

**For the use only of a Registered Medical Practitioner or a Hospital or a Laboratory Only**

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**AHAGLOW ACNE CONTROL MOISTURIZING GEL**

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**INGREDIENTS**

Acnacidol BG, 10-Hydroxydecanoic Acid, Sebacic Acid, 1,10-Decanediol, Butylene Glycol, Sodium Hyaluronate, Purified water, Glycerin, Polyglyceryl-6 Distearate (and) Jojoba Esters (and) Polyglyceryl-3 Beeswax (and) Cetyl Alcohol, Argania Spinosa Kernel Oil, Glycerin (and) water (and) Alcohol Denatured (and) Terminalia Ferdinandiana Fruit Extract (and) Podocarpus Elatus Fruit Extract (and) Pleiogynium Timorensis Fruit Extract, Aloe Barbadensis Leaf Juice (and) Potassium Sorbate (and) Sodium Benzoate, Phenoxyethanol (and) ethylhexylglycerin, Carbomer, Triethanolamine, Ethylhexylglycerin, Fragrance, Sodium gluconate.

**INDICATION**

A light emulgel, ideally suitable for acne-prone skin, indicated in acne management.

**DIRECTION FOR USE**

Apply generously and evenly over face and neck, twice daily, after cleansing with Ahaglow Facewash Gel.

**CLINICAL EVALUATION OF SODIUM HYALURONATE**

1. Moisturizing Function of Sodium Hyaluronate: It shows that after 5 days use of 0.1% sodium hyaluronate solution, the healthy young skin moisture increased 27% compared to the placebo.
2. Skin barrier function: 0.1% sodium hyaluronate solution reduces TEWL, improves healthy skin barrier, by forming a layer of transparent water film on the surface of the skin, prevent skin moisture evaporation so as to achieve the purpose of moisturizing.

Sodium Hyaluronate in acne acts as a moisturizing agent, improves hydration and skin barrier function, improves outward appearance of skin and accelerates the resolution of the inflammatory lesions

**Wild Plum Harvest**

Bioactive complex derived from 3 indigenous Australian super fruits:

- Kakadu Plum (*Terminalia ferdinandiana*)
- Illawarra Plum (*Podocarpus elatus*)
- Burdekin Plum (*Pleioygnium timorense*)

It has free radical scavenging activity and provides immediate and long-term skin hydration, nourishes skin and hair and makes skin appear younger.

**Kakadu plum:** It is a rich source of vitamin C. Its concentration is equivalent to 100 times the vitamin C concentration of orange.

Vitamin C is important for the skin health:

- It is implicated in the control of proliferation and differentiation of keratinocytes.
- Acts as an antioxidant agent and also acts as an anti-aging agent as it promotes synthesis of new collagen.

The fruits also contain vitamin A and E, two potent antioxidants and gallic acid known for its anti-inflammatory property

**Illawarra plum:** It is a fantastic source of anthocyanins. The antioxidant efficacy of this super fruit is 7 times higher than blueberry. It protects cell from lipid peroxidation and DNA damage induced by free radicals. It also has significant anti-inflammatory activity.

**Burdekin Plum:** It has high concentration of the anthocyanin, cyanidin 3-glucoside. It is a potent antioxidant that scavenges free radicals. Is also has vitamin C and high source of essential minerals like magnesium, calcium, zinc and potassium.

Wild Plum Harvest is a strong free radical scavenger able to reduce skin barrier damage. It stimulates hyaluronic acid synthesis leading to skin hydration improvement. Boosts pro collagen I and fibronectin synthesis thus limiting the aging process. It also provides instant and long-term hydration.

### **Aloe Vera (Botanical name: *Aloe Barbadensis*)**

Aloe vera a natural product is frequently used in the field of cosmetology. Aloe vera comprises of more than seventy-five effective components, which includes the twenty amino acids and the eight essential amino acids indispensable for the human body. Besides these, they also contain certain enzymes effective for metabolic health, essential vitamins, minerals, poly-saccharides that render immune-stimulating properties along with its magical healing touch. The substances in Aloe vera such as Salicylic Acid, Saponins and Sterols provide its analgesic, anti-inflammatory and antiseptic properties.

### **KEY MECHANISM OF ALOE VERA INVOLVED IN ANTI-ACNE AND MOISTURIZING EFFECT.**

- **ANTI-ACNE EFFECT:** Its efficacy in the treatment of acne is clinically proven, exhibits antibacterial activity against *P. Acnes*
- **HEALING:** Glucomannan (poly saccharide) and gibberellin (growth hormone), interacts with growth factors receptor on the fibroblast, increases collagen synthesis.
- **EFFECTS ON UV EXPOSURE AND GAMMA RADIATIONS:** Metallothionein scavengers hydroxyl radicals and prevents suppression of super oxide dismutase and glutathione peroxidase in the skin. It reduces the production and release of keratinocyte derived immunosuppressive cytokine such as interleukin-10 (IL-10) and hence prevents UV induced suppression of delayed type hyper sensitivity.
- **ANTI-INFLAMMATORY ACTION:** Inhibits the cyclooxygenase pathway and reduces prostaglandin E2 production from arachidonic acid.
- **MOISTURIZING AND ANTI-AGING EFFECT:** Aloe stimulate fibroblast to produce the collagen and elastin making the skin more elastic and less wrinkled. It has cohesive effect of on superficial of epidermal cells by sticking them together, which soften the skin.
- **ANTISEPTIC:** Aloe vera contains 6 antiseptic agents: lupeol, salicylic acid, urea nitrogen, cinnamic acid, phenols and sulphur. They all have inhibitory action on fungi, bacteria, and virus.
- **ADJUVANT USE:** Adjuvant use of aloe Vera in patients with acne results in reduction in inflammatory and non-inflammatory lesions, produces moisturizing and soothing effect.

### **STUDY DATA**

A study was conducted in order to evaluate:

- Effect of Ahaglow Acne Control Moisturizing Gel on acne prone skin
- Effect of Ahaglow Acne Control Moisturizing gel on skin hydration and Safety and tolerance of Acne Control Moisturizing gel was also evaluated.
- 17 patients having mild to moderate acne were enrolled in the study. Product was applied twice daily – Morning and night. In this study, the age of the participants ranged from 18- 28 years with average age being 20.88 years. There were 9 males and 8 females in the study.
- Following parameters were considered to evaluate effectiveness of Ahaglow Acne Control Moisturizing Gel:
  - Changes in mean inflammatory acne count Interpretation
  - 3 D imaging for analysis of acne (Acne affected area, height of acne and volume of single acne)
  - Skin Hydration Measurements.

## **EFFECT OF AHAGLOW ACNE CONTROL MOISTURIZING GEL ON ACNE PRONE SKIN**

Results of all the evaluated parameters showed that there was a decrease in mean inflammatory acne count, mean acne affected area, mean volume and maximum height of acne as compared to baseline. There was a decrease in hydration of skin as compared to baseline; however, the value remained in the normal skin category. It did not cause drying of skin. More than 80% of participants agreed that there was a reduction in number and severity of acne. 100% agreed that their skin had become well moisturized.

## **SAFETY EVALUATION**

### **Clinical evaluation for tolerance**

- There were no skin intolerances observed during the entire study duration in any participant for any product.

### **Subjective Self-assessment**

- One participant reported slight burning after product application for a duration of approximately 5 minutes.
- None of the other participants reported any skin intolerances like pricking, tingling, itching and burning sensation

## **UNDESIRABLE EFFECTS**

There were no adverse events reported during the entire study duration by any participant for any Product.

## **USE IN SPECIAL POPULATION**

### **PREGNANCY AND BREAST FEEDING**

#### **Aloe Vera**

Oral aloe is not recommended during pregnancy due to theoretical stimulation of uterine contractions, and in breastfeeding mothers, it may sometime cause gastrointestinal distress in the nursing infant.

## **CONTRAINDICATIONS**

- Hypersensitivity to any cosmetic product, raw material
- In cases of known allergy to plants in the liliaceous family

## **DRUG INTERACTIONS**

If your doctor has directed you to use this product, or if you use any prescription product on the skin, tell your doctor or pharmacist of all prescription and non-prescription/herbal products you may use, including other skin care products.

#### **Aloe Vera**

Application of aloe to skin may increase the absorption of steroid creams such as hydrocortisone. It reduces the effectiveness and may increase the adverse effects of digoxin and digitoxin, due to its potassium lowering effect. Combined use of Aloe vera and furosemide may increase the risk of potassium depletion. It decreases the blood sugar levels and thus may interact with oral hypoglycaemic drugs and insulin.

## **UNDERSTANDING THE BASICS OF SKIN**

- Skin is the body's largest organ and has 3 layers.
- The top layer is called the epidermis. It protects the underlying skin layers from the outside environment.

- The second layer is the dermis. It contains cells that provide strength, support, and flexibility to the skin.
- The last layer is the hypodermis. It contains the fat cells or adipose tissue that insulates the body and helps it conserve heat.

### **FUNCTIONS OF THE SKIN**

- First line of defence
- Protection from dehydration, pathogens, and injury
- Regulates body temperature

### **WHAT IS ACNE?**

Acne is a common skin condition that occurs when the hair follicles are plugged with oil and dead skin cells. It is characterized by comedones (white and black heads) and pus-filled spots (pustules). It usually starts at puberty and varies in severity, from a few spots on the face, neck, back and chest, which most adolescents will have, to a more significant problem that may even cause scarring.

### **CAUSES OF ACNE**

- Male sex hormone, testosterone is present in both males and females (in lesser amount). The production of testosterone increases during puberty, which stimulates oil glands (sebaceous gland) of the skin to produce high amount of oil (sebum).
- The over production of oil (sebum) causes blockage of the pore opening (hair follicle) leading to the formation of acne lesions (comedones). Further growth of bacteria in the hair follicle leads to redness (inflammation), and finally pimples are formed.
- Factors that can contribute to the development of acne includes family history, emotional stress, use of certain medications (like steroids), and use of greasy cosmetics.

### **DIAGNOSIS OF ACNE**

Acne is easily recognised by appearance of the spots and by their distribution on the face, neck, chest, or back. However, there are several types of acne, which your doctor will be able to identify after examining your skin.

### **TREATMENT OF ACNE**

Treatment of acne depends on its severity. The mild to moderate acne are generally treated by topical applications, while in severe cases oral drug treatment is used.

Treatment agents like antimicrobials, antibiotics, retinoids, hormone therapy and facial cleansers are most commonly used. Please consult your doctor before using any such treatment agents.

### **MOISTURIZERS IN THE MANAGEMENT OF ACNE**

Currently used acne treatment causes skin dryness, irritation and erythema creating problems with poor patient adherence leading to frequent acne breakouts.

Moisturizers act as protective sealant to the skin and helps to maintain skin integrity and appearance. They hydrate the skin by slowing the evaporation of water from skin surface and helps to prevent skin dryness and irritation.

### **IDEAL PROPERTIES OF MOISTURIZERS FOR USE IN PATIENTS WITH ACNE PRONE SKIN**

**Ideal properties of Moisturizers for the management of acne are as follows:**

- Non-comedogenic

- Improve the water-retention of the skin without making it oily
- Should prevent frequent acne breakouts owing to its anti-bacterial property
- It should help to improve signs and symptoms of acne.

#### **BENEFITS OF USING AHAGLOW ACNE CONTROL MOISTURIZING GEL**

- Helps to reduce number and severity of acne lesions
- Moisturizes and replenishes the skin
- Hydrates skin and prevents skin dryness and irritation
- Non-comedogenic in nature

#### **EXPIRY DATE**

Do not use later than the date of expiry.

#### **PACKAGING INFORMATION**

Available in 50 g tube

#### **STORAGE AND HANDLING INSTRUCTIONS**

Store below 30°C. Protect from light. Keep out of reach of children

#### **DATE OF REVISION**

**APR 2021**

#### **MARKETED BY**



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**IN/AHAGLOW ACNE CONTROL MOISTURIZING GEL 50 g/APR-2021/02/PI**