

Skin Serum

Zinzino Skin Serum and effects on skin elasticity.

In this internal study performed by BioActive Foods and Zinzino we looked at the effects of Zinzino Skin Serum on skin elasticity and people's impressions of the skin after a period of use. Zinzino Skin Serum is contains a formula of active ingredients that among other targets the skins extracellular matrix, the fine mesh of microfibers that supports the skin.

Our skin is under constant exposure, both external (UV, pollution etc) and internal (nutritional). Skin elasticity is a parameter indicating ageing effects of the skin. It is desired to have good skin elasticity, which means a skin that can protect the body against various exposures and look smooth, young and glowing.

The study

In this study 25 voluntaries (includes both females and males) in the age from 30-60 years were divided into three groups;

Group 1 used the Skin Serum daily by applying to the face morning and evening.

Group 2 used the SkinSerum daily by applying to the face morning and evening, and took in addition the daily recommended intake of BalanceOil and Xtend

Group 3 used a placebo cream that contained no active ingredients

The results

The study showed the following;

Group 1 had an 18 % increase in skin elasticity, and 67 % of the participants in this group reported to be more satisfied with their skin after using the serum for 60 days.

Group 2 had an 36,6 % increase in skin elasticity, and 40 % of the participants in this group reported being more satisfied with their skin after using serum, BalanceOil and Xtend for 60 days.

Group 3 had an 5,6 % decrease in skin elasticity, and 29 % of the participants in this group reported to be more satisfied with their skin after using placebo cream for 60 days

Keep in mind, the placebo cream had some moisturizing effect which could explain why participants were happier with their skin compared to not using any creams or serums. The group applying SkinSerum and SkinSerum + BalanceOil and Xtend both had a great increase in the skin elasticity during the study period of 60 days, showing that applying SkinSerum 2 times per day has a positive effect on your skin. An even greater result is achieved by using the SkinSerum together with the daily intake of BalanceOil and Xtend. The results also correspond well to results from our previous study on fatty acid intake and skin elasticity where an 22 % increase was seen in skin elasticity when taking BalanceOil daily for a period of 200 days.