

## Skin Clarify

Antioxidants for a Healthy Complexion‡

### DESCRIPTION

Skin Clarify contains a combination of clinically studied vitamins, minerals, antioxidants and special fruit extracts that support a healthy clear complexion and rejuvenate dull skin in individuals with skin imperfections.‡

### INDICATIONS

- Supports a clear complexion‡
- Enhances healthy skin appearance‡

### FUNCTIONS AND MECHANISM OF ACTION

Shininess, imperfections, and dull complexion are widely encountered in individuals with oil-prone or greasy skin, and stress can be an aggravating factor. A 60-day clinical trial involving female subjects revealed an association between stress-induced skin and supplementation combining grape seed extract, magnesium, and vitamins B<sub>6</sub> and C. The evidence showed improvements in clear skin complexion, texture, shine, and pore dilation. Grape seed extract is a polyphenolic compound that contains antioxidants to support healthy cells and blood microcirculation. Low concentrations of magnesium in the body have been associated with the release of stress-related hormones, which may indirectly affect skin appearance. In a clinical study, oral supplementation of magnesium combined with vitamin B<sub>6</sub> increased magnesium concentrations and supported a reduction in stress, suggesting its beneficial impact on skin homeostasis. Improvement of skin appearance, wrinkle formation, and collagen synthesis have also been positively correlated with vitamin C levels.‡

Baobab is an African citrus fruit and is considered a superfood with a multitude of benefits. An *in vitro* study in epidermal cells reported that Baobab fruit increased antioxidant capacity by promoting the activity of the antioxidant enzymes superoxide dismutase and catalase. Thus, Baobab may support the skin barrier against environmental stressors and enhance healthy skin.‡

N-acetyl cysteine (NAC) is the precursor to the powerful antioxidant glutathione. Glutathione plays a major role in detoxification processes, and low quantities of glutathione may promote skin imperfections. NAC is involved in key metabolic pathways and has been shown topically to maintain healthy skin bacteria by suppressing sebaceous activity, suggesting its role in maintaining skin homeostasis.‡

Vitamin A palmitate, or retinyl palmitate, is the ester of retinol and palmitic acid that is metabolically converted into retinoic acid, an active form of vitamin A. Clinical studies show that retinoic acid supports healthy skin by enhancing skin cell proliferation and collagen synthesis. Selenium may help maintain homeostasis during the normal aging of keratinocytes, as shown *in vitro*. In addition, the trace element selenium is essential for selenoproteins, an endogenous antioxidant involved in cellular defenses.‡

Zinc is an essential trace mineral that requires daily intake, as it cannot be stored long-term in the body. Among its many biological functions, zinc is an important factor in skin barrier function against oxidative stress and plays a role in skin health through cell division and DNA repair. Chromium is also a required essential trace element that supports endocrine function. In a clinical study, women who supplemented with 200 mcg of chromium had an improvement in skin appearance.‡

### FORMULA (#202564)

Serving Size 2 vegetarian capsules:

Vitamin A (as retinyl palmitate) .....	725 mcg
Vitamin C (as ascorbic acid) .....	40 mg
Vitamin B <sub>6</sub> (as pyridoxine HCL) .....	1.5 mg
Magnesium (as magnesium amino acid chelate) .....	70 mg
Zinc (as zinc gluconate) .....	15 mg
Selenium (as selenomethionine) .....	200 mcg

Chromium (as chromium polynicotinate) .....200 mcg  
N-acetyl-L-cysteine.....200 mg  
Grape seed extract (*Vitis vinifera*, 90% polyphenols) .....135 mg  
Baobab fruit extract (*Adansonia digitata*) ..... 100 mg

Other ingredients: Microcrystalline cellulose, capsule (hydroxypropyl methylcellulose), silica, ascorbyl palmitate  
Gluten-free, Non-GMO

## SUGGESTED USE

Adults take 2 capsules daily with food or as directed by a health professional.

For additional skin support, consider taking in combination with Skin Probiotic+ or Omega Beauty Complete.‡

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**For more information on Skin Clarify, visit [douglaslabs.com](http://douglaslabs.com)**

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

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