

THE FOUNTAIN DRINK OF YOUTH

Sounds good, but there's a wrinkle **BY ELOISE PARKER**

Can you really drink your way to beautiful, ageless skin? That's the promise made by the new breed of "skingestible" beauty drinks that promise everything from reduced wrinkles to a clear complexion, but some dietitians aren't convinced.

The newest on the market is Glowelle, which was launched at Bergdorf Goodman and Neiman Marcus earlier this week. Not yet tested by the FDA, it claims to "help fight the signs of aging" and promote an "overall dewy glow" with the help of antioxidants.

"Some people see a difference within a couple of weeks," says Dr. Susan Beck, one of the experts behind Glowelle, who says she takes it regularly and formulated it to work alongside multivitamins and topical skin creams.

Although doctors agree that drinking fluids is important for good skin, dietitians argue the science behind the new beauty drinks is unfounded.

"There is no good evidence that antioxidant-spiked beverages confer any real health benefits," says American Dietetic Association spokeswoman, Sari Greaves, who warns that you should always talk to your doctor before taking any new supplements.

"The premise is the same for all of these drinks," says Lisa Sasson, registered dietitian and Clinical Associate Professor of Nutrition and Food Studies at NYU. "Everything that they're touting that's good for your skin is based on a healthy diet of less processed food and more fruits, vegetables and whole grains." ♦

	 <p>Toki Powder</p>	 <p>Dr. Brandt anti-oxidant water booster</p>	 <p>Borba Age Defying Aqua-less Crystalline</p>
<p>day supply.</p>	<p>\$175 for 60 servings.</p>	<p>\$35 per bottle (60 doses).</p>	<p>\$28 for 14 packets.</p>
<p>How to use: Add 1 packet to 8 ounces of water.</p>	<p>Two to three 6-gram servings dissolved in 8 ounces of water a day.</p>	<p>Add 30 drops to 8 ounces of water; no daily dosage is advised.</p>	<p>One packet dissolved in 16 ounces of water per day.</p>
<p>What are the signs of aging? Wrinkles and fine lines on the skin. How do you know if you're aging? An overall dull complexion. What's the best material to use?</p>	<p>"In as little as 45 days, skin texture starts to become smoother and tighter and the appearance of fine lines and wrinkles is diminished," says the ad.</p>	<p>Available in Pomegranate, Green Apple and Blueberry flavors, it's described as "an easy way to integrate powerful antioxidants to preserve younger-looking skin, fight free radical damage and promote overall health."</p>	<p>Four different flavors each address a skin issue: Açai Berry is "intended to help soften the appearance of fine lines and wrinkles"; Lychee Fruit is "intended to diminish dryness, sensitivity, roughness"; Pomegranate is "intended to combat oily skin, clogged pores and impurities"; Guanabana Fruit is "intended to promote skin's smoothness, elasticity, nourishment," according to the packaging.</p>
<p>Ingredients: Green tea extract, green cocoa extract, Vitamin C, Pomegranate extract, Guava extract, etc.</p>	<p>Collagen peptide, Vitamin C, calcium, mucopolysaccharide complex (from hyaluronic acid & dermatanic acid), glucosamine, amino acids from sea algae.</p>	<p>Grapeseed extracts, green tea extracts, lo han fruit extract, white tea extracts, natural fruit flavoring.</p>	<p>Fruit extracts, malic acid, ascorbic acid, Vitamin E acetate, green tea solids</p>
<p>How does it taste? A zesty lemon flavor with a curiously savory aftertaste. Best mixed with something else to dilute the taste.</p>	<p>"A zesty lemon flavor with a curiously savory aftertaste. Best mixed with something else to dilute the taste."</p>	<p>"Produced a fairly bitter-tasting brownish liquid when added to water. The Blueberry was the sweetest and most palatable of the three flavors."</p>	<p>"The individual packets are convenient. Tasted sweet, fruity and pleasant, although the guanabana flavor was an unnaturally bright turquoise color."</p>