

	THE SUPPLEMENT	MC EDITOR'S VERDICT	THE EXPERT SAYS
	<b>Dr. Erika's Restful Night Formula</b> <b>THE CLAIM:</b> Take these five calcium, magnesium, and zinc capsules before bed to doze off with ease—and wake up the following morning sans prescription-pill hangover. <b>THE COST:</b> \$29.99 for a 30-day supply	Our tester normally wakes up two to three times a night. When she could stomach swallowing five pills before lights out, the formula <b>didn't knock her out like other OTC sleep aids but did help her have deeper periods of rest.</b>	<b>“Magnesium helps calm the nervous system, but this packet gives you only about half the daily recommended intake [DRI]. It also contains twice the DRI of zinc, which can inhibit the absorption of other minerals. That said, someone who doesn't take a multivitamin regularly might feel better after taking these.”</b>
	<b>Sustainable Youth Immune Performance Elastifirm Supplement With Alasta</b> <b>THE CLAIM:</b> Boost your immune system with this patent-pending formula derived from aloe extract, and fight signs of aging by increasing skin elasticity. Plus, all the active ingredients are organic. <b>THE COST:</b> \$65 for a 30-day supply	The bad news is that our tester gained 5 pounds in water weight while taking these skin-plumping pills. The good news is that her skin appeared firmer. <b>When she stopped the program, she found her wrinkles were more noticeable.</b>	<b>“Aloe is great for the skin, but it would be difficult to ingest enough to alter the skin's elasticity. Hypromellose—also used as a lubricant in eye-drops—is employed here to control how the active ingredients are delivered in the body and has the potential to cause water retention.”</b>
	<b>Beauty Scoop</b> <b>THE CLAIM:</b> Get healthier-looking skin, shinier hair, and stronger nails by mixing these soy protein and safflower- and canola-oil-infused packets with a glass of water once a day. <b>THE COST:</b> \$95 for 21 packets	Our tester did not like the chemical aftertaste of this powdered drink, but she loved how <b>her typically brittle nails grew long and strong.</b> She didn't see a change in her hair or skin texture, though.	<b>“The safflower and canola oils provide essential fatty acids that are important for the hair and skin. Extra protein significantly improves the health of our skin, hair, and nails, but you could get the same amount offered here in a slice of turkey.”</b>
	<b>FunctionaLab Active Mix &amp; Nutrient Tonics in Prop phyto, Provita, and Energy</b> <b>THE CLAIM:</b> This white-tea-infused supplement program boosts energy for better workouts, while the low-calorie, antioxidant-rich tonics serve as pick-me-ups when you're fatigued. <b>THE COST:</b> \$145 for a 30-day supply of pills; \$4 for each tonic	By the end of the second week, our tester was <b>waking up more easily and felt more robust when working out;</b> by the end of the third week, she was hopping out of bed to get to the gym. She felt exhausted the fourth week but thinks her cardio overload is partly to blame. The tonics, though tasty, were no substitute for her afternoon coffee.	<b>“White tea is high in phyto-nutrients, which help our body function better, but it's a stretch to say they would improve workout performance. This mix also contains high doses of vitamins and minerals commonly found in multivitamins, so to prevent possible toxicity, it's best not to take any additional dietary supplement.”</b>
	<b>Crystal Light Skin Essentials</b> <b>THE CLAIM:</b> These powder packets, mixed with a glass of water twice a day, contain lutein, zeaxanthin, and vitamins A, C, and E to nourish the skin. <b>THE COST:</b> \$3.29 for seven packets	While our tester noticed no significant changes, she did find that making the drinks encouraged her to consume more water throughout the day, which <b>gave her more energy.</b>	<b>“Lutein and zeaxanthin may protect skin from sun damage, but the therapeutic dosage of vitamin A is much more than the 10 percent of the DRI available here.”</b>
	<b>Sensa Weight-Loss System</b> <b>THE CLAIM:</b> Sprinkle these calorie-free crystals onto food and the maltodextrin-based formula will trick your olfactory senses into thinking you're full before you really are. <b>THE COST:</b> \$59 for a 30-day supply	Our tester—who has been a member of the clean-plate club since birth—found <b>she was eating half of her usual heaping portions</b> because of the stronger scents and flavors. She plans to stick with the program.	<b>“Maltodextrin is a carbohydrate often used in the food-manufacturing world, but it doesn't play a role in satiety, as it's not a high-fiber item. None of the other ingredients would have an effect on the olfactory responses—unless there are added artificial scents that aren't specifically listed.”</b>
	<b>Glowelle</b> <b>THE CLAIM:</b> Packed with antioxidants like goji berry and green-tea extract, this powdered supplement reduces free-radical damage and promotes the distribution of melanin in the skin—meaning fewer age spots and more even pigmentation. <b>THE COST:</b> \$40 for a week's supply	The overly grainy consistency of this drink didn't appeal to our tester, but she noticed <b>her skin was glowing after a week-and-a-half.</b> Plus, if she had the drink as a post-lunch snack, she didn't experience mid-afternoon slumps.	<b>“I've never heard of dietary changes controlling melanin production, but the polyphenols in green tea may help to protect the skin from wrinkling and from inflammatory conditions such as psoriasis.”</b>