

THE BEAUTY AUTHORITY

# NEW BEAUTY

**SPECIAL ISSUE!**

## THE FASTEST WAY TO GET A **PERFECT BODY**

easy fixes and permanent solutions that target all of your trouble spots

## **EXTREME ANTI-AGING**

THE AGE-ERASING TREATMENT YOU NEED TO KNOW ABOUT

**katebeckinsale**  
**INSIDER SECRETS**  
her team of experts reveal the strategy behind her sexy body, flawless skin and gorgeous hair

the proven product that delivers glowing skin in minutes

**sexy.**

THE BEST AGE-DEFYING TRANSFORMATIONS OF REAL WOMEN AND HOLLYWOOD'S HOTTEST...

# *The* **MAKEOVER**

SEE THEIR DRAMATIC BEFORE AND AFTERS

# **ISSUE!**

newbeauty.com

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DISPLAY UNTIL JUNE 25



**INSIDE tip**

Just because a multivitamin costs more, that doesn't necessarily qualify it as being better than one that is less expensive.

**TIP 2 Give your multivitamin some time.** You need to give a multi a few days to "get into your system." One month after starting it you should feel more alert and energized. If you don't, it may not be the right pill for you.

THREE TIPS TO GET GOOD RESULTS FROM YOUR VITAMINS:

**TIP 1 Look for brands with proven track records.** Companies that are in good standing and are professionally recommended are a good start. It may be trial and error until you find a supplement you like. Garcia suggests doing some online research to understand what you are putting into your body and how it is helping you.

**TIP 3 Decide on the right time of day to take your vitamins.** Whether you take them in the morning, at night or before you go to sleep, always take your vitamins with food or on a full stomach.

DO YOU

REALLY NEED



**WHAT YOUR MULTIVITAMIN SHOULD INCLUDE**

- + > CALCIUM, for stronger bones
- > VITAMIN D, which promotes healthy breasts
- > VITAMIN K, to halt blood clots
- > MAGNESIUM, for creating essential fatty acids
- > FOLIC ACID, for cell maintenance
- > B VITAMINS, to boost energy levels
- > IRON, which delivers oxygen to cells
- > COPPER, for wound healing
- > VITAMIN C, which shields skin cells
- > VITAMIN E, to fight off free radicals
- > SELENIUM, which defends against cancer

**WHAT IT SHOULD BE VOID OF**

- > HIGH LEVELS OF VITAMIN A, which is readily available in food





## WHAT THE celebrities take



### SOCAL CLEANSE DETOX MULTIVITAMIN

**Best for** Safe "cleansing" plus essential vitamins

**THE BEAUTY BENEFIT** Rids the body of skin-dulling impurities and toxins

**Celebrity fan** **Charlize Theron**

When the body is void of potentially damaging toxins and impurities it is better equipped to reap the benefits of a good multivitamin. And, that's what this organically derived supplement does. Extracts of kelp, licorice, dandelion and milk thistle stimulate the body's natural detoxification process while nourishing the cells with the needed vitamins and minerals.

*\$62, [socalcleanse.com](http://socalcleanse.com)*



### GARDEN OF LIFE VITAMIN CODE RAW ONE MULTIVITAMIN

**Best for** A more natural option

**THE BEAUTY BENEFIT**

Promotes healthy skin

**Celebrity fan** **Carrie Ann Inaba**

Despite the fact that your vitamin may be offering a health benefit, if it's bogged down with fillers and binders, the effects may not be as optimal as something that's more natural. Created especially for those who are on-the-go and want a more pure multivitamin, this supplement makes use of completely raw whole food ingredients, live probiotics and enzymes.

*\$35, [gardenoflife.com](http://gardenoflife.com)*

# A MULTIVITAMIN?

UNLESS YOU ARE EATING EVERY SINGLE MEAL IN PERFECT PROPORTION, WITH THE RIGHT SERVINGS OF VEGETABLES, PROTEIN, DAIRY AND HEALTHY CARBS, CHANCES ARE YOU'RE PROBABLY NOT GETTING THE CORRECT AMOUNT OF ESSENTIAL NUTRIENTS. MANY OF US TRY TO EAT HEALTHY BUT "CHEAT." AND, THAT'S WHERE A GOOD MULTIVITAMIN COMES IN. "ALTHOUGH MULTIVITAMINS ARE NOT A REQUIREMENT, THEY ARE GOOD FOR THOSE THAT AREN'T GETTING THE NUTRITION THEY NEED," EXPLAINS NEW YORK CELEBRITY NUTRITION EXPERT OZ GARCIA.

**NEWBEAUTYTV**

Watch more on this interview at  
[youtube.com/newbeautymag](http://youtube.com/newbeautymag)

MORE >



## WHY YOU NEED TO TAKE YOUR MULTIVITAMINS

Although not a substitute for healthy eating, multivitamins act as “insurance for those that may not be getting all that they need from their diet,” says celebrity nutritionist Paula Simpson. “Multivitamins provide the minimum nutrients or dosage that’s recommended for the daily allowance, so there is some benefit in allowing them to act as a bridge in the nutrition gap if you are one that doesn’t eat properly,” she says.

## MULTIVITAMINS AT EVERY AGE

### IN YOUR 20s + 30s

If you’re considering getting pregnant, choose a multi with at least 400 mcg of folic acid.

### IN YOUR 40s

As you enter premenopause, iron is needed since it’s lost as we age.



# THE ULTIMATE IN multivitamins

WITH SO MANY DIFFERENT CHOICES OUT THERE, FINDING THE BEST MULTIVITAMIN—ONCE YOU’VE DECIDED TO TAKE ONE—FOR YOUR HEALTH AND DIET NEEDS CAN SEEM LIKE AN OVERWHELMING TASK. THAT’S WHY WE ENLISTED HELP FROM THE EXPERTS.



### SLICE OF LIFE MULTI+

**Best for**  
A gluten-free option

**THE BEAUTY BENEFIT**  
Rich in lycopene to limit skin damage

They may look like candy—and the sweet taste may even conjure up the idea of a treat and not something with a health benefit—but these multivitamins are void of soy, dairy and gluten, and pack as much vitamin D as a three-ounce piece of salmon. **\$20, [gnc.com](http://gnc.com)**

**What the expert says**  
“Although this contains sugar, it offers a good source of chromium and biotin, which are critical in balancing blood sugar levels,” says Simpson.



### OPTIMUM NUTRITION OPTI-WOMEN

**Best for**  
Younger women

**THE BEAUTY BENEFIT**  
Improves skin, hair and nails

Boasting a mélange of 23 different vitamins and minerals—think vitamin C and zinc—plus soy isoflavones, these gender specific multis are encapsulated in vegetarian capsules. **\$22, [optimumnutrition.com](http://optimumnutrition.com)**

**What the expert says**  
“This supplement contains ingredients like Dong Quai and chasteberry, which make it formulated specifically for women’s health,” says Garcia.



### WEIL DAILY MULTIVITAMIN FOR OPTIMUM HEALTH

**Best for**  
Nutritional insurance against gaps in your diet

**THE BEAUTY BENEFIT**  
Fights free-radical damage

This vegetarian duo—a daily antioxidant plus a daily multivitamin—contains a bevy of the B vitamins, which are key for proper metabolism in the body. **\$50, [drweilproducts.com](http://drweilproducts.com)**

**What the expert says**  
“A good source of B vitamins for energy, iodine to support healthy thyroid function, and chromium to support healthy blood sugars,” says Simpson.



### POMOLOGY WOMEN'S DAILY MULTIVITAMIN TABLETS

**Best for**  
Additional antioxidants

**THE BEAUTY BENEFIT**  
Leaves skin with a natural, healthy glow

Vitamins are powerful antioxidants, and most offer protection to safeguard cells. Customized to meet the demands of a woman’s body, this streamlines antioxidants like pomegranates and grape seed extract with calcium and vitamin D, and minerals like folate, niacin and zinc. **\$25, [pomology.com](http://pomology.com)**

**What the expert says**  
“It’s packed with antioxidants and 800 IU of vitamin D, which is higher than most,” says Garcia.