



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

BESTOW BEAUTY FROM BENEATH

Bestow Beauty From Beneath is a food-based, skin-specific dietary supplement, delivering vitamins and minerals primarily sourced from 100% certified organic plant sources.

Convenient daily capsule.
Natural, plant-based source of nutrients.
Better absorption.
Healthier skin.



THE STORY BEHIND BESTOW BEAUTY FROM BENEATH: After developing Bestow Beauty Powder I felt so pleased that I had found an effective way to give clients the key nutrients they needed for beautiful skin.

However, it quickly became clear that some of my clients found it inconvenient to take a powder that had to be incorporated into food. Some of them just did not enjoy smoothies. Others had very busy lives and didn't have the time or headspace to make an extra snack in order to take their Bestow Beauty Powder.

This was a problem. If taking the Beauty Powder was inconvenient for them, they stopped taking it. This meant that they stopped nourishing their skin from within and we were back to square one!

Bestow Beauty from Beneath is my solution to that problem. I developed a dietary supplement containing the best balance of nutrients for skin health in one convenient, daily capsule.



WHY IS IT NECESSARY TO TAKE A SUPPLEMENT FOR SKIN HEALTH?

Fact 1: It is nearly impossible for us to achieve the Recommend Daily Intake (RDI) of key nutrients from diet alone. Modern food production and storage methods are the main reasons for this shortfall. Failing to reach our RDI's has a negative impact on our wellbeing and on our skin health.

Fact 2: As a result, daily dietary supplements are necessary. But the synthetic nutrients in most dietary supplements are not as easily absorbed by our bodies as those provided by food.

This is a dilemma.

Q. How can we naturally and easily supplement our diet with vitamins and minerals for improved wellbeing and healthy skin?

A. With Bestow Beauty From Beneath – a food-based, skin-specific dietary supplement that delivers vitamins and minerals primarily sourced from 100% certified organic food sources. This convenient daily capsule supplies nutrients that can be low in our modern diet, in a form that can be easily absorbed by our body.

Win-win!

THE ORGANIC FOOD SOURCES USED IN BESTOW BEAUTY FROM BENEATH INCLUDE:

Guava, lemon, amla, curry, holy basil and annatto.



“I believe vitamins and minerals are most readily absorbed by the body in their natural plant form, accompanied by co-factors and co-nutrients. Bestow Beauty From Beneath provides the best balance of nutrients for skin health, naturally sourced from organic plants.”

- JANINE TAIT, BESTOW BEAUTY FOUNDER

WHAT ARE CO-FACTORS AND CO-NUTRIENTS?

Natural co-factors and co-nutrients are trace elements found in plants. They accompany vitamins and minerals in their natural form and enhance their absorption and effectiveness in the body. This is why we believe in using nutrients from a natural, plant-based source.



BENEFITS OF TAKING BESTOW BEAUTY FROM BENEATH EVERY DAY:

Bestow Beauty From Beneath offers the key vitamins and minerals the skin needs in a convenient, daily capsule.

- Promotes youthful, healthy skin with a vital glow.
- Improves your skin on a cellular level.
- Supplies the building blocks for good quality collagen and elastin production.
- Promotes enzyme action and helps skin cells to regenerate.
- Prevents skin disorders caused by nutrient deficiencies.
- Provides the perfect balance of B-vitamins for skin health.
- Improves overall energy, health and wellbeing.

BENEFITS OF TAKING BESTOW BEAUTY FROM BENEATH EVERY DAY:

Take two capsules every day with water, after food. Take them at different times of the day to maximise absorption. (i.e. at breakfast and lunch). Avoid taking them in the afternoon as vitamin B is energising and may interrupt your sleep patterns.

SHOULD MY CLIENTS TAKE BESTOW BEAUTY POWDER OR BESTOW BEAUTY FROM BENEATH CAPSULES:

Ideally, both! Both are designed to nourish skin from with essential vitamins and minerals.

We recommend clients take one to two Bestow Beauty From Beneath capsule every day as a first priority. It provides a convenient and reliable foundation for skin nutrition. Encourage them to add one tablespoon of Bestow Beauty Powder to a smoothie as often as they can to further boost your skin health.

Bestow Beauty Powder provides a blend of eight super-foods that provide key skin nutrients. It has the additional benefit of fibre and nutritional co-factors that are present in food sources.

PREGNANCY & BREASTFEEDING:

From our perspective, all Bestow products are safe for pregnancy and breast-feeding and help to enhance the health of both mother and baby during this important, formative time. However, it always best practice for you to check with your own doctor or midwife before taking Bestow products.

ARE YOU BLUSHING?

Have you ever had a surprising reaction after taking Bestow Beauty From Beneath?

Niacin (B3) increases blood flow to the skin, bringing a fresh wave of nutrients and oxygen to the surface of the skin. Some people experience a hot, tingling or itchy skin sensation as a result.

Don't be alarmed! It might feel strange, but it's harmless. This rush of blood to the skin is niacin's super-power and is beneficial for the skin.

Can you avoid it? Yes. Don't take Bestow Beauty From Beneath capsules on an empty stomach. By taking it with food you and your skin will stay cool, calm and collected.

