

Love your skin



How does Heliocare work?

The Heliocare sun protection range is the most advanced sun protection system available. It combines the protection of sunscreen products with those of an oral supplement. The Heliocare oral supplement is loaded with antioxidants that help protect the skin against sun damage. Although sunscreens provide different levels of protection against UVB and UVA rays and protect from burning, they can't completely halt all UV rays from penetrating the skin. Heliocare oral supplements add an additional layer of skin protection by maintaining the skin's natural ability to handle sun related effects and aging on deeper skin cells.

How do I take Heliocare oral supplements?

For the best protection from the sun, take one Heliocare supplement daily and combine it with a high SPF topical sunscreen before you venture out. If you plan to be exposed to intense sunlight, take an additional capsule at noon. As an antioxidant or for photoaging protection, take one pill daily.

What is Polypodium Leucotomos?

Polypodium Leucotomos (PL) is a type of fern. Extract taken from this plant has been scientifically proven to provide antioxidant properties that help maintain skin structure and immune response. It also provides daily maintenance against photoaging due to UV ray exposure.

Polypodium Leucotomos is not a replacement for topical sunscreens. Its top function is to enhance the body's natural ability to deal with UV rays that filter through sunscreens. It is especially effective against UVA, whereas many topical sunscreens don't block against this. More and more research is showing that UVA is equally as damaging to the skin as UVB.

Should I replace my sunscreen & sun barriers (i.e. sunglasses and hats) with Heliocare?

Heliocare oral supplements are not a replacement for good sunscreen and protective clothing. Use the oral supplements in conjunction with Heliocare sunscreens and protective clothing. Heliocare does not reverse sun damage, but helps to minimize it.

Do Heliocare oral supplements have any side effects?

There are no known side effects associated with Heliocare oral supplements. Its Polypodium leucotomos extract has been safely used for over 20 years in Europe.

If I'm pregnant or on any other medications can I take Heliocare oral supplements?

Do not use Polypodium leucotomos extracts during pregnancy or breastfeeding. Heliocare supplements should not be taken if you are on Digoxin or any other medicines used to treat heart failure. Also note that there have been no specific studies in patients under the age of 18. Consult with your doctor first before allowing your children to use Heliocare oral supplements.