

Beauty from the inside

Ingested hyaluronic acid and its positive skin effects

Hyaluronic Acid (HA) is a natural macromolecular mucopolysaccharide, found in most human body tissues and intracellular fluids. It is present in high concentrations in the skin, the synovial fluid, and vitreous humor. With increasing age, HA concentration in the skin decreases. While a newborn baby contains high HA skin concentration (0.1%), middle-aged adults show a percentage of only 0.03%, and over-70-years-old persons only 0.007% HA.

The benefits of regular skin care at home and treatments with cosmetic formulations containing hyaluronic acid are well-known. Due to its ability to effectively penetrate into the skin when topically administered, HA improves skin hydration and elasticity, decreases skin roughness and wrinkle depth. Furthermore, HA has been shown to improve wound healing of inflamed skin.

Orally consumed HA has positive effects on the human skin

What is less well-known, is that HA has also positive effects when administered as a dietary supplement. It has been found, that the ingestion of HA leads to an absorption of the biopolymer in the small and large intestine and the cecum. From there a part of HA is transferred to the skin and resynthesized. Thus, skin cell proliferation is promoted [Kawada *et al.*, 2014] as indicated in figure 1.

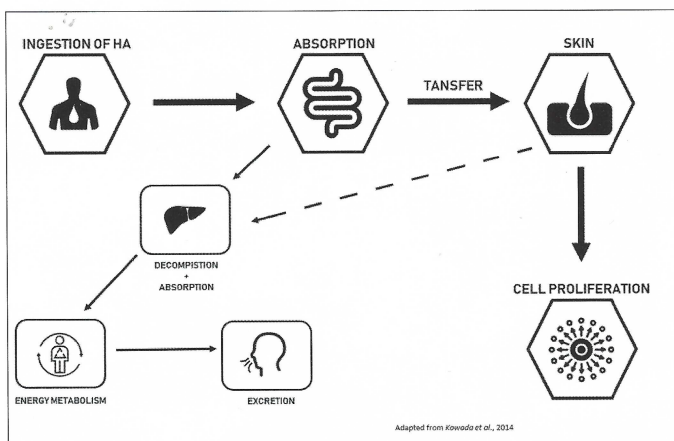
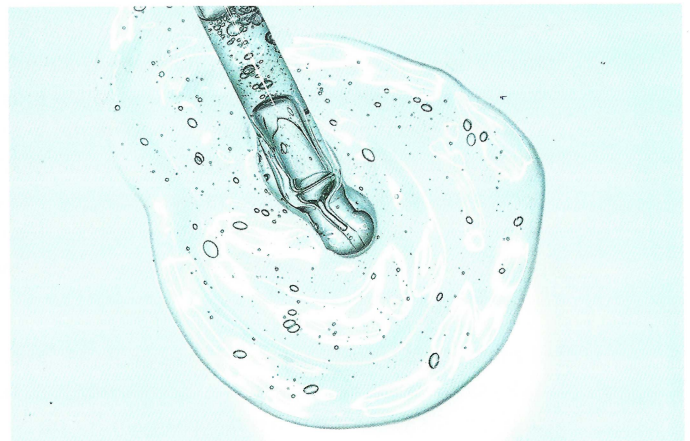


Figure 1: Metabolism of ingested HA

There are several scientific studies demonstrating the benefits of orally administered HA. In a randomized, double-blind, placebo-controlled investigation, researchers showed, that the conditions of dry skin in face and whole body were significantly improved compared to the placebo group after 3 to 6 weeks of ingestion of HA [Kawada *et al.* Nutrition Journal 2014, 13:70]. Some other studies from Japanese working group give more evidence of the skin benefits of ingested HA. The safety of orally adminis-



tered HA has also been demonstrated in several studies [Kawada *et al.*, 2014; Tashiro *et al.*, 2012]. In summary, orally administered HA recommends itself as well-suited ingredient of nutricosmetics contributing to a better skin.

A beauty drink with collagen, hyaluronic acid and aloe vera

The German supplier **Hyaluran cosmetic GmbH** is specialized on manufacturing HA-containing beauty products. The company has marketed HA-gels for topical application in skin care and apparative cosmetics, such as Hyaluran sensitive and Hyaluran nature. Some new products for anti-acne and a body lotion are launched next month.

Hyaluran cosmetic has brought a new beauty drink to market containing hyaluronic acid as main active ingredient. Furthermore, the drink contains aloe vera, collagen, trace elements such as zinc and selenium, and the vitamins B 2, 3, 7 and vitamin C. With a volume of 10–20 ml recommended as daily dose, 60–120 mg HA are administered.

For more information, please visit **Hyaluran cosmetic GmbH (together with company ExperChem Ltd) at COSMETIC BUSINESS in Munich, June, 6 – 7, 2019, Hall 2, Booth A25.**

Key benefits of orally administered HA

- (high molecular weight) is absorbed and distributed to the joints
- is safe as a daily ingestible food
- contributes to a better skin condition
- improves wound healing of the skin



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