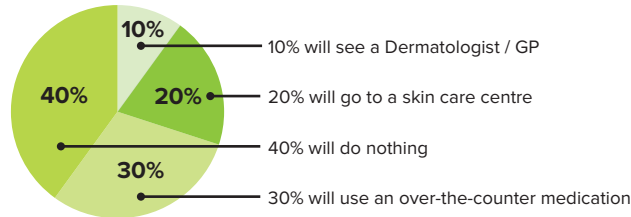




PIMPLE STATISTICS

Pimples affects people regardless of age, gender or race. While thoroughly treatable, of those who suffer from pimples:



OF THE 85% OF TEENAGERS (BETWEEN THE AGES OF 12 AND 24) THAT SUFFER FROM PIMPLES, 25% WILL HAVE PERMANENT SCARS RANGING FROM SEVERE TO LIGHT.

The American Dermatologist Association finds that:

- 20% of all adults have active pimples
- 60 million Americans have active pimples
- 20 million Americans have pimples badly enough to cause scars.
- Only 11% of pimple sufferers seek help
- Pimples are considered a social taboo

Adult pimples affect

25% of adult men and 50% of adult women at some time in their adult lives



10 DAY INTENSIVE REPAIR COURSE
60 capsules

30 DAY MAINTENANCE COURSE
60 capsules



VISIT OUR WEBSITE FOR FURTHER INFORMATION
www.mapp.co.za

NATURAL SOLUTION RECOMMENDED BY DERMATOLOGISTS

There are 4 main types of pimple breakouts, all of which result when oil and dead skin build up and clog the pore opening.

BLACKHEADS

Not inflamed or infected with bacteria, and do not cause scarring. We recommend a visit to your skin care specialist for a complete facial cleanse.

WHITEHEADS

Limited bacterial growth, white pus, mild inflammation. We recommend you use MAPP 10 and MAPP 30 thereafter.

PUSTULES

Red bumps, inflamed, white or yellow centre, can cause scarring. We recommend you use MAPP 10 and MAPP 30 thereafter.

CYSTS

Pus-filled lesions with deep inflammation and infection, swollen and sore. After the cyst heals, a permanent scar may remain. We recommend you use MAPP 10 and MAPP 30 thereafter. If you have scarring we recommend laser therapy or advice from a skin care specialist.



Healthy Pore Blackheads Whiteheads Pustules Cysts



ENCA HEALTHCARE (PTY) LTD, P.O. BOX 1120, LONEHILL, 2162
Customer Care: 079 259 8045 • www.encahealthcare.co.za



NATURAL SKINCARE TREATMENT

ASK YOUR DOCTOR OR PHARMACIST ABOUT MAPP.

For patients who prefer a natural alternative

Prevent pimple scarring | Look your best naturally!

Email: hello@mapp.co.za
Website: www.mapp.co.za

WHAT PROVOKES PIMPLES?

DIET

A common cause of pimples can be found in your regular diet. Fast foods, sugar, alcohol and dairy products can form excess toxins which will then be forced out of your body through your skin. (See our food Guide: www.mapp.co.za)

HYGIENE

Personal hygiene and other habits such as constantly touching your face will transfer oil and bacteria to your skin. When the oil gets clogged in your pores, then you have the foundation for acne breakouts. Keep things that touch your face clean such as your cell phone, pillow case and hands.

STRESS & SLEEP

Like pimples weren't stressful enough on their own! It turns out that high stress levels can be related to more breakouts and greater pimple severity. Make sure that you get a good 8 hours sleep minimum per day. Stress increases inflammation and toxins in your system. While you may not be able to change the circumstances around you, you can choose how to react to these circumstances. Take some additional time to either relax or use some calming exercises to bring the stress levels in your body down.

GENETICS

The genetics you were dealt when you were born also have something to say in how likely you are to have pimples. There may be similar hormones between you and your family members that automatically allow for overactive skin glands. Again, this creates excessive amounts of oil and this can clog your pores.

SKIN CARE PRODUCTS

Your skincare product collection needs to be as natural as possible, so as not to damage or dry your skin out. Find out if it's really suited to your type of skin so your efforts will have the best results. Depending on whether you have dry, oily or sensitive skin, you can find skin care products that directly address this problem. Using skin care products that dry the skin excessively can actually cause the skin to produce more oil. Shampoo regularly if you have dandruff or oily hair. Keep your pillowcase and cellphone clean as often as you can.



MAPP 10 10 DAY INTENSIVE REPAIR COURSE

(60 capsules)
Each capsule contains
Commiphora Wightii
(Guggul) 340mg

NAPPI CODE: 705326002



MAPP 10 reduces excess production of sebum and redness of the skin associated with problem skin.

Clear skin is not only a sign of good health and vitality, it is critical to helping every person develop self-confidence and a positive self-image. Unlike the odd pimple or blemish, which clears after several days, acne is a chronic skin condition. It appears as an outbreak of pimples, blackheads, whiteheads, red/ flesh-coloured lumps or cysts on the face and sometimes the back, chest and shoulders, but there are ways to manage this condition.

The active ingredient Commiphora Wightii (Guggul) works in the following ways:

- May relieve pain and redness of the skin.
- Promotes healing of the underlying cause.
- Reduces excess production of Sebum.
- Bacteria found in Sebum may decrease.
- Improves the function of the digestive system and the liver, which plays an important role in maintaining a healthy skin.

MAPP 30 30 DAY MAINTENANCE COURSE

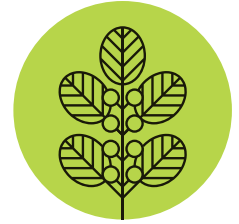
(60 capsules)
Each capsule contains
Commiphora Wightii
(Guggul) 250mg

NAPPI CODE: 705327002



Once your pimples are under control, we recommend that you use MAPP 30 as an ongoing Maintenance Course to prevent pimple breakouts.

MAPP 30 has been specifically formulated to be used as a long term daily treatment, to maintain healthy skin and prevent pimple breakouts.



PRODUCT INFORMATION

Each capsule in MAPP 10 contains 340mg Guggul (Commiphora wightii).

Each capsule in MAPP 30 contains 250mg Guggul (Commiphora wightii).

MAPP has been clinically proven to be effective in combating pimples.

- In a clinical trial mentioned in The Journal of Dermatology, Guggulis found to be effective.
- Guggul contains oleo-resins which when ingested are excreted through the skin mucus membranes, disinfecting their secretion.
- It is an excellent alternative to non-steroidal-anti-inflammatory drugs (NSAIDs) in its ability to relieve pain, redness of the skin as well as promoting healing of the underlying cause.

DOSAGE AND DIRECTIONS FOR USE

MAPP 10 -10 DAY INTENSIVE REPAIR COURSE

Adults and children over 13 years:

Take 3 capsules morning and evening with or after a meal for 10 days.

Children 6-12 years:

Take 1 capsule in the morning and evening with or after a meal for 10 days.

If Maintenance course is required, MAPP30 can be used immediately post Intensive Course.

MAPP 30 - 30 DAY MAINTENANCE COURSE

Adults and children over 6 years: Take 1 capsule morning and evening with or after a meal for 30 days.

MAPP 10 and MAPP 30 should not be taken during pregnancy or lactation.