

Skin Probiotic+

Protects and Hydrates Skin and Scalp‡

DESCRIPTION

Skin Probiotic+ contains a combination of clinically studied probiotic strains plus the carotenoids beta-carotene, lycopene, and astaxanthin to protect aging skin against environmental influences. This specialty probiotic also supports skin radiance by enhancing hydration and elasticity.‡

INDICATIONS

- Protects the skin barrier against environmental factors that influence aging skin‡
- Enhances skin appearance, radiance and elasticity‡
- Supports skin hydration and reduced scalp flaking‡

FUNCTIONS AND MECHANISM OF ACTION

Probiotic strains, specifically La-1 and St-11, have been shown to impact the skin by enhancing barrier integrity and moisture retention. Probiotics may exert their action on the skin by interacting with the intestinal epithelium to mediate immune responses via activation and release of cytokines into the bloodstream. Transforming growth factor β (TGF β) is a cytokine that plays an important part in the growth and development of keratinocytes, which suggests a pivotal role in maintaining skin barrier function. In a clinical study, individuals who supplemented with *Lactobacillus paracasei* St-11 (10 Billion CFU) had significantly higher levels of TGF β compared to control. Supplementation also decreased skin sensitivity and reactivity, while increasing barrier function recovery. The latter function has also been observed upon consumption of *Lactobacillus johnsonii* La-1. Additionally, St-11 rebalances skin homeostasis to support healthy scalp hydration and reduced skin flaking after two months.‡

Langerhans cells (LC) of the skin play an important role in immune function and are negatively affected by environmental stressors. The aging skin is associated with decreased LC density, wrinkle formation, dark spots, and collagen degradation. In a clinical trial, a daily dose of probiotic supplementation consisting of La-1 (1 Billion CFU) and a carotenoid mixture (4.7 mg β -carotene, 2.5 mg lycopene) was shown to enhance skin cell density and defenses. Thus, a healthy aging combination of probiotic La-1, β -carotene (vitamin A), and lycopene may support exposed skin from environmental stressors to promote healthy skin appearance.‡

Carotenoids are found in vegetables and fruits and demonstrate antioxidant activity in humans by quenching free radicals. Several studies have reported that carotenoid-rich supplements containing beta-carotene can support healthy skin aging by decreasing reactive oxygen species, thus resulting in improved facial wrinkles, elasticity, and hydration. In addition, beta-carotene nutritional supplements have been shown to moderate premature skin aging and cellular changes.‡

The carotenoid astaxanthin is a powerful nutrient known for its diverse health benefits. A clinical study showed that after eight weeks of dietary supplementation with 4 mg of astaxanthin, there was a significant reduction in the depth of crow's feet wrinkles. Additionally, astaxanthin increased facial hydration and improved skin elasticity and appearance. Astaxanthin can moderate matrix metalloproteinase-1 (MMP-1) synthesis, an enzyme responsible for collagen degradation; this effect may assist in enhancing collagen levels. Several studies also show that astaxanthin significantly improves skin texture and facial skin rejuvenation, possibly by reducing oxidative stress.‡

Lycopene is a carotenoid that supports the skin's defenses to environmental stress. Plasma lycopene concentrations can decrease considerably with age and are significantly reduced in older individuals. Lycopene supplementation in middle-aged adults has been shown to replenish degraded forms of lycopene to produce a rejuvenating effect and more closely resemble the skin profile of young adults. Furthermore, lycopene-rich supplements can regulate indicators of oxidative stress and skin aging, suggesting that lycopene may offer support for healthy skin.‡

FORMULA (#202566)

Serving Size 1 vegetarian acid-resistant capsule:

Vitamin A (as beta-carotene) 2,350 mcg
 Astaxanthin (*Haematococcus pluvialis* algae extract) 4 mg

Lycopene..... 2.5 mg
Lactobacillus johnsonii (La-1) 1 Billion CFU
Lactobacillus paracasei (St-11) 10 Billion CFU

Other ingredients: Capsule (hydroxypropyl methylcellulose, pectin, glycerol, purified water), microcrystalline cellulose, ascorbyl palmitate, d-hydroxypropyl cellulose

SUGGESTED USE

Adults take 1 capsule daily or as directed by a health professional.

STORAGE

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

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For more information on Skin Probiotic+, visit 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.

Manufactured by
Douglas Laboratories
112 Technology Drive
Pittsburgh, PA 15275
800-245-4440
douglaslabs.com



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