

# CLINICAL RESEARCH SUMMARY

## CLEAR SKIN RESTORE

ZINC + PROBIOTIC

Microbiome supplement for breakout-prone skin\*

### Benefits

- Helps to clear skin, and reduce severity of blemishes and breakouts\*
- Supports microbiome balance and gut health\*
- Supports immune health\*



### Key Ingredients Research

#### ZINC

Low levels of zinc have been linked to acne, and in a meta-analysis of 25 studies exploring the link between acne vulgaris and zinc levels, zinc supplementation led to a significant reduction in the average number of papules.<sup>1</sup> Further research highlighting zinc's efficacy in combating acne revealed that a mild deficiency in zinc can compromise the immune system and demonstrated that zinc supplementation positively impacts marker expression associated with innate immunity.<sup>2</sup>

The bioavailability of zinc monomethionine has been proven to be better than existing zinc preparations.<sup>3</sup> In a study using methionine-bound zinc over a 4-week period, researchers saw a reduction in inflammatory lesions and hypothesized an antibacterial role through the inhibition of the growth of *P. acnes* bacteria.<sup>3,4,5</sup>

#### PROBIOTIC GUT-SKIN AXIS BLEND

In a 12-week clinical trial in which participants received *L. rhamnosus* SP1 while the placebo group was given a probiotic-free liquid, the probiotic group exhibited a reduction in acne.<sup>6</sup> In further research, patients received a probiotic mixture containing *B. lactis*, and the results revealed an increase in the levels of anti-inflammatory marker IL-10 following treatment.<sup>7</sup>

In a clinical study on gut health, in which participants were provided probiotic enriched food over 12-weeks, the findings suggest that daily consumption of probiotic strains *L. rhamnosus* IMC501 and *L. paracasei* IMC502 supports intestinal microbiota and improves bowel habits.<sup>8</sup>

#### NIACIN (AS NIACINAMIDE)

Clinical studies have shown that Niacinamide can improve skin health when consumed orally, reducing the frequency and duration of acne flare ups.<sup>9</sup>

#### VITAMIN C

A comprehensive clinical review investigated the impact of vitamin C on collagen and elastin synthesis. A clinical study's finding indicated that vitamin C exposure increased collagen levels and stabilized collagen.<sup>10</sup>

#### REFERENCES

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\*These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent any disease.

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