritional Value

Peanut kernel is rich in essential fatty acids such as linoleic acid, which is beneficial to the digestion and absorption of the body. Linoleic acid cannot be synthesized in the body yet is necessary for the physiological functions including growth, development and cholesterol lowering. It also helps to prevent hypertension and atherosclerosis.

Peanut protein has a more complete amino acid content and is naturally cholesterol free. It is a high-quality vegetable protein that acts as a nutrient for skin repair.
Peach powder

Peaches have many health benefits which are related to the nutrients within the peach, such as, the dietary fiber, low carbohydrate, abundant vitamins, including vitamin C, vitamin A, vitamin E, and niacin, as well as minerals, such as, potassium, cooper, manganese, and phosphorous.

Benefit the skin
As peaches are loaded with Vitamin A, Vitamin C, Vitamin K, beta carotene, potassium, magnesium, and selenium, they help to protect the skin from hazardous ultraviolet rays. The wealth of flavonoids and essential vitamins and minerals in peaches help in sloughing off dead cells, as well as hydrating and revitalizing the skin. The antioxidants, in peaches, promote faster recovery of skin problems such as blemishes and spots.

Laxative properties
Peaches are good for maintaining healthy digestive health due to their alkaline content and fiber. Dietary fiber in peaches absorbs water and helps in preventing constipation, haemorrhoids, and irregular bowel movements. It also helps in cleansing and eliminating the toxic waste from the intestines.

Provide protection to liver
Peach can promote blood circulation in the liver, increase collagenase activity, and promote hepatic collagenase catabolism, which have good therapeutic effects on liver cirrhosis and liver fibrosis. It can also improve hepatic microcirculation and promotes biliary excretion

Diuretic and reduce edema
Peaches are also known for their rich diuretic properties. Since peaches are high in potassium, they negate bad effects of sodium and help maintain good water balance in the body.
Bamboo salt is well known as one of the most famous traditional medical treatments. About 1000 years ago, some Korean medicine doctors and monks started to use bamboo salt as a folk medicinal remedy for various illnesses. Bamboo salt is made up of unpolluted sea salt roasted in the bamboo which covers by yellow clay that is rich in minerals. The trunks are then roasted in a furnace with pinewood being used as fuel. The process requires 10 hours of roasting at a temperature between 1,000 to 1,500 °C. This procedure can be repeated from three to nine times. It has been found that Bamboo Salt contains more than 70 kinds of minerals due to the leaching of minerals from the bamboo tree trunks, the pine tree resin, and the yellow clay. Amongst all the minerals, the main components of Bamboo Salt are calcium, phosphorus, magnesium, iron, manganese, copper, and potassium, zinc.

1 **Detoxification & anti-inflammation**

Bamboo Salt is highly alkaline (pH of 10-12) because of the high sulfur content which can help to neutralize the excess acidic wastes toxins in the body. Bamboo salt radiate far infrared ray which boost blood circulation and help in removing toxins from the body. Studies have shown that bamboo salt have significant effects on anti-inflammation, anti-microbial and enhancement of immune function. These functions help to fight acne and keep the skin healthy.

2 **Antioxidant & anti-aging**

Bamboo salt helps to remove free radicals and harmful materials in body, thus protecting cells from damage by free radicals and slowing down aging process.
CONTENTS

3

Mechanisms
Inner Glow

- **Plant formula | Detox your body and nourish your skin**

Matsutake and dandelion are the main ingredients which provide protection to the liver, detoxify the body and promotes diuresis.

Bamboo salt and sesame powder are added to increase the antioxidant capacity of the body, cleanse the body and provide nourishment to the blood and skin.

Peanut flour and peach powder are supplemented to aid in skin’s repairing and moisturize the skin.
A. Reduced Glutathione (GSH) is often referred to as the body's master antioxidant. It is a tripeptide that provides reducing equivalents for the glutathione peroxidase (GPx) catalyzed reduction of lipid hydroperoxides to their corresponding alcohols and hydrogen peroxide to water, hence play a role in repairing damage resulting from lipid peroxidation. GSH can be found in virtually every cell of the human body. The highest concentration of glutathione is in the liver, making it critical in the body's detoxification process.

B. Superoxide dismutase (SOD) forms the front line of defense against reactive oxygen species (ROS)-mediated injury. SOD catalyzes the dismutation of superoxide anion free radical (O2-) into molecular oxygen and hydrogen peroxide. SOD therefore is the key enzyme in the natural defense against free radical.

C. When the body is exposed to ROS accumulation, antioxidant defense systems which include GSH and SOD react with the free radicals and protect the vital biomolecules from the damage by terminating the oxidative chain reaction. When our own supply of antioxidants is unable to keep up with the numbers of free radicals being produced, the occurrence of oxidative stress may lead to liver damage.
**Promotes bile production and secretion**
Dandelions promote the production and release of bile. The flavonoid extract of dandelion doubles the flow of bile which help to break down fat, eliminate cholesterol and toxic compounds from blood.

**Promotes toxin metabolism**
Dandelion extract and sesamin can effectively reduce alanine aminotransferase (ALT) to improve liver function and reduce the accumulation of toxins in the body.
The extract of matsutake can eliminate hydroxyl radical, DPPH free radicals and non-enzymatic glycosylation.

**Supports liver function and reduce liver damage**
Sesamin can reduce the lipid in fatty liver and thus inhibit formation of fatty liver. Sesame can significantly enhance SOD activity, reduce the oxidative metabolite MDA content, and expression of CYP2E1 mRNA, which prevent the incidence of fatty liver.

**Diuretic properties**
Dandelions and peaches can reduce edema and help remove excess salt and toxins from the body.

**Maintains healthy level of androgen**
Tricholoma matsutake extract promotes the inactivation of the elevated androgen, which is excessively secreted during puberty, and reduces hyperkeratinization of the hair follicle sebaceous gland duct, thereby significantly improve acne.

**Nourish and moisturize**
Black sesame is good at nourishing the liver and kidney, improving hair growth and hair color. It contains vitamin E, which can promote vitamin A absorption, reducing the chance of skin infection. Black sesame also promotes collagen synthesis in the skin, thus maintaining skin elasticity. In addition, black sesame can promote blood circulation and nourish the skin.

**Enhances and modulates immune function**
The aqueous extract of dandelion can reduce the expression of serum inflammatory factors induced by inflammation, such as TNF-α, IL-6, IL-1β, IFN-γ and IL-4.

**Anti-oxidation**
Liver enzyme can promote the conversion of the aromatic ring in sesamin to catechol which exhibit higher antioxidative activity than sesamin. Studies have found that catechol can prevent the formation of lipid peroxides, promote blood circulation, and protect cells from harmful substances.
CONTENTS

Product Advantages
Enhance nutrient supplement
Inner Glow combines a wide variety of nutrients from six major raw ingredients, providing the body with nutrients needed to stay healthy and active.

Eliminate acne by enhancing liver function
Combination of various ingredients that nourish the liver, enhance liver metabolism and improve liver detoxification, thereby curing acne from the root.

Enhance antioxidant capacity of the skin
Various antioxidants including Vitamins C and E present in this product control acne from the roots by scavenging free radicals, enhancing antioxidant capacity, and controlling sebum, all of which help to maintain skin’s youthfulness.
Product features

Selection of natural precious Tricholoma matsutake. Use of Cutting edge technology.

Do not contain western medicine or hormone components. Safe to use.

No antigenicity, Easy to digest and absorb.

Dissolve easily in water and convenient to take.
5 Target Users
Target Users

- Recurrent acne on the face and the back
- Blackheads and acne problems
- Darkened complexion
- Irregular sleep patterns and frequent late night sleeper
Directions

Empty one sachet in glass of warm water everyday
Inner Glow™ Solid Drink

Thank you