

BETTER LEGS

Dermatologically Tested

Fact Sheet

Is this **THE BEST LEG PRODUCT EVER DEVELOPED?** leading independent expert beauty journalists **CAROLYN PALLIARDI & DHAV NAIDU** tried and tested thousands of products: **BETTER LEGS** was the **ONLY** leg product to receive a **10/10 RATING!**

In the book "The Best Beauty Products - Tried & Tested" Carolyn Palliardi and Dhav Naidu wrote: *"Excellent Product. Legs feel softer and firmer; strong scent on application and a heated feeling. But leaves a soothing and smooth feeling overall"*

Reduction in the appearance of spider and varicose veins in just 28 days*

Imagine a revolutionary leg serum so scientifically advanced and so perfect in formulation. Better Legs combines both naturopathy and science with such precision that this product was the **ONLY** leg product to be awarded 10/10 from independent beauty experts Carolyn Palliardi & Dhav Naidu in their book "The Best Beauty Products - Tried & Tested". Better Legs will not only firm and relieve tired legs but also reduce the appearance of spider and varicose veins in just 28 days. With Better Legs, the dream of deliciously young looking legs can become a reality. This breakthrough sounds too good to be true doesn't it?

At last a natural product for legs that helps:

- Minimize the appearance of spider and varicose veins
- Firm and relieve tired legs
- Strengthen, tone and tighten delicate vein walls and leg tissues
- Assist to reduce inflammation of the vein walls
- Keep skin supple, toned and moisturised
- Reduce excess fluid
- Detoxify and remove impurities

Better Legs is a naturopathic firming, detoxifying relief serum that really works.

Main Ingredients:

- Amica Extract
- Calendula
- Butcher's Broom
- Cyanicobalam
- Ginkgo Biloba
- Fennel
- Horse Chestnut Extract
- Organic Kelp and Seaweed
- Rosemary
- Sage
- Tea Tree
- Witch Hazel
- Vitamin B3
- Vitamin B5 and B6
- Vitmain C
- Vitmain E

Directions: Apply a thin layer to the entire surface of your legs each morning after showering and each night before bed. Massage gently from ankles to thighs until completely absorbed.

Definitions: Spider Veins, or telangiectasias, are those tiny purple and red blood vessels found most commonly on the thighs or lower legs of women. They are hereditary and can form anywhere on the leg, from the top of the thigh to the ankle.

Varicose Veins are larger. They can appear raised with a bluish colour and can become quite painful. Varicose veins are swollen and twisted and are close to the surface of the skin. They are unsightly and uncomfortable. Veins bulge, throb, and feel heavy. The legs and feet can swell. The skin can itch. Varicose veins may occur in almost any part of the body. They are most often seen in the back of the calf or on the inside of the leg between the groin and the ankle.

Causes and risk factors for varicose veins include:

- Obesity
- Pregnancy
- Hormonal changes at menopause
- Activities or hobbies that require standing for a long time
- A family history of varicose veins



Cautions: No specific cautions against the suitability of use of Mayaltha Better Legs are known. It is not however recommended for pregnant or lactating women. Should any skin irritation occur, desist from using until you have consulted your physician or health care professional.

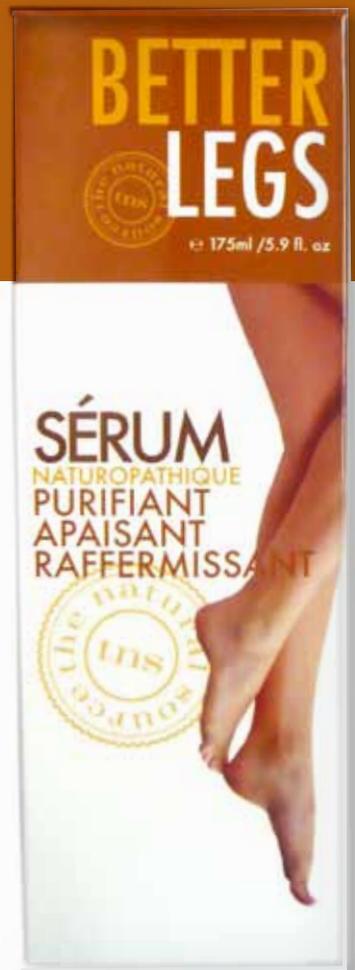
Mayaltha Better Legs is Made in Australia.

Tips for better legs:

- Exercise regularly. Walking is a good choice. It improves leg and vein strength.
- Avoid standing for prolonged periods of time. If your job or hobby requires you to stand, shift your weight from one leg to the other every few minutes.
- Don't wear clothing or undergarments that are tight or constrict your waist, groin or legs.
- Eat high-fibre foods like bran, cereals, whole grain breads, and fresh fruits and vegetables to promote regularity. (Constipation contributes to varicose veins).
- To prevent swelling, cut your salt intake.
- Exercise your legs. (From a sitting position, rotate your feet at the ankles, turning them first clockwise, then counterclockwise, using a circular motion. Next, extend your legs forward and point your toes to the ceiling, then to the floor and gently bend your legs back and forth at the knees).
- Elevate your legs when resting.
- Get up and move about every 35 to 45 minutes when travelling by air or even when sitting in an all day conference. (Opt for an aisle seat in such situations). Stop and take short walks at least every 60 minutes when taking long car rides.

Better Legs contains 175ml/5.9 fl. oz

* Independent test result. Individual results may vary.



the natural source
australian naturopathic beauty