

WHY TAKE

ORAL

SUNSCREEN TABLETS?

The ideal complement to topical sunscreen



 cantabria labs

HELIOCARE

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Introduction

The sun is life and we like to enjoy it with protection and skin-healthy habits all year round. Science is aiding our growing understanding of the damage radiation does to our skin. Today we know that the different types of radiation our skin receives not only cause reddening but also generate free radicals that damage our DNA, which in the long term produces more damage and can give rise to serious problems like skin cancer.



*Did you know over half
our skin is not properly
protected when we only
use topical sunscreen like
creams, lotions and sprays?*



Applying sun cream isn't easy and you can forget parts like the back of your neck, ears, forearms or tops of your feet. Calculating the recommended product amount can be tricky, too. An indicative amount in the case of creams is to apply an entire fingerful to the face and six fingersful to the body. For sprays, you should pump at least 15 times to cover each area properly.

But the fact remains it is fairly complicated to use and reapply sun cream, and this exponentially reduces real protection from the sun. Poor use of topical sunscreen (not enough, failure to reapply every two hours and unprotected areas) means that **up to 55% of our skin goes unprotected even when using sunscreen** ¹

So what can we do to protect our skin properly?



The solution lies in combining sun cream with sunscreen capsules that tackle sun damage from the inside since they help multiply our skin's resistance to solar radiation.

Is oral sunscreen just for summer? Is it only for people with some sort of skin condition? Can children take it? Get the answers to your questions on sunscreen capsules and discover all their benefits for healthy skin.

1) Ou-Yang H. et Al. J Am Acad Dermatol 2012;67:1220-7 / Couteau C et Al Int J of Pharmaceutics 2012; 437:250-252

1.

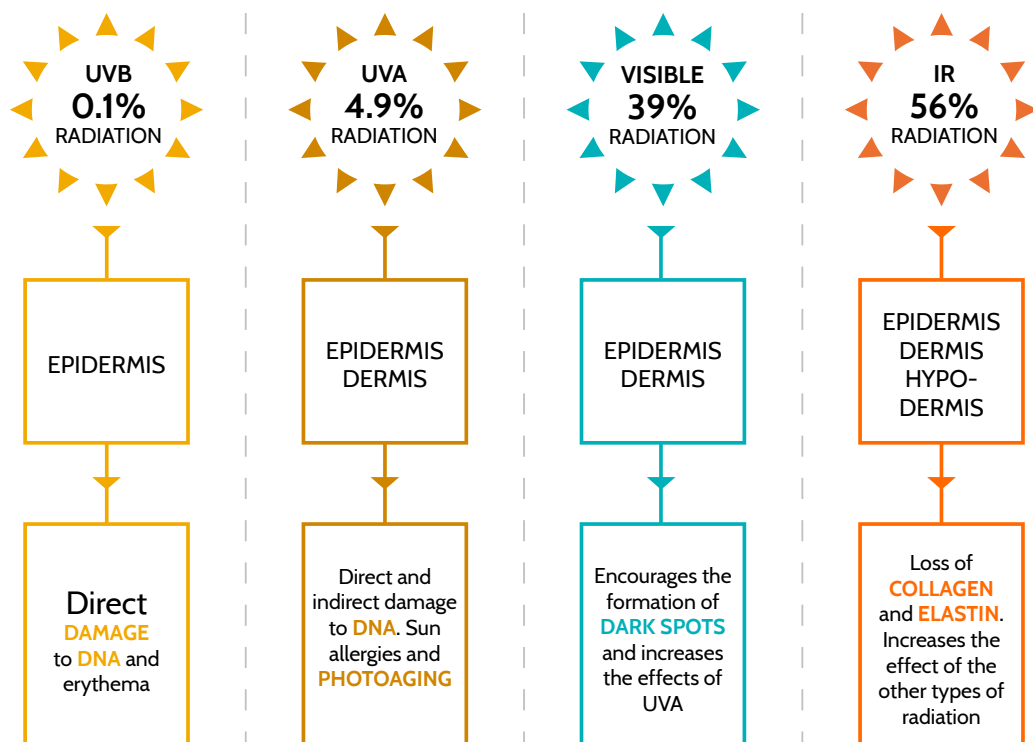
Do you know how to multiply your skin's resistance to sun damage?

The intensity of solar radiation in Spain has increased by 2.3% in the past ten years. The latest studies also state that both ultraviolet and infrared radiation and visible light negatively impact our skin.

What effects do each of these types of radiation have on the skin?

- Ultraviolet radiation: causes skin reddening and inflammation, photoaging and direct damage to skin cell DNA.
- Visible light: causes reddening and the appearance of dark spots.
- Infrared radiation: directly causes premature skin aging.

Sunscreen capsules with Fernblock® multiply the skin's resistance to the four types of radiation (ultraviolet B, or UVB; ultraviolet A, or UVA; visible light, or HEV light; and infrared, or IR-A), thereby ensuring even protection. In fact, most health professionals recommend using oral sunscreen in combination with sun cream all year round.



It is important to look for products that specifically provide proper protection against the four types of radiation that reach the skin, such as Heliocare sun capsules



2.

***Is oral sunscreen
effective from the first
time you take it?***

Dermatologists and pharmacists advise using sunscreen every day of the year.

But one of the major benefits of these capsules is that their main ingredient, Fernblock[®], an exclusive, standardised extract of *Polypodium leucotomos*, works from the first time you take them.



They are ideal for people who engage in outdoor activities, who should take them half an hour in advance!

They're also a good choice for certain moments and on those occasions when we unexpectedly expose our skin to the sun.

3.

*What is Fernblock®?
Are all Polypodium
leucotomos extracts
the same?*

Patented **Fernblock®** technology is present across all Heliocare oral sunscreen products and consists of a unique extract obtained from the tropical fern *Polypodium leucotomos*, which has properties that **activate defence mechanisms against solar radiation**, thus delivering advanced skin protection. **The extract and its properties are unique**² because it is obtained from a standardised extraction process from selected plants that grow in controlled environments in line with pharmaceutical quality standards to ensure efficacy and safety.

The outcome of this work is Fernblock® technology, which **multiplies the skin's resistance to the sun**³, preserves its immunological defences, protects and repairs sun damage, prevents the appearance of dark spots, reduces changes in pigmentation, acts on skin aging and has a high antioxidant power.



Fernblock® came about from research by Grupo Cantabria Labs together with the Harvard Medical School research team led by Dr. Thomas Fitzpatrick aimed at developing a complete protection mechanism against the sun.

They showed that the extract not only helps prevent immediate damage like sunburn, but also provides protection to prevent long-term negative impacts, including DNA damage, skin aging, loss of defences and sun allergies.

Fernblock® multiplies the skin's resistance to solar radiation.

2) *Gonzalez S., Lucena R S., Delgado P. and Juarranz A. Comparison of several hydrophilic extracts of *Polypodium leucotomos* reveals different antioxidant moieties and photoprotective effects in vitro. *Journal of Medicinal Plants Research*. 2018; Vol 13 (17).

3-6. Schalka S. et al. The benefits of using a compound containing *Polypodium leucotomos* extract for reducing erythema and pigmentation resulting from ultraviolet radiation. *Surg Cosmet Dermatol* 2014;6(4):344-8.

4.

Is it effective and safe? Is it scientifically endorsed?

Fernblock® technology is backed by more than 60 scientific studies and publications in the world's leading dermatology journals.

One example is the study by Dr. Alicia Zamarrón *et al.*, published in the *International Journal of Molecular Sciences*, which found that use of this technology prevents sun damage, in addition to the aging caused by exposure to infrared radiation, visible light and pollution.

Other research along similar lines found that **Heliocare's oral sunscreen helps slow the loss of collagen and elasticity in the skin that is also caused by infrared radiation and visible light.**

All these benefits of Heliocare capsules have been subject to research for over 40 years that has proven their efficacy and safety in over 1,200 users.



5.

***Is there a specific oral
sunscreen for each
person?***

For skin conditions

Every year 78,000 new cases of skin cancer are diagnosed in Spain and the main risk factor is solar radiation. To prevent this and other sun-related problems, health professionals recommend protecting the skin year round.



Why is 365-days-a-year sun protection so important for people with atopic skin?

Advanced sun protection (sun cream together with sunscreen capsules) makes it possible to shore up the immune system and prevent infections and inflammation of the most superficial layers of skin that, in turn, cause a feeling of tightness, discomfort and itching.

All these factors matter a lot for people with skin conditions such as rosacea and atopic dermatitis, since exposure to the sun aggravates symptoms with the appearance of irritation and itching.

Other conditions, such as acne, seem to improve with the sun, but in fact they produce a false sensation that ends up having a rebound effect. Proper sun protection is also very important in conditions that require controlled sun exposure, such as vitiligo and psoriasis.

Heliocare 360° D Plus capsules contain the highest concentration of Fernblock®, together with vitamin D, niacinamide and vitamin E - a perfect combination to protect even the most demanding skins.



Plus each capsule delivers vitamin D to counteract the deficit often associated with advanced age or conditions like psoriasis.

For photoaging and dark spots



Sun exposure has a direct relationship with skin aging since the different types of radiation reduce the activity of the fibroblasts (cells tasked with collagen production) and cause skin inflammation and the degradation of proteins like collagen and elastin. This process results in a loss of elasticity and the appearance of wrinkles and expression lines.

Solar radiation also causes epidermal thickening, which leads to a more uneven skin texture and change of tone, with the appearance of dark spots especially on the face, neck, neckline and arms.

And what type of radiation causes the onset of wrinkles, expression lines and saggy skin? **Premature skin aging related to sun exposure is due not only to ultraviolet radiation, whose effects have been known for some time, but also to infrared rays and visible light.**

Specifically, UVA and infrared radiation are the main causes of the visible signs of aging related to skin elasticity. Numerous studies also associate exposure to visible light with the appearance of dark spots. That's why it is important to protect yourself from the entire solar radiation spectrum to prevent premature skin aging and repair the skin damage that accumulates early in life.



“Radiation is responsible for the photoaging typified by the appearance of dark spots, wrinkles and loss of firmness, along with long-term problems like skin cancer”

María Rojo, assistant at the Leticia Santamaría Ugalde Pharmacy



Heliocare capsules with Fernblock® not only help prevent this damage and protect against the four types of radiation that reach the skin (UVA, UVB, visible light and infrared), but have been shown to reduce **dark spot intensity by 33%** ⁴.

The perfect partner to prevent and combat the visible signs of photoaging and the appearance of dark spots is Heliocare 360° capsules, thanks to the combination of Fernblock® technology and other active ingredients with proven efficacy like cysteine, inulin and niacinamide.



4) *Goh, CL et al. "Double-blind, Placebo-controlled Trial to Evaluate the Effectiveness of Polypodium Leucotomos Extract in the Treatment of Melasma in Asian Skin: A Pilot Study". J Clin Cosmet Dermatol. 2018;11(3):14-19. The study compared two groups: the placebo group, treated with topical 4% hydroquinone cream and sunscreen, and the PLE group, treated with topical 4% hydroquinone cream and sunscreen and 480 mg of Fernblock oral. The study duration was 84 days.

For kids



Children need increased protection from solar radiation because their skin is developing and is much more delicate than an adult's.

The characteristics of the skin barrier in children make them more vulnerable to the damaging effects of the sun. Indeed, their ***stratum corneum (the most superficial layer of skin) is 30% thinner than in adults***⁵

Then there is the fact that it is often hard to apply topical sunscreen to children properly, because it is tricky to spread it all over them and to repeat the application every two hours.

5) Stamatias GN et al. "Infant skin microstructure assessed in vivo differs from adult skin in organization and at the cellular level" *Pediatr Dermatol.* Ma-April27(2):125-31; 2010

To deliver on children's requirements, Heliocare 360° Junior Oral Sticks offer an easy format to help children take up oral sunscreen as a habit.



The pleasant orange taste and easy delivery with no need for water help shore up kids' protection, especially when the intensity of the radiation is at its highest.

They're perfect for taking half an hour before going to the pool, a football match or to camp. The natural, colourant-free formula means they can be taken from age 4 and are suitable for people with coeliac disease.

5) Stamatias GN et al. "Infant skin microstructure assessed in vivo differs from adult skin in organization and at the cellular level" *Pediatr Dermatol.* Ma-April27(2):125-31; 2010

“It also reduces the risk of sunburn, which is very important since a child who gets burnt is at a much higher risk of developing skin cancer when they are older”

María Martínez Eslava, Pharmacy owner



For sportspeople

The problems with applying sun cream increase when playing sport outdoors, particularly with special equipment like hats, gloves and glasses that make it hard to spread on neglected areas like the nape of the neck.



And when we engage in sport we tend to remove clothes like sweatshirts and jackets, stripping down to short sleeves and exposing body parts where we don't usually apply sun cream unless we are at the beach. On top of the problems associated with applying sun cream, there is sweat and contact with water and towels, so that the protection quickly loses efficacy and the skin is left unprotected from solar radiation.

It is important to remember that, even though solar radiation is associated with summer days, especially the hours from midday to 4.00 p.m., some radiation always ends up penetrating the skin year round, even on cloudy days.

The snow reflects between 75% and 90% of solar radiation, making it essential to protect the skin when practising sport or spending a family day in the mountains.

Heliocare Ultra D capsules combine Fernblock® with vitamin D and antioxidants to combat the effects of oxidative stress and protect and help repair all skin types.



For responsible tanning

Ninety-five percent of young people have poor sun-protection habits that could lead to the onset of skin diseases in the future. How can this still happen with all the awareness there is about sun damage? Despite the available information and the many campaigns warning of how dangerous the sun can be, most young people associate tanned skin with the ideal of beauty and view it as a healthy, risk-free practice.

But exposure to the sun without any type of protection in order to tan quickly is not only dangerous for your health, but quickly accelerates skin aging and the appearance of dark spots.

That's why it is necessary to get behind responsible tanning compatible with advanced sun protection. The technology available today enables formulas that combine the two concepts. For these cases, **Heliocare Oral Capsules** are the perfect solution because the combination of Fernblock® technology and beta carotenes and antioxidants offers advanced protection while encouraging tanning. In the run-up to summer, sun worshippers can take **Heliocare Bronze Oral capsules with Fernblock®, beta carotenes and the melanin synthesis activator forskolin.**



People with dark spot-prone skin should take care when using tanning boosters, since they stimulate melanin synthesis and can promote the development of unwanted spots.

6.

Remember...

Heliocare oral sunscreen is the best way to provide added protection that supplements sun cream.



Heliocare capsules counteract the application problems of topical sunscreen (insufficient product amount, lack of reapplication and neglected areas) and take effect from the first time you take them.

As an added value, Fernblock® technology by Heliocare Oral multiplies the skin's resistance to solar radiation, neutralises the damaging effects of the sun and repairs damage already done.

The variety afforded by Heliocare Oral in combination with topical sunscreen enables advanced protection 365 days a year for all skin types with or without a skin condition, from childhood (when the skin is most vulnerable to external agents) to adulthood (including teenagers, a sector of the population especially concerned with aesthetic aspects) and on to old age (when there can be a vitamin D deficiency).

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