

Core Nutritionals Hair, Skin, & Nails: A Lifeline for Beauty

written by Mike Roberto | May 10, 2022

Core Nutritionals Hair, Skin, & Nails is the sixth supplement added to the Core Lifeline Series, with five capsules to help users maintain their beauty.

In October of 2021, *Core Nutritionals* launched the *Core Lifeline Series*, which started with five powerful health supplements highlighted by *Core Gut* and *Core Soothe*. That wasn't the end of the series, though – Doug Miller and his team teased that more formulas would be on the way.



In May of 2022, we're proud to announce the *sixth* supplement added to the lineup:

Core Nutritionals *Hair, Skin, & Nails*

Core Hair, Skin, & Nails is a health and beauty supplement containing five capsules worth of powerful ingredients to be taken each day for *comprehensive aesthetic support*. It includes key vitamins and beneficial compounds to support beauty and wellness from the inside and out.

In this article, we'll dive into some of the trademarked, novel ingredients like *Astrion*, *Dermaval*, and *Ceramosides*, and also explain the *keratin peptides* inside. As you can see from that list, this will be no ordinary "Hair, Skin, and Nails" supplement constantly marketed to women. This one has some *advanced* technology inside.

First, let's check PricePLOW's coupon-powered prices and give you the opportunity to sign up for our Core Nutritionals news alerts:

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Core Lifeline Hair, Skin, & Nails Ingredients

In a single 5 capsule serving of Hair, Skin and Nails from Core Nutritionals Lifeline, you get the following:

- **Vitamin C (ascorbic acid) – 100 mg (111% DV)**

	Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid)	100 mg	111%
Biotin (as d-Biotin)	5000 mcg	16.667%
Methylsulfonylmethane (MSM)	1000 mg	**
Hydrolyzed Keratin Peptides	500 mg	**
Astrion™ (Astragalus membranaceus and Centella asiatica Root Extracts)	490 mg	**
Setria® L-Glutathione	250 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	240 mg	**
DermaVal® (Pomegranate Extract, Asparagus, Okra, CoffeeBerry® Extract, Quercetin, Acerola, Camu Camu, Acai, Mangosteen)	50 mg	**
Ceramosides™ Wheat Extract (Triticum sativum) (Seed) (std. to ≥ 50% glycosphingolipids, & ≥ 40% digalactosyldiacylglycerol (DGDG))	30 mg	**

**Daily Value not established.

OTHER INGREDIENTS: Cellulose (Veggie Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

Astrion
Astrion™ is a registered trademark of NuLiv Science USA Inc.

CERAMOSIDES™
Ceramosides is a registered trademark of E.P.L. France

Coffeeberry
Coffeeberry® is a registered trademark of VDF FutureCeuticals, Inc. Pat. FcPatent.com

DERMAVAL
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Setria
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CORE Nutritionals Hair, Skin, & Nails
Ingredients is not your standard beauty
supplement. In a category that's long been
given weak formulas, this one stands above!

Most of us know that **vitamin C** is a powerful antioxidant and immunity booster – but did you know that it's also essential for healthy *collagen* production? In 2018, a meta-analysis of 10 studies found that supplemental vitamin C is able to boost your body's production of *collagen type I*, [1,2] the most abundant and well-studied type of collagen found in mammals and other vertebrates.

In fact, skin cells are *absolutely dependent* on vitamin C for collagen synthesis.[3]

Vitamin C's antioxidant capacity is also part of why it's so good for skin: healthy skin contains high concentrations of C, which protects the skin from UV-induced photodamage.[3] This has led some to experiment with topical application of vitamin C directly onto the skin, but recent research indicates that raising vitamin C blood levels through oral supplementation is a better strategy for increasing vitamin C concentrations within skin tissue.[3]

However, the doses used in studies of oral vitamin C supplementation for skin health are typically *multiple grams per day*. It's definitely better to get an extra 100 mg of vitamin C than not, so this dose is beneficial, but we think Core Nutritionals could have used a bigger one.

- **Biotin (as d-Biotin) – 5000 mcg (16,667% DV)**

Biotin (vitamin B7) has long been the mainstay of hair, skin and nails supplement formulas, and for good reason: biotin deficiencies cause big problems for all three, problems ranging from dermatitis[4] to hair loss.[5,6]

In one study on women with brittle nails, high-dose biotin was able to significantly reduce split ends in about 50% of the women who participated in the study.[7] However, the dose used in this study – *2.5 grams* – is about 500 times the size of the dose used in Hair, Skin and Nails from Core Nutritionals.

However – in this case, a smaller dose is almost certainly more appropriate than 2.5 grams. We take supplemental biotin in order to prevent the problems that arise from *biotin deficiency*, not to treat hair, skin and nail disease with supra-physiological doses of biotin.

- **Methylsulfonylmethane (MSM) – 1000 mg**



Clinical research has shown that **MSM** supplementation can improve the appearance of skin by reducing signs of *skin aging*[8] owing to the fact that it consists of about 34% *sulfur*, a mineral that's crucial for the optimal health of not just skin but also joints, ligaments, tendons, and in general, *all* your body's connective tissues.

Another study that examined MSM's effects on *specific metrics* of skin health found that it was capable of significantly increasing the *elasticity and hydration* of your skin,[9] while also offering some slight improvements to skin wrinkles and joint pain.[9] In this study, skin elasticity improved by over 20% – that's a difference that you're likely to see in the mirror. Note that this study was done with a combination of MSM, hyaluronic acid (HA), and carnosine – although we don't have carnosine in the Core Nutritionals hair, skin and nail formula, we *do* have hyaluronic acid. And moreover, the doses of HA and MSM used here are both significantly larger than what was used in the study!

Other studies looking specifically at MSM's effects on joint health have found that it's capable of significantly improving joint pain.[10]

- **Hydrolyzed Keratin Peptides – 500 mg**

Hydrolyzed keratin peptides (HKP) are commonly used for skin and hair health, but usually in *topical* applications.



So the question we want to answer is: will HKP have the same benefits when administered orally?

A 2019 study published in the *Journal of Cosmetic Dermatology* set out to answer this exact question, pitting oral HKP against topical HKP in the same experiment. The researchers found that *both* oral and topical preparations of HKP were able to measurably improve *skin elasticity and density*[11] – and interestingly, the two routes of administration *complemented* each other in their effects.[11]

The oral HKP specifically increased *skin elasticity* and reduced the appearance of pores, while the topical HKP increased hydration in the outermost layer of skin.[11]

So, you may wish to consider combining your LIFELINE Hair, Skin and Nails supplementation with a topical HKP, in order to maximize the effectiveness of this ingredient.

- **Astrion: (*Astragalus membranaceus* and *Centella asiatica*) Root extracts – 490 mg**

There are three main factors in skin health:

1. Collagen integrity
2. Hyaluronic acid content of skin
3. Inhibition of matrix metalloproteinases (MMPs)



A failure to meet one or more of these conditions will produce wrinkling, dehydration and discoloration of skin. If the problem is severe enough, skin disease eventually results.

Astrion from NuLiv Science is formulated to ensure that all three conditions are met. It consists of extracts from *Astragalus membranaceus* and *Centella asiatica*, two plants which have been used for hundreds of years in traditional Chinese medicine.

From these two plants, we get unique bioactive compounds:

1. **Astragalosides** (from *Astragalus*)
2. **Asiaticoside** and other **triterpenes** (from *Centella*)

Astragalosides (AST) come from *Astragalus membranaceus*. As powerful antioxidants, they have a multitude of benefits for human health, ranging from cardiovascular to immunological effects. One interesting thing about ASTs is that they're capable of crossing the *blood-brain barrier*, something most antioxidants can't do.[12] This means they're capable of protecting neural tissue from oxidative stress.


The four types of astragaloside are named, conveniently, AST I, II, III and IV. Usually, all four of these are studied together, since the *Astragalus* extract naturally contains the full spectrum of astragalosides.

However, there is research that looks at the effects of specific astragaloside types.

Astragalosides support skin cell health and protect collagen

Human Trial

Duration: 4 weeks
Subjects: Age 38-82 years
Male: 6, average age 50.67 years
Female: 13, average age 58.77 years
Average age of all participants: 56.21 years
Result: Wrinkle reduced by 14.8%, melanin reduced by 16.6%



Before After

Astrion has shown some incredible results in terms of skin health.

In one 2013 study, AST IV was found to protect collagen from being damaged by ultraviolet (UV) light, while also inhibiting MMP activity in cells that had been irradiated by the UV.[13]

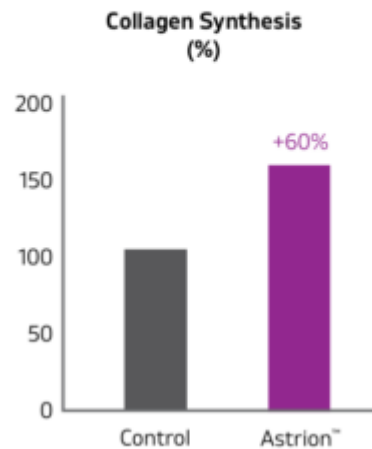
Another study from 2012, this time looking at AST II, discovered that it protects *fibroblasts*, skin cells found in the *dermis* layer of human skin, from UV-induced damage and increased their viability under UV stress by 142.8%[14]

In both studies, researchers concluded that AST treatment would be beneficial even for skin that isn't exposed to radiation, simply because of AST's effects on collagen.[13,14]

Asiaticosides increase hyaluronic acid concentrations and collagen production

Asiaticosides are triterpenes that come from *Centella asiatica*, otherwise known as gotu kola. Most gotu kola extracts are standardized for asiaticosides.

Increased collagen synthesis, indicated by Western Blot Analysis is showing that Astrion™ increased Collagen 1 synthesis in epidermal cells (HaCaT cell) by 60%.



Astrion increased collagen 1 synthesis in epidermal cells by 60%. [16]

A research review published in 2013 found that gotu kola extracts, largely because of their asiaticosides, are able to:

- Increase delivery of protein, collagen, and hydroxyproline to wounds, speeding healing[15]
- Improve lysine and proline metabolism – two important constituents of collagen[15]
- Increase HA production in wounds, speeding healing[15]
- Increase collagen synthesis in the *dermis*[15]

NuLiv, the manufacturer of Astrion, has funded 12 different studies looking at Astrion's overall effects, which show that it's capable of increasing collagen type 1 production by 60% in the epidermis and 80% in the dermis – pretty significant effect sizes! Astrion also increases collagen type III levels by 80%, and boosts HA production by 20% in epidermal cells.[16]

The first clinical trial for Astrion found that subjects taking Astrion were able to reduce their skin wrinkles by 15% and their melanated sunspots by 17%, giving them a smoother, less blemished appearance.[16]

• **Setria L-Glutathione – 250 mg**


Setria L-Glutathione is a trademarked form of glutathione (GSH), an incredibly powerful antioxidant that's often described as the "master antioxidant" of the human body. Oral bioavailability of glutathione has been called into question,[17] but it turns out that reduced glutathione *can* be detected in the

blood's protein-bound fraction 1-2 hours after ingestion.[18]

The Way to Youthful Skin

Discover a better way to formulate skin care products that hydrate the skin deep for incredible results.

- ↑ PROLINE ABSORPTION UPTAKE**
Supports a transdermal effect on skin hydration

- ↑ HYALURONIC ACID**
Hydrates the skin by helping bind water to the skin

- ↑ COLLAGEN PRODUCTION**
An essential building block of skin

- ↓ REDUCES WRINKLES AND UV DAMAGE**
Experience a renewed appearance of faded fine lines and wrinkles


One last Astrion image – Astrion: The Way to Youthful Skin

Antioxidants are important because they neutralize free radicals and reactive oxygen species (ROS), which are sort of like nature's entropy on the human body – these highly unstable molecules are constantly bombarding human tissue, causing random damage to it in the process. Damage caused by "oxidative stress," a phrase that refers to the action of free radicals and ROS, is a prime cause of age-related decline in function *and* appearance.[19]

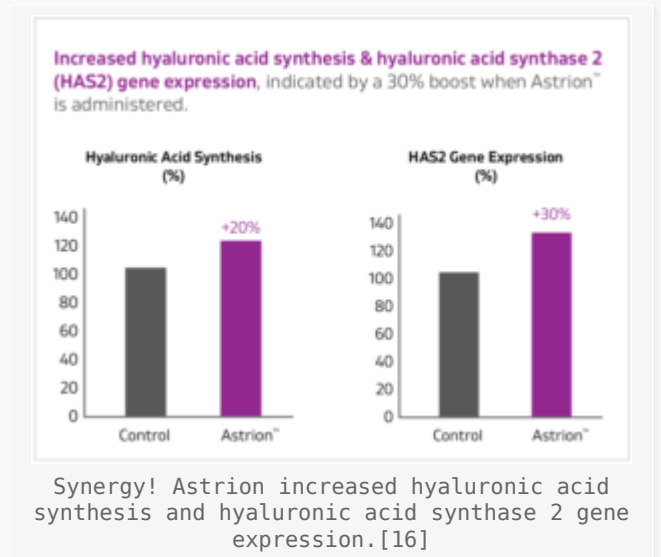
250 milligrams of Sertia Glutathione – the dose we have here from Core – has been successfully used in at least one research trial.[20] Sixty healthy women aged 20-50 were recruited for a placebo-controlled trial, which determined that glutathione "*effectively influences skin properties*" and "*showed a significant reduction in wrinkles compared with those taking placebo*". The researchers concluded that the ingredient has "*various beneficial effects on skin properties and is possibly an antiaging agent, at least in middle-aged female subjects*".[20]

Additionally, research literature is full of articles showing how GSH is crucial not just for fighting free radicals and ROS, but also increasing the production of other enzymes, reducing other antioxidants like vitamins C and E so that they can also participate in defending your body against oxidative stress, removing mercury from the brain, and maintaining *mitochondrial*

function, which is absolutely essential for optimal health.[21]

- **Hyaluronic acid – 240 mg**

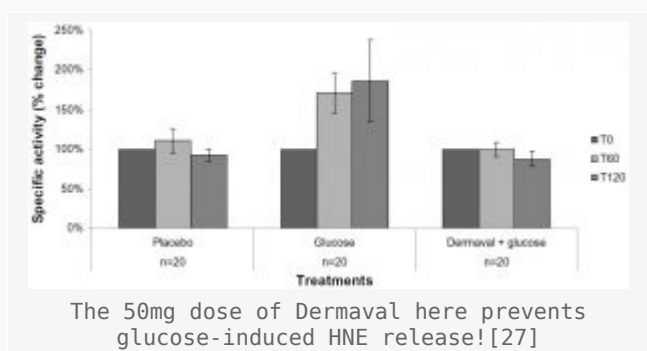
Hyaluronic acid (HA) is an *osmolyte*, which means that it regulates the balance of water within cells. When it comes to skin cells specifically, HA’s ability to draw water into cells helps skin cells *retain* water and stay hydrated.[22]



Although HA is most commonly used as a topical ingredient, research shows that HA also moisturizes skin after being ingested.[23] This is based upon data from a review that analyzed several studies, of which *240 milligrams* – the dose we have here – was the *largest* dose used in the research covered.[23]

So with this dosage, which is greater than what’s used in most skin and joint supplements, brings with it a vast amount of clinically-supported benefits, including the results of “*improved dry skin on the face and whole body*” and “*significant increase of skin moisture*” as determined from the study that used 240 milligrams per day.[23,24]

- **DermaVal – 50 mg**



Humans have six genes that regulate the function of the enzyme *elastase* in the extracellular matrix, which is sort of like scaffolding for our body's tissues. *Elastase 2*, also referred to as *human neutrophil elastase* (HNE), is implicated in degenerative and inflammatory skin diseases because it degrades collagen type IV and elastin in the extracellular matrix, which damages skin tissue over time.[25] Because of HNE's negative effect on skin,[26] we want to inhibit it as much as we can.

Fortunately for us, according to a 2013 study, **DermaVal** is capable of *wholly preventing* the release of HNE that typically occurs in response to high levels of blood glucose![27] DermaVal is a trademarked blend of *pomegranate extract, asparagus, okra, coffeeberry extract, quercetin, acerola, camu camu, acai, and mangosteen*.

Since HNE is released in humans with high blood sugar levels,[28,29] this ingredient may be best for those who are higher-carb dieters. Interestingly, DermaVal works by reducing HNE release, but it does *not* attenuate high blood sugar levels itself.[27]

- **Ceramides Wheat Extract (*Triticum sativum*) (Seed) – 30 mg**

Test method	Test design	Substance	Subjects	Results	References
Oral consumption of HA at 240 mg daily for 6 weeks	Randomized, double-blind, placebo-controlled trial	HA (M.W. 80 K)	22 patients with dry skin (in Japan)	Improved dry skin on the face and whole body Significant increase of skin moisture	Kajiwara, O et al. (2001) [12]
Oral consumption of HA at 120 mg daily for 4 weeks	Randomized, double-blind, placebo-controlled trial	HA (M.W. 80 K)	35 patients with dry skin (in Japan)	Significant increase of skin moisture	Sato, T. et al. (2002) [11]
Oral consumption of HA at 120 mg daily for 6 weeks	Randomized, double-blind, placebo-controlled trial	HA (M.W. 80 K)	39 female patients with dry skin (in Japan)	Significant increase of skin moisture	Sato, T. et al. (2007) [13]
Oral consumption of HA at 120 mg daily for 6 weeks	Randomized, double-blind, placebo-controlled trial	HA (M.W. 30 K)	42 female patients with dry skin (in Japan)	Significant increase of skin moisture	Yoshida, T. et al. (2009) [14]
Oral consumption of HA at 37.52 mg daily for 30 days	Randomized, single-blind, placebo-controlled trial	Mixture containing HA (M.W. of HA: 2,500)	197 healthy subjects (in China)	Significant increase in skin moisture Significant increase in skin pH	Izumiya, T. et al. (2011) [15]
Oral consumption of HA at 100 mg daily for 12 weeks	Prospective open-label trial	Mixture containing HA (M.W. unknown)	26 healthy female subjects (Caucasian, African-American, Hispanic, and others)	Improved aging symptoms on the face	Schwartz, S. R. et al. (2017) [20]

Numerous hyaluronic acid studies have shown efficacy for skin care![23]

The **Ceramides** wheat extract is standardized for **ceramides**, lipids found in skin cells that are produced by our bodies when we're young, and support optimal hydration and elasticity in our skin.[30] Unfortunately, ceramide production decreases as we age. This can lead to wrinkles and even cracks in our skin.

Fortunately, you can supplement with ceramides! Two different double-blind, randomized, placebo-controlled studies have found that 30mg per day of ceramide powder, the same dose we have in the Core formula, can increase skin hydration and reduce the appearance of aging.[31,32]

With Ceramosides, we know that we're getting a standardization of at least 50% *glycosphingolipids* and at least 40% *digalactosyldiacylglycerol (DGDG)*, the lipids used in the studies above.

Dosage and Instructions

Take five capsules daily, with or without food. If you do AM/PM supplement dosing, you can split the five capsules up in a 3/2 style split to your liking.



Supplement Facts
Serving Size: 5 capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid)	100 mg	111%
Biotin (as d-Biotin)	3000 mcg	16,057%
Methylsulfonylmethane (MSM)	1000 mg	**
Hydrolyzed Keratin Protein	500 mg	**
Aelron™ (Hyaluronic, chondroitin, and Ceramide sulfate) Root Extracts	400 mg	**
Seltril® L-Glutathione	250 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	240 mg	**
Dermacell® (Pomegranate Extract, Ascoragus, Oils, Coffeeberry® Extract, Quercetin, Acerola, Camu Camu, Acid, Mangosteen)	50 mg	**
Ceramosides™ Wheat Extract (Calcium salt-free) (Seed)	30 mg	**

std. to > 50% glycosphingolipids, & > 40% digalactosyldiacylglycerol (DGDG)
**Daily Value not established.

CORE Hair, Skin, & Nails

Conclusion: Another Incredible Lifeline Supplement from Core



Crush It
PRICEFLOW

INTRODUCING THE CORE LIFELINE SERIES
PRICEFLOW ARTICLE

The Lifeline Series has now expanded beyond its initial five products!

We've been impressed with each and every supplement in the Core Lifeline Series, and *Hair, Skin, & Nails* is no exception. This is the beauty supplement that we've wanted to see for quite some time.

For over a decade, our system has categorized and indexed supplements in this category, and quite frankly, the vast majority of them are *abysmal*. It's downright shameful how companies market some of these supplements to women.

Doug Miller and his team at Core Nutritionals decided to do something about the situation. They put together a supplement with *useful* ingredients that have clinical backing. It's not just another glorified multivitamin like most of the rest of the competition.

Paired alongside *Core Collagen* (new flavors were released alongside Hair, Skin, & Nails) and *Core Poise* (which can be considered a predecessor to the Lifeline Series), Core has quite a powerful health and beauty stack for women.

Core Nutritionals Hair, Skin, & Nails – Deals and Price Drop Alerts

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WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical conditions including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Take 3 capsules daily with or without food.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

Supplement Facts

	Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid)	1000 mg	100%
Biotin (as D-Biotin)	5000 mcg	10,000%
Methylsulfonylmethane (MSM)	1000 mg	—
Hydrolyzed Collagen Peptides	240 mg	—
Amino Acids: L-Aspartic Acid, L-Asparagine, L-Aspartic Acid, L-Asparagine, L-Aspartic Acid, L-Asparagine, L-Aspartic Acid, L-Asparagine	400 mg	—
Collagen I (Gelatin)	240 mg	—
Hydrolyzed Acid Hydrolyzed Collagen	240 mg	—
Dimethyl Polysiloxane (DMSO), Menthyl, Zinc, L-Cysteine HCl, L-Cysteine HCl, L-Cysteine HCl, L-Cysteine HCl, L-Cysteine HCl, L-Cysteine HCl	50 mg	—
Guar Gum	30 mg	—

OTHER INGREDIENTS: Cellulose (Veggie Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

Astrion is a registered trademark of Nutri-Science USA, Inc.

CERAMOSIDES is a registered trademark of EPI, France.

Coffeeberry is a registered trademark of VSP FutureCeuticals, Inc. Pat. #6,948,000.

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 (800) 978-2332, info@corenutritionals.com, www.corenutritionals.com

The full CORE Nutritionals Hair, Skin, & Nails Label

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