



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

EVALUATION OF THE SAFETY & EFFICACY OF ORAL SUPPLEMENTATION WITH PLANT-DERIVED ANTIOXIDANTS, MARINE FISH COLLAGEN & CO-FACTORS ON AGING SKIN: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL

Julia Erika Pangasinan⁽¹⁾ - Vermen Verallo-rowell⁽¹⁾ - Stephanie De Leon⁽¹⁾

Skin And Cancer Foundation Inc., Dermatology, Pasig, Philippines⁽¹⁾

Background: Studies are needed to determine if oral supplementation with anti-oxidants and other compounds are safe and effective treatments in skin aging.

Objectives: To determine and compare the following parameters at baseline and every 4 weeks over an 8 week study and a 4 week follow up:

1. Mean changes in melanin content and erythema, moisture content of stratum corneum, sebum, rate of water evaporation and elasticity of the skin
2. Evaluation of Skin aging using the Glogau Classification of Photoaging Scale
3. Mean difference of skin aging using the Dermoscopic Photoaging Scale (DPAS)
4. Participants' overall subjective evaluation
5. Occurrence and severity of adverse effects

Materials and Methods: This is an 8-week clinical trial with a 4-week follow-up, participants were included based on an inclusion and exclusion criteria and randomized into the placebo group, once a day and twice a day supplementation (treatment) groups, with 28 participants each. All participants were given the same cleanser and sunscreen and instructions for taking the tablets (placebo and/or supplements). The Courage + Khazaka Mexameter MX 18, Corneometer CM 825, Sebumeter SM 815, Tewameter TM 300, Cutometer MPA 580 were used. The Proscope HR was used to measure the Dermoscopic Photoaging Scale (DPAS) Score.

Results: Significant statistical differences were noted over time within the treatment groups for the readings of the Corneometer, Tewameter and Cutometer. There was no noted statistical significant differences between the means of the all the parameters between the placebo and treatment groups. No significant adverse events occurred during the trial.

Conclusions: Significant early differences in skin hydration and elasticity are seen in this





clinical trial using oral supplementation containing plant-derived antioxidants, marine fish collagen and co-factors on aging skin in healthy adults 35 years and older over a test period of two months, and without any adverse events.

