

Love Beauty



ABH Drink

Harmony Drink

Press release

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Harmony Drink

A drink that focuses as much on health as beauty is the concept of ABH-Drink (Love Beauty Harmony). Designed by Health Welfare Diffusion, this drink contains 12 items, including ideally proportioned collagen, which combine their benefits for the skin, bringing the body all the ingredients it needs for top sport or daily performance, and to relieve joints.

ABH Drink is a new concept in the field of drinks that focuses at once on health and beauty. The name Love Beauty Harmony was not chosen randomly. Beyond the literal sense, ABH wants an energy drink that refreshes the body and mind. Designed by Health Welfare Diffusion, this drink is a small revolution. ABH Drink is made up of 12 elements that act in synergy to improve beauty, health and joints, acclaimed for their individual virtues as food supplements for multiple effects for form and beauty.

It contains collagen, hialuronic tremella acid, shiitake, spirulina, royal jelly, goji berries, ginseng, and acerola extract expertly mixed with certified organic Pineapple, Carrot, Cherry and Kiwi-Apple juice.

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ABH Drink contains many constitutive ingredients out of these components and offers advantage of the corresponding benefits from a single dose.

Found in ABH Drink/

- 20 amino acids including the 8 essential amino acids, which can not be synthesized by the body and must be strictly included in a daily diet: isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.
- Vitamin A
- The B vitamins
- Vitamin C
- Of Vitamin D
- Of Vitamin E
- Of Vitamin K
- Of Ginsenosides
- Fibers
- From Bromelain
- Anthocyanins
- Polysaccharides
- From Phycocyanin
- Hyaluronic acid
- Of Omega 3 and 6
- 12 micro-nutrients

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An ideal composition



ABH Drink provides an exponentially comprehensive result related to the already large effect of each of these isolated ingredients. ABH-Drink does not treat effects but targets the true causes for more beautiful, softer, more hydrated, less wrinkled skin, rediscovered health and better functioning of joints. This acts on three fronts. It is unique and best describes this virtuous beverage..

Health Welfare Diffusion studied his recipe for optimum efficiency on beauty and form. The proportions are kept secret, but we can say that ABH Drink contains 5000mg of collagen hydrolyzate and at least 1000mg of the other 11 different ingredients. These proportions were studied for total harmony and synergy of the different active ingredients, without discomfort to the consumer and with a pleasant taste.

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**A drink
with collagen
and ingredients
that promotes
collagen
production**



ABH Drink contains 5000 mg of collagen hydrolyzate. This is far greater than other various supplements that contain less than 10g a day. However, numerous clinical studies have shown the effects of hydrolysed collagen on the skin to be indisputable, with improved skin hydration of 25% to 28%, better elasticity ranging from 26% to 31% and a reduction of wrinkles by 9% 10%, by consuming 10g per day.

A 125 ml bottle of ABH-drink contains the equivalent of over 30 different dietary supplements that are found on the market. And entirely organic. This is what gives ABH Drink its ability to care for your skin.

4 ADAPTOGENIC INGREDIENTS TO PROMOTE THE PRODUCTION OF COLLAGEN

ABH-Drink is composed of 4 adaptogenic ingredients, that is to say, a plant or adaptogen active ingredient that helps regenerate the body without side effects: royal jelly, ginseng, shiitake, spirulina . These four elements influence the endocrine glands that secrete proteins, including collagen and provide the necessary balance for proper operation.

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Effects on the skin beauty, fitness and joints

The collagen content in ABH-Drink and stimulated by its various ingredients, promotes for more beautiful, better hydrated and less wrinkled skin.

Collagen and other ingredients will also have an effect on health. The different vitamins, minerals and micronutrients contained in ABH -Drink provide the necessary minimum for the proper functioning of the body to complement a balanced diet.

Finally, we know that collagen plays a role in reducing joint pain and in the recovery. Thus, 5000mg of collagen hydrolyzate from with the various components of the drink makes it an ideal aid for athletes and other active individuals who want to stay fit or increase their physical performance and save their joints. They also benefit from the nutrients necessary for the absorption of collagen contained in ABH Drink.

But its rich formula goes even further because many of the ingredients in ABH-Drink are adaptogens, that is to say they bring benefits to the body without side effects, unlike coffee, tea, themselves, have a stimulating effect but with side effects. The great wealth of natural antioxidants of the different ingredients gives ABH-drink an extremely wide range of abilities to fight against free radicals, one of the causes of tissue aging.

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Rich in amino acids

In addition, the collagen content in the drink is associated with the other ingredients Hialuronic mushroom, spirulina, shiitake, goji berry, royal jelly, ginseng. They provide the nutrients necessary for the absorption of collagen but also for its natural production within the body. ABH Drink contains more than 20 amino acids, the most significant 8 that synthesize proteins: L-valine, L-isoleucine, L-lysine, L-methionine, L-leucine, L-phenylalanine, L-threonine and L-tryptophan. Synthesizing these proteins will allow the body to create collagen.

The combination of other ingredients of vitamins, minerals and micronutrients help the body produce optimum levels of its own collagen. Thus, the fungus Tremella fuciformis, which is extracted from hyaluronic vegetable acid, provides the necessary support for skin and joint collagen.

Cherry, pineapple, kiwi and apple-carrot juices allow better assimilation of the active ingredients and provide many vitamins, minerals and micronutrients.

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The various components of ABH-Drink



COLLAGEN

Fibrous glycoprotein constitutes 15 to 20% of our body, collagen is present in all structures of the body: skin, cartilage, tendons, ligaments and connective tissues. It is the most abundant protein in the body. Eyes, nails and hair are also high in collagen. It can be said that it provides strength and elasticity to the various organs and tissues.

Furthermore, collagen serves as the primary catalyst for the growth and repair almost all tissues of the body. Unfortunately, the stock of collagen degrades slowly in our lives, causing the first effects of aging. This process downturn starts from twenty years and is accelerating relentlessly during adulthood by 1% per year from the forties. The articular cartilage is composed of 67% collagen. Tendons that made largely of collagen suffer with age.

Joints disease (osteoarthritis) are the most common chronic conditions in patients over 50. The anti-inflammatory and analgesic uses have no effect on the evolutionary process of these diseases. Collagen can now be produced from enzymatic hydrolysis from the skin of animals. Marine collagen or collagen hydrolyzate is prepared, transformed and purified from marine fish.

Numerous clinical studies with thousands of patients, particularly in Germany and the USA, have shown the value of consumption of collagen hydrolyzate to improve problems with osteoarthritis, osteoporosis and all rheumatic pain resulting from degeneration of articular cartilage. They all showed great efficiency:

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- Reduction of pain
- reducing the consumption of analgesics
- Improving the use of joints

The collagen hydrolyzate also has relevance to many other collagen-rich organs:
Skin: anti-wrinkle action, and hydration of the skin, part of the benefits of a measured consumption of hydrolysed collagen.

Clinical studies have shown that the absorption of 10 g per day of collagen hydrolyzate has an interesting effect on the skin. It is more moisturized, with less deep wrinkles and less accentuated flexibility.

The circulatory system: Collagen, a strong presence in all the walls of the circulatory system (arteries and veins), is more abundant in people who take 10 g sachets of of collagen hydrolyzate.

This promotes better flexibility of arteries and improves the circulatory system.

Lungs: They are rich in collagen and elastin in particular, a protein that gives elasticity

Eyes: Collagen is abundant to tone the eyeball and restore the lens.

The results of many clinical studies suggest that long-term oral administration of collagen hydrolyzate improves the joint pain mainly related to osteoarthritis, and beyond this symptomatic effect, may help slow the degeneration of joint tissues, and also slow the progression of osteoporosis.

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TREMELLA HIALURONIC ACID

It is an ultra-moisturizing molecule found naturally in the body and whose production declines with age. As the fruit of biotechnology, it is manufactured here from "Tremella fuciformis" "spindle Tremella," a Chinese fungus known for its presence in the "Shen Nong Ben Cao," the oldest book of Chinese medicine.

The Hialuronic acid contributes to the youthfulness of the skin and joint flexibility by its ability to secure hydration.

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SHIITAKE

The shiitake also known by the French name of oak Lentin (Shiitake) is an Asian fungus that has many virtues recognized by the scientific community. It is the second most cultivated mushroom in the world.

Excellent antioxidant, it also stimulates the immune system and reduces cholesterol. It is rich in nutrients such as copper, zinc, selenium, phosphorus, magnesium, potassium, vitamin. Shiitake has remarkable levels of vitamin B5 (22 mg per 100 g), vitamin D, as well as vitamin B2 and vitamin PP (33% of the intake recommended for 100 g).

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SPIRULINA

Spirulina is an algae that gets its name from its spiral shape. This microalgae is called "super food" because of its composition. Extremely rich in protein, good quality spirulina has a protein content between 50 and 70% of its dry weight, almost 2 times more than soy or beef. It is extremely rich in beta-carotene, iron, vitamin B12 (4 times more than in the raw liver), vitamin E (a powerful antioxidant), protein, minerals and trace elements such as calcium, phosphorus, magnesium, zinc and copper. Spirulina also contains chlorophyll and phycocyanin, a pigment known for its antioxidant properties.

Spirulina helps maintain vitality, stimulate the immune system, improve the detoxification of the body and delay cellular aging. It improves sleep quality, healthy blood pressure, and insulin production.

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ROYAL JELLY

Also called “milk of bees” royal jelly is a whitish, gelatinous substance secreted by young nurse bees. It feeds the larvae and the queen of the hive. Known in ancient China, ancient Greece (as a component of ragweed) in Japan, Russia and of course in Europe, royal jelly is made with 13% protein substances, including 14.5% amino acid carbohydrates, which mainly fructose and glucose. There is also the melibiose, maltose, trehalose, sucrose and erlose, vitamins such as vitamin B5.

Veritably fortified and stimulating, royal jelly stimulates the immune system and helps fight against fatigue, exhaustion and depression. Its richness in vitamins B revitalizes hair and nails.

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GOJI BERRIES

Bay "Lycium barbarum" or common Lyciet is known by the name of Goji berry. Native to Northwest China, lyciet grows in many parts of the globe and is especially cultivated in China, North America, and in some Himalayan valleys. Its berries are marketed under dried form or juice.

Recognized by scientists for their fabulous nutritional and herbal qualities, goji berries, also called "longevity fruit", have a high concentration of complex molecules stimulating natural defenses.

- 19 amino acids including the 8 essential that the human body can not synthesize.
- 21 Minerals and micronutrients (iron, copper, zinc, germanium ...)
- 22 polysaccharide complex molecules, including specific 4, the major anti-aging, natural defense stimulator
- A full range of carotenoids, including beta carotene (a precursor of vitamin A)
- B vitamins (B1, B2, B6)
- Vitamin C and vitamin E (tocopherol)
- Essential fatty acids including omega 3
- Betaine (precursor to choline and regulating homocysteine, whose blood levels is an excellent indicator of cardiovascular risk)
- Beta-sitosterol, regulator of blood pressure and glucose metabolism and cholesterol
- Solavetivone, antibacterial and antifungal
- Cypéronne (sesquiterpene for cardiovascular disease) and physaline (immune system and blood system)

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GINSENG

Ginseng has been known as natural medication in China and North Korea for over 4,000 years. Ginseng, or *Panax ginseng* is cultivated perennial currently in China, Korea, the USA and Canada. Its root has recognized therapeutic virtues. It is considered anti-fatigue plant the most famous in history.

In its composition, there are many vitamins: B1, B2, B3, B5, B6, B8, B9, B12, C and E, minerals: iron, cobalt, aluminum, manganese, phosphorus, potassium, silicon, vanadium and as trace elements (selenium). But the benefits of ginseng are attributed mainly to the presence of ginsenosides, the active ingredient that acts on the central nervous system. Ginseng root tones the body, promotes physical work and mental concentration and helps recovering patients regain strength. Ginseng is also known to boost the immune system, memory, and enhance libido.

A plant that deserves its Chinese nickname "root of life".

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ACEROLA EXTRACT

Native to South America, Acerola fruits like cherries but have great qualities. Considered a super fruit, it is rich in vitamin C. It is considered that 40 g of Acerola cherries contain as much vitamin C as a kilo of oranges. Acerola is also rich in vitamin B6, vitamin B1 and vitamin A as well as flavonoids and minerals: iron, calcium, phosphorus, potassium and magnesium.

Recommended in cases of fatigue, overwork or stress, Acerola extract also has antioxidant properties and to fight against cellular aging. It is also known to strengthen teeth and bones. Acerola juice is very popular in South America and appreciated for its tangy taste.

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FRUIT JUICES AND ORGANIC VEGETABLES

Fruit juices are a recognized source of minerals, vitamins, micronutrients and antioxidants. They retain the benefits of fruits and vegetables while avoiding the consumption of fiber that may be difficult to digest. ABH Drink contains 4 organic fruit juices: pineapple, cherry, kiwi - apple and carrot juice, all of which are certified organic. These juices are spread in subtle proportions, bringing their minerals, vitamins and qualities, facilitate the assimilation of other ingredients while providing a pleasant and balanced taste.

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Pineapple juice

Pineapple contains vitamins A, B, B1, C, potassium, beta-carotene and magnesium. The fruit contains the enzyme bromelain, which participates in the proper digestion of food, especially fats; that is why it is included in many diets. Bromelain also has anti-inflammatory properties: it helps to fight against tendonitis, arthritis and sinusitis. We also know that the pineapple juice helps combat morning sickness. In addition, it has been demonstrated that pineapple accelerates healing and active healing of wounds and burns.

From an aesthetic view plane, it helps to fight against acne.

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Cherry Juice

Natural source of melatonin, the sleep hormone, cherry helps to recover rest. A research study conducted in the USA with the elderly shows that the consumption of two glasses of cherry juice, morning and evening, allows an average hour gain of sleep per night. Rich in vitamin A and C, cherry also contains important micronutrients such as potassium, phosphorus and magnesium. Many other studies point to its anti-inflammatory properties through the anthocyanin, a powerful antioxidant and muscle recovery after exercise. Another quality cherry juice is that it fights against inflammatory rheumatism, including gout.

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Kiwi juice

The fruit from China and imported from New Zealand in the 60's has amazing properties. The kiwi has more vitamin C than oranges and is more rich in potassium than bananas. It also contains vitamin E, provitamin A and vitamins B1, B2, B3, B5 and B6. This fruit also has high levels of magnesium. Also included iron, copper, zinc and phosphorus.

The kiwi is recognized for its high antioxidant qualities regards both cellular aging as DNA. Recent studies have highlighted its efficiency in fighting against cancer and cardiovascular disease. In addition, it has a large amount of fiber that fights against constipation.

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Apple juice

Everyone knows the famous saying "an apple a day keeps the doctor away." Apple, a true health food, contains vitamin C, A, B1, B2, PP, B5, B6, B9.

First the fruit has two types of fiber that help digestion. It has antioxidant properties that reduce the risk of cardiovascular disease and lowers bad cholesterol while increasing good thanks to the pectin contained in its seeds. Apple juice also helps in regulating blood pressure. Finally, it is well known as an appetite suppressant.

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Carrot Juice

The carrot has long been known for its health benefits. Rich in vitamin A, which moisturizes the skin and improves vision, carrot juice also contains vitamins B1, B2, B3, B6, K and E and many minerals, including iron, phosphorus and potassium. Carrot juice is first a great source of beta-carotene; making it an excellent antioxidant with other carotenoids that it has ((lutein and zeaxanthin). Thus the carrot helps to fight against premature aging of the body.

Carrots are good for the heart. It also helps to lower cholesterol and triglycerides. Its vitamin A makes it beneficial virtues vision, including night and also plays a role in the prevention of aging retinal diseases such as cataracts or macular degeneration. Finally everyone recognizes the effect of carrot juice on skin hydration and skin tone.

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ABH Drink, a product SBED

The ABH Drink is produced by SARL SBED, Health Welfare Distribution in Montpellier. Directed by Christophe Kupriez, SBED, carefully chose all the ingredients composing this drink. ABH Drink has been labeled organic. ABH Drink is available in bottles of 125 ml.

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