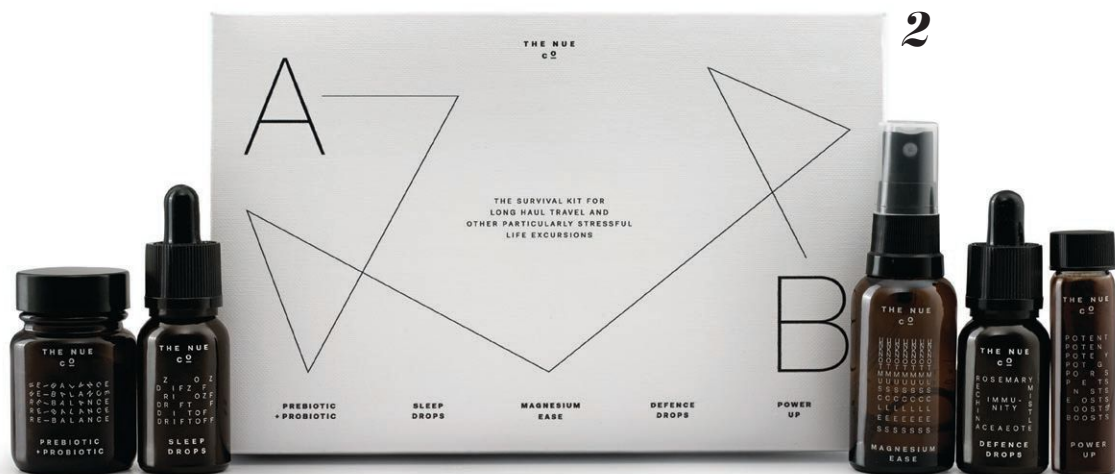


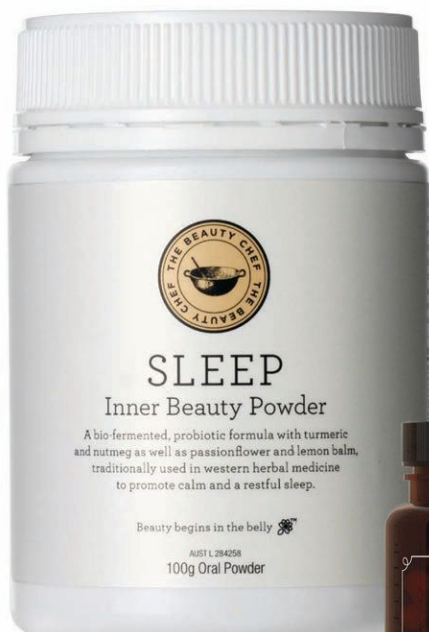


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Beauty BITES

Nourish your good looks from the inside out with ingestible supplements that pack a pretty punch.

BY ALLISON MITCHELL



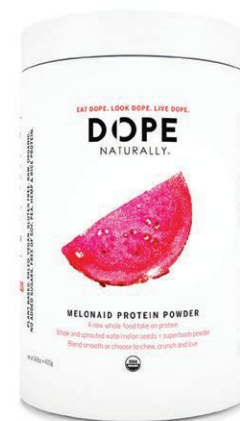
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1. From strengthening immunity to brightening skin, **The Super Elixir by WelleCo** is a do-it-all alkalizing greens formula full of 45 impactful nutrients. \$135, welleco.com 2. It's up, up and away with **The Nué Co. Reboot Collection** featuring restful remedies for muscle tension, digestion, immunity and energy while traveling. \$160, thenueco.com 3. Just in time for Valentine's Day, **Moon Juice's Beauty Dust Chocolate** reduces stress, preserves collagen protein and enhances elasticity of the skin. Pack of six for \$25, moonjuice.com 4. Make like Beyoncé and incorporate watermelon into your beauty routine. **Dope Naturally's Melonaid protein powder** uses the superfood, plus organic beets, dragonfruit and strawberries, to nourish skin and muscles. \$45, dopenaturally.com 5. Get glowing with **Jane Iredale's Skin Omegas**, a powerful blend of omega-3 fatty acids—yes, the good kind of fatty—omega-6 from evening primrose oil and vitamin A, which smoothes and illuminates skin. \$47-\$107, janeiredale.com 6. Hydrate while lessening fine lines with **Skinade**, a high-grade collagen beverage in natural flavors of peach and mangosteen. 30- to 90-day supply for \$150-\$450, skinade.com 7. Boost the appearance of your skin, hair and nails with **Supermood Youth Glo Radiance Capsules** via fish collagen, biotin and glutathione. \$65, supermood.fi; supermood.fi 8. Rest easy with **The Beauty Chef's Sleep Inner Beauty Powder**, which works to reduce anxiety through a mix of organic turmeric, nutmeg, passionflower and lemon balm. \$50, thebeautychef.com