

## Results of a Clinical Study on Cosmythic®

Effectiveness of a dietary supplement made of pine bark for depigmentation.

### ► INTRODUCTION

• D-LAB's **Glowing Skin Complex** is a revolutionary blend of carefully selected active ingredients which **lighten/illuminate/unify the skin**. Its main active ingredient is **Cosmythic®**, a French Maritime Pine Bark Extract (**FMPBE**) with a high content of **OPC** (Oligomères ProCyanidoliques) a particularly active type of **polyphenol**.

• The extraction and purification processes use **state of the art French nutraceutical technology** to extract 1 kg of Cosmythic® from 1 ton of ethically grown French maritime bark from the shores of the **Atlantic**.

• The efficacy of **Cosmythic®** against various parameters of skin aging has been proven through a **clinical study**. The study was conducted **according to the standards of pharmaceutical research** at the **DermScan** research center in Bangkok, Thailand and was published in **NutraFoods Magazing** (2014).

### ► I. CLINICALLY PROVEN EFFECTS OF COSMYTHIC®

#### I.A Characteristics of the study

- Subjects : conducted on 34 women, all over the age of 45-years-old
- Study type : **Double blind randomized study vs. Placebo**

- Length : 2 x 28 days (D28 and D56)
- Location : DermScan Research Center, Thailand
- Dosage : 2 x 50 mg/day of Cosmythic

#### I.B Study results

Results of D28	Results of D56
<ul style="list-style-type: none"> <li>• Spots became <b>lighter/less red</b></li> <li>• Firmer skin and <b>fewer wrinkles</b></li> </ul>	<ul style="list-style-type: none"> <li>• Spots became increasingly light</li> <li>• Better <b>elasticity</b> of the skin</li> <li>• Decreased <b>hyperpigmentation</b></li> </ul>

#### I.C Proven efficacy

- Cosmythic® is **effective** starting as early as 28 days.
- Cosmythic® inhibits **melanogenesis** and **depigmentation** for a **uniformly colored skin**.
- Cosmythic® makes the **skin** appear younger and more even by **lessening dark spots**.
- Cosmythic® protects elastin and collagen fibers to improve the firmness and elasticity of the skin.
- Cosmythic® reduces the number and depth of wrinkles.

#### I.D Available statistics

- Cosmythic® reduces **pigmentation** of the skin by **7.5%** after **56 days** of treatment.
- Cosmythic® helps to reduce the intensity of **dark spots** by **6.6%** by D28 and **12.5%** by D56.
- Cosmythic® improves skin firmness by **8.2%** after 28 days of treatment.

- Cosmythic® reduces the number of wrinkles by 15% after 28 days of treatment.

- Cosmythic® reduces the depth and number of wrinkles by 7% after 28 days of treatment.

## I.E Material and methods

One of the major advantages of the study was the use of peak technology to record changes occurring to the subjects in minute detail:

- CM700d spectrophemeter: used to evaluate skin tone through 3 color wavelength and convert it to a digital code showing even the smallest variation in pigmentation.

- Skin Image Analyser® (SIA®): used to make a skin-print, which is studied with the software QuantiRides® to assess the number and depth of furrows and wrinkles.

- SEM 575 Cutometer®: used to study the biomechanical properties of the skin by recording variations in elasticity using a vacuum system with measurements obtained through optical prisms.

## ► II. MECHANISMS OF COSMYTHIC

### II.A Lightening/bleaching effect: Protection against free radicals

- The lightening effect obtained through FMPBE supplementation has been shown in various studies to be linked to the protection against free radicals [4].

- UV radiation is a major source of reactive oxygen species leading to oxidative stress, inflammation and pigmentary disorders, FMPBE works to counteract UV-induced damage.

- It non-competitively inhibits xanthine oxidase, a major generator of free radicals [3].

- FMPBE prevents the release of pro-inflammatory mediators regulated by oxidative stress.

### II.B Firming and anti-wrinkle effects:

### Protection of the connective tissue

- The firming and anti-wrinkle effects measured from the 28 days of supplementation are linked to the FMPBE anti-inflammatory properties and its ability to inhibit enzymes and their degrading connective tissue structures (hyaluronidase, elastase, collagenase, gelatinase) [10].

- It could be also linked to the enhancing action of pine OPCs on vitamin C's synthesis of collagen [2].

## ► III. CONCLUSION

- Safe & Innovative: these results prove that FMPBE supplementation can be considered a safe and highly innovative approach to skin whitening and anti-ageing treatments.

- Effective: The levels of efficacy obtained through the use of Cosmythic® were comparable to or better than the results that could be achieved with topical cosmetics.

- Safe : In the conditions of the study, Cosmythic® showed no side effects.

- Fast & Easy: Effective as early as 28 days at 1 capsule/ day of Glowing Skin Complex.

- Works with Others: As it supports the skin from the inside out, it would ideally be used in conjunction with topical cosmetics for a more active effect.

## ► III. REFERENCES

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