

works<sup>®</sup>  
with water

Welcome to your Skin Diary



# help: clear skin diary

*A little bit about you:*

**Name:**

**Address:**

**Telephone/Mobile Number:**

**Email Address:**

## **Notes:**

### **How many sachets of help: clear skin do I need to take every day to see a difference?**

Each 3.5g sachet of help: clear skin contains 200mg of lactoferrin, the recommended daily intake. Therefore we ask you to take one sachet a day during the trial.

### **Photographs**

We ask that you take at least two photographs, one at the start and one at week 6, however we would prefer you to take one a week throughout the trial. These images need to be a close-up of the face from the same angle each time, they need to be sharp and high resolution (mobile phone images not recommended).

### **On Completion**

Send your completed skin diary along with your photographs to [myskin@workswithwater.co.uk](mailto:myskin@workswithwater.co.uk)

### **Terms & Conditions**

Should you agree to take part in Case Study Trials, or submit your story, supplying before & after images to us, you agree to grant us an exclusive, irrevocable, perpetual license to use them worldwide on the site and on any other Works With Water Nutraceuticals group company website which sells or markets the Products and in our marketing materials and for any other business purposes.



# help: clear skin diary

## Welcome to your skin diary!

Thank you for agreeing to help us with our study. Here are some points to bear in mind when filling in your diary.

- ◆ **Tell us about your skin condition**
- ◆ **Your Mood**  
How are you feeling each day is your glass half full or half empty?
- ◆ **Food & Drink**  
Are there some foods or beverages that you know make your skin condition worse & have you been indulging today?
- ◆ **Skin Products**  
Are you using anything else for your skin?
- ◆ **Medication**  
Are you on any prescribed medication for your skin condition?
- ◆ **General Activities**  
What did you do during the day has it been more stressful than usual?



## help: clear skin diary Week 1

Share with us your top tips for enjoying help: clear skin everyday.

Add it to your daily beverage, breakfast or post-gym shake...even your favourite soup. Be creative!



DAY 1



Take the first photo of your skin. Make sure it's a close-up.

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6


DAY 7



## help: clear skin diary Week 2

Don't despair if you haven't seen a quick result, it's only the start of week 2..

In clinical trials of lactoferrin, 44% saw a reduction in blemishes by week 2.


| DAY 1   | DAY 2 | DAY 3 | DAY 4 |
|---|-------|-------|-------|
|  Smile for the Camera! |       |       |       |
| DAY 5   | DAY 6 | DAY 7 | DAY 8 |
|   |       |       |       |



## help: clear skin diary Week 3

You're half way! Compare this week's photo with week 1

You might not notice any difference in your skin yet as most people only start to see results in weeks 3-4 so be patient!

| DAY 1  | DAY 2 | DAY 3 | DAY 4 |
|--|-------|-------|-------|
|  Say Cheese |       |       |       |
| DAY 5  | DAY 6 | DAY 7 | DAY 8 |
|  |       |       |       |




## help: clear skin diary Week 4

Can you see a difference?

In clinical trials of lactoferrin,  
71% saw a reduction in  
blemishes by week 4.

What changes have you  
noticed?

| DAY 1  | DAY 2 | DAY 3 |       |
|--|-------|-------|-------|
|  Snap away! |       |       |       |
| DAY 4  | DAY 5 | DAY 6 | DAY 7 |
|  |       |       |       |




## help: clear skin diary Week 5

You are doing well!

**This is what Caroline said at the end of her trial:**

"I used to spend hours putting on lots of make-up to cover my acne, but since taking help: clear skin my skin has improved, I've felt far more confident and happy in myself... and am happy to be seen without make-up!"

| DAY 1   | DAY 2 | DAY 3 |       |
|---|-------|-------|-------|
|  Can you see a difference? |       |       |       |
| DAY 4   | DAY 5 | DAY 6 | DAY 7 |
|   |       |       |       |





## help: clear skin diary Week 6

Last week! Now compare this week's photo with week 1.

- ◆ What differences can you see?
- ◆ How has your skin improved?
- ◆ During the past 6 weeks do you think any new outbreaks have healed quicker than before you started the trial?
- ◆ How are you feeling in yourself? Has your confidence improved? Have people commented on your skin?
- ◆ In clinical trials of lactoferrin, 95% saw reduction in skin blemishes by week 6.

| DAY 1   | DAY 2 | DAY 3 |       |
|---|-------|-------|-------|
|  Looking good! |       |       |       |
| DAY 4   | DAY 5 | DAY 6 | DAY 7 |
|   |       |       |       |



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*Additional Notes:*

