SKINGLO

SUMMARY OF SKINGLO CLINICAL TRIAL

CONTENTS

BACKGROUND

The skin is the body's largest organ and reflects health imbalances that are going on inside the body. The health of the skin is dependent on many vital nutrients; however, many factors contribute to the deterioration of skin health, the aging process and ultimately the appearance of the skin. Environmental factors such as exposure to UV radiation, pollutants and poor air quality can have a detrimental effect. Certain lifestyle factors such as diet, poor sleep, stress and bad habits such as smoking and alcohol intake can have a significant effect on the aging and the health of the skin.

Whilst it is impossible to completely stop the aging process, it may be possible to slow down the rate at which it occurs. Research suggests specific key nutrients can help improve the appearance of the skin.

COLLAGEN

Collagen is the most abundant protein in the body and is found in joints and in the skin. Its role in the skin is to maintain its structure and elasticity. As we age, collagen production slows, and collagen breaks down underneath the skin, which leads to the skin sagging without the support; resulting in the appearance of fine lines and wrinkles.

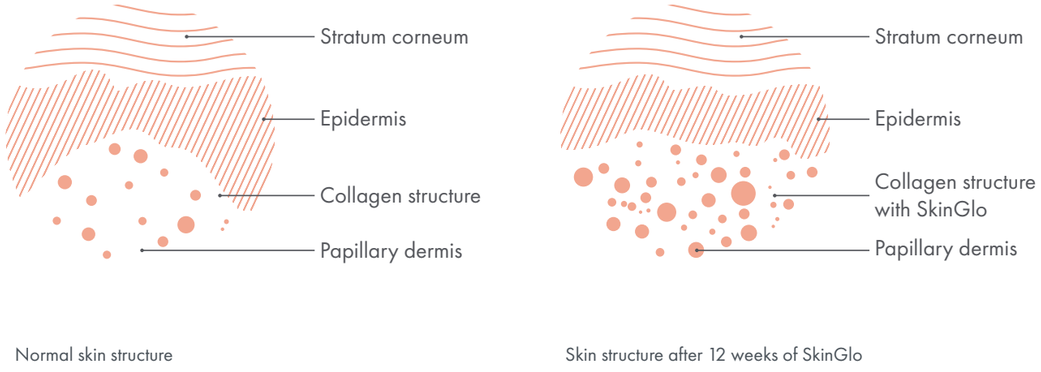


Fig.1 | Comparison of skin structure between the normal skin structure and the skin structure after 12 weeks of SkinGlo. There is a significant reduction in collagen levels in the normal skin structure, resulting in the reduction of support for the skin and appearance of wrinkles.

OTHER NUTRIENTS

As well as collagen, there are a large number of essential nutrients which can significantly benefit the skin, hair and nails. B vitamins and vitamin C, for example, contribute to the maintenance and protection of cells from oxidative stress (a primary source of aging), as well as assisting collagen formation. Hyaluronic acid and ceramides have been shown to calm and hydrate skin as well as reducing the loss of hydration within the skin. Combining some of these ingredients alongside collagen is likely to help further.

COLLAGEN SUPPLEMENTATION

It has been known for a long time that taking collagen as a supplement can improve the appearance and firmness of the skin. This is because collagen supplements contain the essential building blocks to replenish the collagen that is naturally lost in the skin as we age.

Most cosmetic collagen products currently on the market are creams or gels that are applied to the skin surface. However, oral supplementation can allow for much higher doses to be taken. Nutrivitality have formulated a collagen multivitamin drink, SkinGlo, which contains 8 grams of high quality hydrolysed collagen as well as a mixture of targeted nutrients for the skin. These ingredients are packed into tiny spheres, called liposomes. These liposomes help protect the nutrients from the stomach acid, which allows it to be absorbed into the blood much more readily.

OBJECTIVES

The objective of the study was to examine and evaluate the effect of Nutrivitality's collagen drink, SkinGlo, on the facial skin of healthy volunteers.

STUDY DETAILS

Seven healthy volunteers (aged 31 – 72) were given a three-month supply of SkinGlo (https://www.skinglocollagen.com/) and instructed to take one sachet (30 mL) daily, on an empty stomach, each morning. Each volunteer's skin was analysed before and after and results compared before and after SkinGlo was taken. The key results were the visual appearance of the skin, the elasticity, the hydration and the amount of collagen under the skin surface.

RESULTS SUMMARY

Photographs of skin sections after 3 months showed an improvement in visual appearance. Skin appeared smoother, with a reduced erythema (skin inflammation) of 5% across the group. Skin appeared plumper and saw some reduction of fine lines.

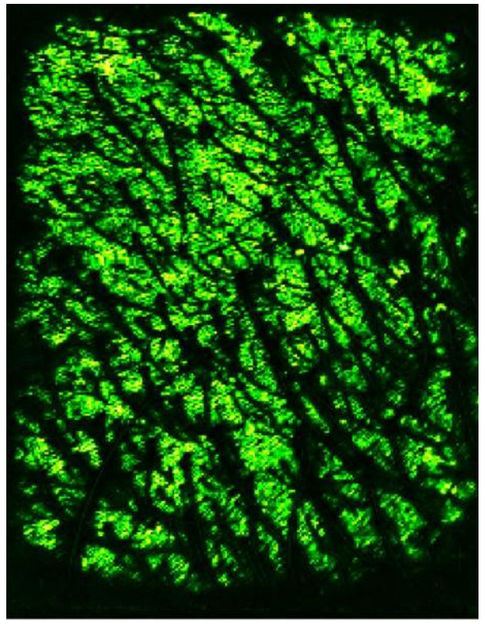
Before

After

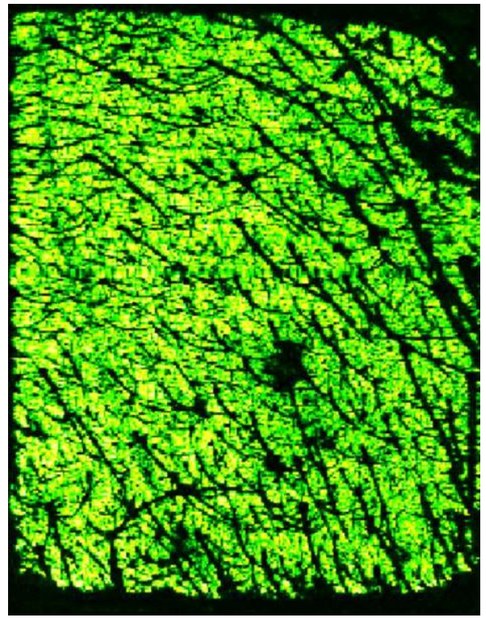
Fig.1 | Photographs of one volunteer's skin section (same position) at baseline and after 3 months of using SkinGlo.

RESULTS SUMMARY

Skin hydration increased in all volunteers by up to 45% (mean permittivity increase = 24%). Fig. 2 shows the detail of the scans on one participant. The images are from the surface of the skin, where green highlights skin hydration. Mean permittivity plots were also taken at baseline and 3 months to quantify skin hydration. Also shown are the associated images showing the permittivity distribution over the same 2D section of facial skin.



Before



After

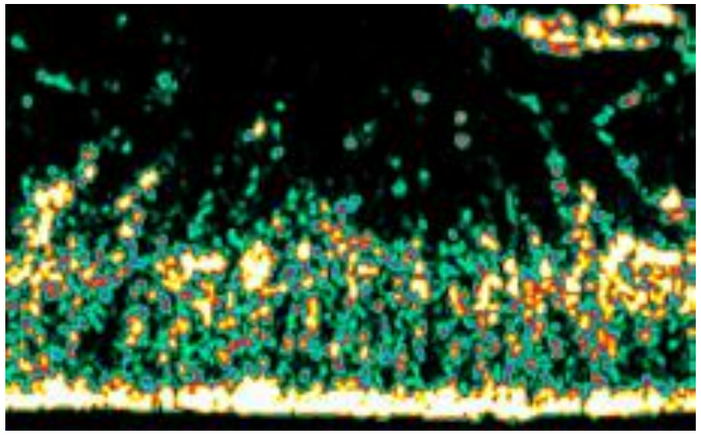
Fig.2 | Comparison of facial skin surface permittivity (an indicator of skin hydration) between baseline and 3 months of SkinGlo use, in one volunteer. The above images show permittivity distribution (as an intensity figure) over the same facial skin section, the middle plots show the mean permittivity as a function of time (of an applied electric field) and the lower plots show the distribution of permittivity over the entire surface area of the skin sample.

RESULTS SUMMARY

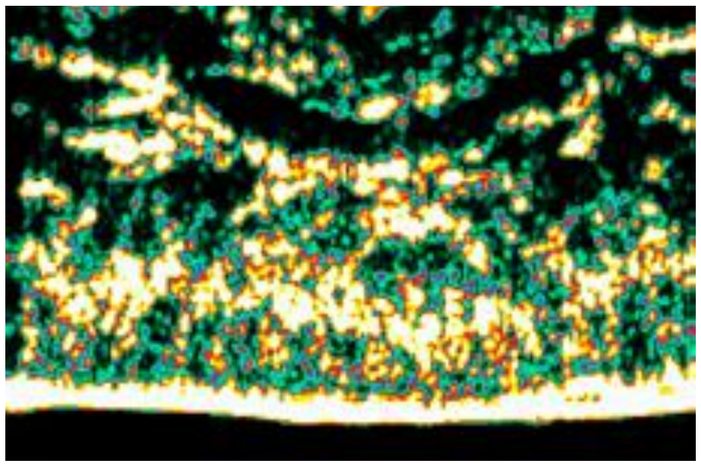
Over the 90 days, total epidermal water loss (TEWL) decreased by up to 22%. This indicates that SkinGlo promoted skin hydration and slowed the rate of water loss.

Elasticity (the speed of retraction after the skin was pulled) increased by up to 67%, which correlated with all volunteers experiencing a more 'supple' feel to their skin.

In regard to collagen (imaged using fluoroscopy and fluorescence quantified), an average of up to 30% was observed over the 3-month period. This was corroborated by the fluorescence images, which showed an increase in collagen density over the 3-month period.



Before



After

Fig.3 | Comparison of facial skin collagen density (via fluoroscopy) between before and after 3 months of SkinGlo use, in one volunteer. Collagen density is indicated by the white areas of the images.

CONCLUSION

The measurements of hydration, skin elasticity and collagen density all improved across the individuals after 3 months of SkinGlo use. Here is a summary of the effects found:

- Collagen levels improved by up to 30%
- Skin Hydration improved by up to 45%
- Trans-epidermal water loss improved by up to 22%
- Skin elasticity improved by up to 67%
- Skin retraction time improved by up to 23%
- Erythema (skin inflammation) improved by 5%.

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NUTRIVITALITY

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