



# PROVIDER PRODUCT OF THE MONTH

# HELIOCARE

## What is it?

Heliocare is a dietary supplement derived from a fern, *Polypodium leucotomos*, a plant native to Central and South America that naturally develops its own defense against harmful free radicals.

## What are some free radicals in our environment?

- UV exposure?
- Pollution
- Diet
- Alcohol
- Tobacco
- Exercise

\*\*Regular exercise alleviates the negative effects caused by free radicals and offers many health benefits, however, physical performance is also known to induce oxidative stress, inflammation, and muscle fatigue.

## What does it do?

Heliocare is full of antioxidant properties that have been clinically proven to help the skin protect itself from the aging effects of free radicals in our environment. Though it does not replace sunscreen it is a wonderful adjunct to daily skin protection

*PA- Nikki Traylor*

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## Who should take it?

Heliocare is recommended for all adults and all skin types. It is especially great for those who have photo-aggravated skin conditions, such as rosacea and autoimmune disorders like lupus erythematosus, along with those who have significant sun damage.

## When should it be taken?

Heliocare can be taken as a daily supplement to protect the skin. It can also be increased to twice daily when there will be known sun exposure for an extended period of time. A perfect time to consider increasing to twice daily would be during a beach vacation, a ski trip or during an afternoon of hiking.

Other facts: Heliocare is vegan, gluten-free and dye-free.!

*PA- Nikki Traylor*

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