

BEAUTY FROM WITHIN



pomella
POMEGRANATE EXTRACT

Efficacy of oral Pomella® on skin health, the skin microbiome, & it's influence on the gut-skin axis

Design: A prospective, double-blind, placebo-controlled study

Size: N=18 healthy males and females aged 25-55 years

Dose: 250mg Pomella® extract once a day

Duration: 4 weeks

Key Findings:¹

- A 6.2% reduction in facial wrinkles was noted in the Pomella® group compared to the control ($p < 0.01$)
- The facial skin microbiome was augmented for the *Bacillus* genus and *Staphylococcus epidermidis* after Pomella® supplementation
- *Roseburia faecis*, *Coprococcus eutactus*, and *Faecalibacterium prausnitzii* were significantly enriched at 4 weeks of intervention in the Pomella® group compared to the control
- Short-chain fatty acids (SCFAs) shifted in the Pomella® group with a 38%↑ (vs 1.8%↓ in placebo) in acetates & 162%↑ (vs 0.1%↑ in placebo) in propionates
- The Pomella® extract group had a trend to increase urolithin A concentrations by 6.6%

OTHER CLINICAL FINDINGS FOR POMECCA® & SKIN HEALTH SUPPORT:

- Beneficial effects against UVA- and UVB- induced damage⁴
- Skin integrity & structure - inhibition of collagen cross-linking, anti-glycation properties²⁻⁶
- Balanced dermal microbiome and modulation of facial sebum (oil) production in topical applications which showed 10 to 60% reduction in sebum production, and in an oral study there was also a reduction of facial sebum production.^{1,7*}

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3. Ma H et al. Biological evaluations of skin protective effects of Pomella® extract on type-I collagen, DNA structure integrity, and human keratinocytes against oxidative and glycation stress. 2019 May. Poster presented at Vitafoods Europe in Geneva Switzerland.
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 7. Saric S et al. Green tea and other tea polyphenols: Effects on sebum production and *Acne vulgaris*. Antioxidants (Basel). 2017 Mar. 6(1): 2. doi: 10.3390/antiox6010002
- * Additional skin studies / topical use: <https://vs-corp.com/research/pomella/>

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