

## Antioxidants: A Weapon In The Fight Against Aging

(NAPSA)—When it comes to improving the appearance of sun-damaged skin, there's a brighter outlook—thanks to antioxidants.

### The Problem

Sunlight generates substances called free radicals in skin tissues. Free radicals are free-floating molecules that can cause harm to the skin by damaging important skin-layer elements—a process known as “oxidation.” Scientific research has identified oxidation as a major source of premature skin aging and the appearance of wrinkles.

Vitamin E in the skin captures and gets rid of damaging free radicals before being discarded by the body. Meanwhile, a substance called coenzyme Q10 (CoQ10)—naturally present in the outer lipid layer of the skin—helps reduce the appearance of wrinkles and provide energy to cells. However, research shows levels of CoQ10 decline with age.

### Vitamin E and CoQ10: A Powerful Pair

New skin care products now entering the market combine CoQ10 and vitamin E more efficiently to reduce the signs of aging. Studies at the University of New South Wales have found that topically applied CoQ10 can penetrate into the living cell layers of the skin and reduce the depth of deep wrinkles characteristic of sun damage, or “photoaging.” CoQ10 is also highly effective in protecting certain skin cells from DNA damage induced by ultraviolet light.

To give skin a little help in its ongoing battle against the signs of aging, DSM Nutritional Products has developed ALL-Q® plus, a pair-



**A combination of antioxidants (including vitamin E) can help fight the appearance of wrinkles and signs of aging.**

ing of two potent antioxidants—coenzyme Q10 and vitamin E acetate—for use in cosmetic products. Research indicates the ingredient can reduce the levels of oxidation in the skin tissues when applied topically. Often applied as a cosmetic cream, volunteer trials have measured reduced appearance of wrinkle depth in healthy, aging adults.

ALL-Q® plus will soon be available in skin-protection products (sunscreens, cosmetics), regeneration products (night creams, eye creams) and moisturizing lotions.

### What To Look For

When purchasing a product for antioxidant benefits, it's important to know the “real” names of the ingredients you seek, so you can find them on the label.

For instance, vitamin E is often listed as tocopherol (or alpha-tocopherol) and the vitamin E and CoQ10 combination will be labeled as ALL-Q® plus. And remember, the closer to the beginning of the ingredients list that compound is, the more likely the product will provide its intended benefit.