

T MAGAZINE

Next-Generation Superfood Supplements — With Beauty Benefits

On Beauty

By KARI MOLVAR MARCH 14, 2018



On Beauty

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For Europeans, taking superfood supplements is far from a fringe concept. Pharmacies there have been stocking detoxifying milk thistle and skin-renewing spirulina for quite some time, alongside other body-enhancing fixes like cellulite creams and compression tights. The cult Parisian skin care brand **Biologique Recherche** recently teamed up with French nutritionist Pascale Modaï to create Griffonia & L-Tyrosine (\$111), a medicinal-sounding pill formulated with Griffonia simplicifolia plant extract and an amino acid — together they work as precursors to dopamine, noradrenaline and serotonin, which might regulate mood and motivation.