

Oral Supplementation of ortho-sillicic acid in skin rejuvenation

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MATERIAL AND METHODS

- Patients/Methods: Patients were randomized to receive 600 mg of ortho-silicic acid stabilized by hydrolyzed collagen (group 1, n = 11) or placebo (group 2, n = 11) to be taken 15 minutes before breakfast for 90 days. Clinical, photographic, and patients' subjective evaluations were conducted.

RESULTS

- Our work presents clinical evaluations with changes in skin texture, firmness, and hydration statistically superior in supplemented group and overall appearance was also improved according to patients' subjective evaluation. Treatment satisfaction in supplemented group reached 80%



Visia images of three selected patients at baseline (A) and 90 d post-treatment with oral Exsyntriment" (B)

CONCLUSION AND DISCUSSION

- Ortho-silicic acid stabilized by hydrolyzed collagen in a daily dose of 600 mg showed positive results in skin rejuvenation according to clinical evaluation in firmness, hydration, and skin texture. These results give us an important tool to fight skin aging and improve overall health, since silicon is required to a stable and strong connective tissue.

Keywords:

- oral administration, rejuvenation, silicon

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