

MODERN LUXURY

# MICHIGAN AVENUE



33 WEST MONROE ST., SUITE 2100, CHICAGO, IL 60603

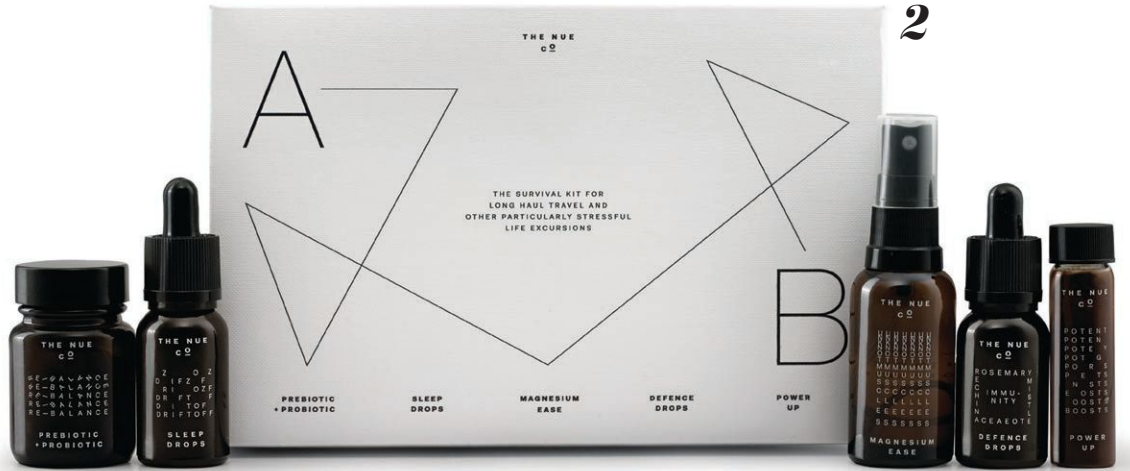
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ALISON BRIE





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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



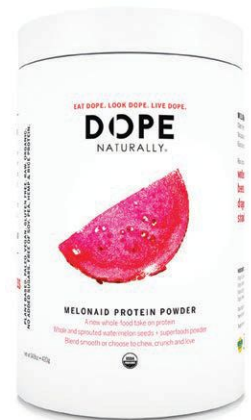
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1. From strengthening immunity to brightening skin, **The Super Elixir by WelleCo** is a do-it-all alkalizing greens formula full of 45 impactful nutrients. \$135, [welleco.com](http://welleco.com) 2. It's up, up and away with **The Nue Co. Reboot Collection** featuring restful remedies for muscle tension, digestion, immunity and energy while traveling. \$160, [Credo](http://Credo) and [Ace Hotel Chicago](http://Ace Hotel Chicago); [thenueco.com](http://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](http://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](http://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](http://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](http://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](http://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, [Credo](http://Credo); [thebeautychef.com](http://thebeautychef.com)