



# Lumity

## Beauty & Health from the inside out

Life is busy, no two ways about it. Between family, work, social events and that elusive 'me' time, it's a juggling game that very few of us win. It's no wonder we're always trying to play catchup and feel like we're failing miserably. So we turn to another flat white to get us through the day and then wonder why we feel so run-down and world weary.

The latest buzz in the world of health supplements targets health and anti-ageing from a hormonal angle, working on all the 9 processes of ageing from the inside out. It's no secret that hormones, the chemicals that our bodies produce that regulate the activity of many cells and organs, impact almost every function in our body, from quality of sleep at night to our energy levels during the day, mood, appetite, skin health...the list goes on.

The latest supplement to rock the health world is 'Lumity,' an anti ageing supplement that boasts fans including Yasmin Le Bon and Kerry Washington as devotees. Different from other supplements, Lumity comes in a set of two different tablets: the darker-coloured capsules taken in the morning which contain a mix of Vitamins A, B, C, E, selenium, turmeric extract and flaxseed oil, and the white ones for evening, containing amino acids to help cell repair and renewal and aid better sleep, so you wake up refreshed to face the day. The scientifically calculated balance of ingredients including vitamins, minerals and vital amino acids work with the body's natural cycles delivering targeted nutritional support to prevent and undo the damage caused by ageing. There have been extensive clinical studies taken across three continents with LUMITY users experiencing better sleep, more energy, clear skin, stronger hair and nails and benefits being noted after just 10 days.

The brainchild of Cambridge University scientist Dr Sara Palmer Hussey, Lumity is the first ever supplement on the market to address all 9 of the ageing processes simultaneously. The ingredients literally boost the efficiency of your cells which means that your body naturally feels new levels of harmony and balance, and is free from artificial colours, flavours, dyes, caffeine, dairy, eggs, GMO's, melatonin, nuts, paragon, petrochemicals, preservatives, soy, sugar, wheat, synthetics and yeast.

Available from [www.lumitylife.com](http://www.lumitylife.com)

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