

EDC Skin Care Ingredients Glossary

Aloe Vera

Helps support the moisture balance of the skin and has skin-soothing properties.

Alpha Lipoic Acid

Function:

- Powerful antioxidant, soluble in both water and lipid.
- Alpha Lipoic Acid is called the Universal Antioxidant because of its dual solubility.
- ALA is called the Metabolic Antioxidant because it plays a vital role in the energy production of the cells.

Characteristics:

- Gentle yet powerful -- 400 times more potent an antioxidant than Vitamins C or E.
- Present naturally in the skin.
- Promotes optimum efficiency for production of energy and aids in exfoliation.

Benefits:

- Able to reach and protect both water and lipid portions of skin with potent antioxidant benefits.
- "Spare" levels of other antioxidants, such as Vitamin C and E, which are naturally present in cells, thus working to increase their levels.
- Dual solubility enables ALA to be rapidly available to the skin.
- Skin develops a healthy youthful glowing appearance.

Arnica Montana

Valued and used due to its regenerative and invigorating effects to the skin.

Chamomile

Although called Roman chamomile, it was not cultivated there until the 16th century and probably arrived via Britain and used as a medicinal plant ever since.

Chamomile has been taken for digestive problems since at least the 1st century CE, and is gentle, and suitable, enough for children.

The Egyptians dedicated the herb to the sun and worshiped it above all other herbs for its healing properties. Hieroglyphic records also show that chamomile was used cosmetically for at least 2,000 years. Egyptian noblewomen used preparations of crushed petals on their skin.

Frances A. Bardswell's Herb Garden (1911) states that chamomile has a remarkable effect on other plants and calls it the "plant's physician". "Nothing will keep a garden so healthy", she says, "as plenty of Camomile...It will even revive drooping and sickly plants if placed near them."

Key Actions

- antispasmodic
- anti-inflammatory
- antiseptic
- antiallergic
- digestive stimulant
- mildly analgesic
- muscle relaxant
- sedative

Citric Extract

Bitter Citrus Extract has ant oxidative and Vitamin C protective properties. The antioxidant activity is so high that it is used in cosmetics.

CoQ 10 (Co-enzyme Q 10)

CoenzymeQ10 is a fat-soluble vitamin-like substance present in every cell of the body and CoQ10 serves as a coenzyme for several of the key enzymatic steps in the production of energy within the cell. Coenzyme Q10 also functions as an antioxidant, which is important in its clinical effects. CoenzymeQ10 has no known toxicity or side effects.

DMAE: The Smart Supplement

Dimethylaminoethanol (DMAE) is used to treat sagging skin and age spots.

Geranium

Geranium oil is astringent and tonifying. It is helpful in the treatment of acne, bruises, burns, cuts, dermatitis, and eczema.

Lemongrass

Lemongrass oil is a non-toxic but powerful tonic that has profound effects on the whole person, whether it's digestive, circulatory or just general skin care. It acts on the central nervous system, which makes it a wonderful oil when one has a headache or when the nerves need calming



MSM

MSM is used around the world for relief from muscle pain, joint pain and inflammation. MSM is a nutritional mineral that can help to normalize the immune system.

MSM stands for Methylsulfonylmethane, a stable odorless metabolite of DMSO. The proper acid alkaline balance of the body cannot be maintained without sulfur. Sulfur is vital to the creation and regeneration of the body's tissues. Sulfur is an indispensable component in human nutrition. It is found in every cell in the body. Sulfur itself is held mainly in the muscles, skin, bones, nails and hair. One of the many advantages of MSM is that it is a small molecule with a molecular weight of 94. It is bio available and capable of passing through tissues. MSM promotes blood flow, which enhances the healing processes. MSM reduces muscle spasm – a condition invariably present when the musculoskeletal system is damaged.

Rosemary

Rosemary is very refreshing and stimulating. In skin care, it acts to revive drab skin by increasing circulation. Its antiseptic qualities also make it a powerful ally against oily skin.

Rosehip Oil

Over the years, Rose Hip Oil has been shown to retard the signs of premature aging and provide excellent results in the treatment of burns, scars and unsightly spots on skin.

The EDC Serum contains the purest rosehip oil available worldwide.

Rosehips are wild bushes that grow in the central and southern part of Chile. The climate and the isolated region where Rosehip develops, between the Andean mountains and the Pacific Ocean, the absence of pollution and soil characteristics combine uniquely to give the most optimum conditions for the development of the Rosehip bush.

Silica

Silica's role in connective tissue formation has recently been proven: it is a component of hyaluronic acid, chondroitin sulfates, and keratin sulfate—all important proteins for joints, skin, hair, nails and connective tissue.

Sunflower Oil

Sunflower Oil is rich in Vitamins A, D, E, and many other minerals. Sunflower oil has both a smoothing and protective effect on the skin and is best known for its healing abilities on bruises and skin ulcers.

Tea Tree

When tea tree oil is blended into a cream or lotion and applied to the skin, it will help to clear up any fungal, bacterial as well as viral infections such as boils, abscesses and acne. It is also effective to help sort out bed sores, diaper rash or any other rash.



Vitamin C Ester

Function:

- Proven antioxidant that helps protect surface skin and also provides essential Vitamin C needed for collagen production.

Characteristics:

- Lipid soluble, neutral pH, non-acidic, thus, non-irritating and non-stinging.
- Solubility enables this form of Vitamin C to reach the surface of the skin rapidly in amounts greater than can be achieved by water soluble Vitamin C (L-Ascorbic Acid).

Benefits:

- Provides readily available form of Vitamin C to skin.
- Can be used by individuals who have normally sensitive skin or whose skin is sensitive as the result of using Retin A.

Vitamin D

Physiological Effects of Vitamin D

Vitamin D is well known as a hormone involved in mineral metabolism and bone growth. Its most dramatic effect is to facilitate intestinal absorption of calcium, although it also stimulates absorption of phosphate and magnesium ions. In the absence of vitamin D, dietary calcium is not absorbed at all efficiently. Vitamin D stimulates the expression of a number of proteins involved in transporting calcium from the lumen of the intestine, across the epithelial cells and into blood. The best studied of these calcium transporters is calbindin, an intracellular protein that ferries calcium across the intestinal epithelial cell.

It turns out that vitamin D receptors are present in most if not all cells in the body. Additionally, experiments using cultured cells have demonstrated that vitamin D has potent effects on the growth and differentiation of many types of cells. The sun is a source of Vitamin D.

Vitamin A - Retinol

Function:

- A natural form of Vitamin A that helps nourish the skin.
- Retinol assists in the rejuvenation process that maintains a more youthful appearance.

Benefits:

- Retinol is commonly used in skin care products.
- Retinol does not irritate the skin or cause redness or peeling.



- Retinol works with Alpha Lipoic Acid and NTP Complex to provide maximum benefits, effectively and gently.

Vitamin E

Antioxidants such as vitamin E act to protect your cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism.

Free radicals can cause cell damage that may contribute to the development of cardiovascular disease and cancer. Studies are underway to determine whether vitamin E might help prevent or delay the development of those chronic diseases.

Vitamin E is a fat-soluble vitamin that exists in eight different forms. Each form has its own biological activity, the measure of potency or functional use in the body. Alpha-tocopherol is the most active form of vitamin E in humans, and is a powerful biological antioxidant.

Witch Hazel

Witch hazel is a strong antioxidant and astringent, which makes it very useful in fighting acne. It has been recommended for psoriasis, eczema, aftershave applications, cracked or blistered skin, for treating insect bites and poison ivy.

Witch hazel is also traditionally known as a good first reaction against shaving cuts and abrasions for men. Witch Hazel is also recommended by The Doctors Book of Home Remedies as effective for helping sunburns.

Ylang Ylang

The essential oil of ylang-ylang is used is believed to relieve high blood pressure and normalize sebum secretion for skin problems

