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SALVAGE SUMMER-DAMAGED HAIR, SKIN and NAILS

From lifeless locks to sunburnt skin to brittle nails, the body's most important assets take a beating thanks to fun in the sun. Swimming, sun-worshipping, gardening and playing on the beach all do damage, which is why every health junkie should have a bottle of femMED's Hair, Skin & Nails stocked in their après-summer beauty cabinet. Loaded with nutrients and antioxidants, this specifically formulated supplement helps repair and improve damage done to hair, skin and nails from any number of summer sources.

"The appearance and quality of our hair, skin and nails can be affected by sun, wind, chlorinated pools and dietary deficiencies. Key ingredients in certain supplements can provide the body with the essential nutrients to help repair some of this damage," said Sherry Torkos, pharmacist, fitness instructor and author of The Canadian Encyclopedia of Natural Medicine.

femMED, a women's-only natural vitamin line, recently launched Hair, Skin & Nails as a way for women to revive the look and feel of lifeless, thinning hair, dry skin and brittle nails. Unlike existing prescription medications or creams, Hair, Skin & Nails is taken over time to support the biosynthesis of collagen and provide antioxidant protection from UV light, both of which encourage healthy, long-term growth of hair and nails and increase the skin's ability to protect itself from environmental dangers, like the sun, smog and wind.

"femMED has developed a comprehensive formula for women that promotes healthy full hair, strong nails and beautiful skin from the inside out," said Shawna Page, founder and CEO of femMED.

"Doctor-formulated femMED Hair, Skin & Nails has key natural ingredients that can help repair and improve rough, dry skin, brittle nails

and hair, and reduce hair loss. Because let's face it - thin is not in when it comes to our hair, skin and nails."

**Key supplemental ingredients that support the healthy growth and repair of hair, skin and nails include:**

- MSM (Methylsulfonylmethane), which has anti-inflammatory properties that protect the skin against the harsh effects of the sun and environment;
- Hyaluronic acid that supports the connective tissue of the skin;
- Antioxidants such as Vitamin C, alpha-lipoic acid and selenium that protect the skin against free radical damage and aid in tissue repair;
- Amino acids L Isoleucine, L-leucine, and L-valine, which benefit hair health;
- Calcium and biotin for healthy nails;
- Silicon to improve brittle hair and nails;
- Vitamins A and D, which are essential for healthy skin; and
- Zinc, which has anti-inflammatory properties and facilitates skin healing.

About femMED:

femMED is the first user-friendly, mass channel retail brand of comprehensive supplements designed specifically for women, providing simple solutions for their most common health concerns. Colour-coded and easy-to-identify solutions in 13 formulations make it easier than ever for women to take control of their health. femMED's line of 100 per cent natural, doctor-formulated solutions are designed to address the needs of women at every stage of life. Each product uses only the highest quality natural ingredients; each one is backed by extensive research and clinical studies, and each is designed to work safely on its own or in combination with each other to achieve multiple health goals. femMED products are free of fillers, artificial flavours, colours, sweeteners and preservatives, and are delivered in vegetable capsules. All products are produced in a Canadian pharmaceutically licensed facility. All formulas are \$29.95 each and are available at major retailers across Canada or online at www.femmed.com

About Sherry Torkos:

Sherry Torkos, BSc, Phm, is a nationally recognized pharmacist, author and lecturer. She has written several health books including The Canadian Encyclopedia of Natural Medicine, The GI Made Simple and Breaking the Age Barrier, as well as articles for numerous publications. Torkos is a certified fitness instructor and health enthusiast who enjoys sharing her passions with others. As a health expert, she is interviewed frequently on radio and appears regularly on television throughout North America. Torkos is highly respected for her knowledge, integrity and dynamic personality, as well as her ability to discuss complex health matters in straightforward terms. She lives and practices holistic pharmacy in the Niagara region of Ontario. For more information, please visit www.sherrytorkos.com

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Sugarcain Entertainment is an on line magazine that extends into an entertainment company, run by a talented group of Canadian women, with offices in Toronto and Vancouver. Their style has been referred to as "Rolling Stone Magazine", but written by the women of "MAXIM". Look for them on the red carpet and behind the scenes!

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