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INGESTIBLE AND TOPICAL CAROTENOIDS FOR HEALTHY SKIN

Tal Offer

Lycored Ltd, Israel

Skin exposure to ultra-violet (UV) radiation leads to a large range of damaging effects. The outcome includes erythema, premature skin aging and skin cancer. Photoprotection is commonly encouraged by either physical or chemical blockers. Yet, a dietary approach based on intracellular control of oxidative-stress would be ideal for better skin care. Nutrients which are important as complementary agents for sun-screen include carotenoids. Lycomato is a whole-food extract providing all the health benefits of the tomato with its synergistic activity of naturally occurring carotenoids including lycopene. Lycomato has consistently been shown in clinical-trials to protect the skin from erythema. Lycored has completed several studies evaluating the efficacy of Lycomato in healthy volunteers. Lycomato and Lutein treatment were recently reported to reduce molecular markers associated with photodamage. These protective effects can be associated with protecting the collagen and reducing wrinkles. The addition of carotenoids as ingestible protection can enhance the activity of UV filters by neutralizing the damaging oxidants. We measured the levels of UV-induced oxidants in layers of the epidermal tissues, treated with formulations containing UVB & UVA filters and phytonutrients following irradiation with 1.5 MED. The results showed that the combination of topical sunscreen with carotenoids increase antioxidants levels in human skin and reduce oxidative stress in the tissue. The application of topical formulations containing carotenoids together with oral supplementation increases their levels in the skin by to almost 100%. Thus, the combination of topical sunscreen with systemic treatments of carotenoids (topical and ingestible) would be an effective approach to increase antioxidants levels in human skin and achieve protection. Lycomato and other carotenoids may compliment the traditional sun care and skin care products enhancing their performance by neutralizing the free radicals and also by imparting beauty benefits, such as increased skin density, thickness, smoothness, radiance and glow.



Biography

Tal Offer has completed her PhD from the Hebrew University of Jerusalem and Post-doctoral studies from University of California, Berkeley. She is the global manager of the Carotenoids Category in Lycored. She has been focusing on biochemical processes in nutrition and health for over 20 years and published papers on the mechanisms of antioxidants in reputed journals

tal@lycored.com