



Todd Schlesinger, M.D.

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With a growing number of companies targeting skin health, the future of nutraceuticals appears promising. Innovative formulations range from proprietary technology that stimulates collagen production to a molecule found in a popular fruit.

GliSODin skin nutrients from Isocell (Toronto, Ontario, Canada) use superoxide dismutase (SOD), “which is a well-known molecule used in pharmaceuticals and nutraceuticals,” noted Gerald Ginsberg, M.D., director of plastic surgery at New York Downtown Hospital, in New York City, New York, U.S. “Think of it as a sponge. It is a remarkable absorber of free radicals. It can be made from animal products or melon.”

GliSODin is 100% fruit and encased in a wheat protein for gel capsule consumption. Dr. Ginsberg recommends patients take two capsules in the morning, the same protocol he follows for himself and his wife. “I am a 58 year old white male with classic skin that is too red and easily becomes inflamed,” he said. “In just two weeks, it has definitely reduced my ruddiness.” Dr. Ginsberg also believes that a trauma strength formulation helped one of his patients save her skin flap following a serious Methicillin-Resistant Staphylococcus Aureus (MRSA) infection.

In contrast, C-Estamins nutritional skin-care supplements from Jan Marini Skin Research (San Jose, California, U.S.) contain the patented technology BioCell Collagen II, “which helps regenerate





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collagen," said Melinda Hall, M.D., a gynecologist with a medspa in Vienna, Virginia, U.S., who uses these supplements herself. "I think my skin texture is much better, particularly the bags under my eyes. My patients have found the same results. After one or two months, they find that their fine wrinkles are slightly improved and so is their general skin tone."

Five small pills are taken daily. "Many female patients have trouble ingesting a lot of the vitamin supplements because they can't swallow the large pills," Dr. Hall explained. "C-Estimins are easy for these patients to take and they have a coating."

The topical Pro:Vitamin line from JSJ Pharmaceuticals (Charleston, South Carolina, U.S.) "has the ability to be combined with other treatment regimens for skin damage, acne and hyperpigmentation," said Todd Schlesinger, M.D., a dermatologist in private practice in Charleston. This product line consists of the three most studied vitamins for skin: vitamin A, C and E. "Typically, a patient will use the vitamin E and the vitamin C in the morning, then the vitamin A at night. Not every patient will use all three products at any given time."

According to Dr. Schlesinger, "patients can expect smoothing of the skin. Patients that are being treated with acne medications can expect an improvement with vitamin E by reducing inflammation within the skin." Vitamin C helps with hyperpigmentation.

Dr. Schlesinger also mentioned the purity of this pharmaceutical grade product line and the micro-sponge delivery system that allows for better penetration. "Products are packaged in individual silicon capsules, therefore oxidation or damage from being exposed to air is not a problem."

