

Zeaxanthin-based supplement improves skin hydration

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(HealthDay)—For females, a zeaxanthin-based dietary supplement and

topical serum (with zeaxanthin, algae extracts, peptides, and hyaluronate) improve hydration and reduce wrinkle count, according to a study published online June 17 in the *Journal of Cosmetic Dermatology*.

Steve Schwartz, from International Research Services Inc. (IRSI) in Port Chester, N.Y., and colleagues divided participants into three groups: oral product alone, oral product with topical product, and placebo control. Key parameters were assessed through 12 weeks.

The study was completed by 31 participants, with no adverse events recorded. The researchers found that the active groups had statistically significant improvements from baseline mean hydration score at weeks two, six, and eight. There was a significant difference between the combination active and placebo groups in terms of mean differences from baseline scores for total wrinkle count at week four. For fine line count, there was also a significant difference between the active and placebo groups at week four. For the average wrinkles severity, there were statistically significant differences from baseline scores for both active groups versus placebo at week 12.

"In this clinical evaluation, we have shown that the combination of zeaxanthin-based oral formulation plus topical formulation produces superior hydration to that of [placebo](#)," the authors write.

Two authors were employed by IRSI, two were employed by ZSS skin care, and one author disclosed ties to Nutribloom.

More information: [Abstract](#)
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