

PRODUCT INFORMATION

Akne-Plex®

Akne-Plex®'s ingredients possess immunomodulating and skin-cleansing properties to help modulate inflammation and regulate the cell proliferation of the skin epithelium.

Basic Facts

Acne is a skin condition characterized by reddened, inflammatory pustules that are primarily found on the face, neck and shoulders. Typically, acne initially develops in the teenage years and can continue into early adulthood.

Hormonal changes that occur during puberty are considered to be one factor that causes acne to develop, as it is primarily the androgens (male sexual hormones) which stimulate the production of sebum and keratogenesis. Due to this increased production, bacterial infections of the sebaceous glands often occur.

Too much iodine, as well as poisoning with chloroorganic chemicals, may also lead to changes in the skin that are similar to acne. In practice, however, acne is very rarely attributable to either of these.

Sometimes changes to the diet prove to help combat acne, but the types of foods that are not well-tolerated or which worsen inflammation vary from person to person. Controlled studies have shown how difficult and error-prone such a search for causes can be.

Akne-Plex® contains vitamins, trace elements and natural substances that possess anti-inflammatory and immunomodulating properties. The effect of vitamins against acne and related inflammations is well-documented in clinical studies. Additionally, ingredients in Akne-Plex® are traditionally used in folk medicine or homeopathy to treat inflammatory skin conditions.

Effects

Several studies have shown that zinc exhibits a positive effect on acne. One study even found that administering zinc produced effects that were comparable to antibiotic therapy.

High doses of **vitamin A** have been used successfully to clinically treat severe forms of acne. However, because extremely high doses (several 100,000 units a day) – dosages that may have serious side effects – are necessary, such therapy can only be carried out under the strict supervision of a doctor. The effects of supplementation with lower-dose vitamin A is, however, also documented.

Positive effects have also been observed with treatment involving **pantothenic acid, niacin** and **vitamin B6**.

Proteolytic enzymes, as found in the plant preparation **bromelain**, help to modulate inflammation as they assist in the degradation of proteins, which play a role in the inflammatory process.

The roots of **Arctium lappa** (big burdock) are used in Asian folk medicine to purify the blood. The active constituents that have been isolated include inulin and mucins.

Extract of the thymus gland contains immunostimulating and modulating active ingredients.

The Akne-Plex® formulation is rounded off by various trace elements whose deficiency, although rare, may also result in skin problems.

Uses

To support the treatment of common acne and related inflammation of the sebaceous glands. Akne-Plex® also promotes, in general, the purification of the skin, improves the complexion and has a firming effect on the skin.



Akne-Plex®

- ▶ Contains a well-balanced combination of nutrients, vitamins, enzymes and trace elements
- ▶ Immunomodulating and skin-cleansing properties help to modulate inflammation and regulate the cell-proliferation of the skin epithelium
- ▶ Supports the treatment of acne and similar inflammatory skin conditions, when coupled with a gentle skincare regimen and a healthy lifestyle

At a Glance

Akne-Plex®

Composition

One capsule contains:

Vitamin A (as palmitate)	1500 mcg RAE
Vitamin C	100 mg
Niacin	5 mg
Vitamin B6	4 mg
Vitamin B12	2 mcg
Pantothenic acid	5 mg
Calcium (Ca)	4 mg
Magnesium (Mg)	34 mg
Zinc (Zn)	3 mg
Potassium (K)	50 mg
MSM	100 mg
Bromelain	100 mg
Thymus extract	12.5 mg
RNA powder	10 mg
Burdock root extract	5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate.

Dosage

In normal cases take 2 capsules daily at breakfast with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

Akne-Plex® Product Groups

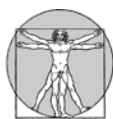
Akne-Plex® can be found in the following product groups (www.vitabasix.com):

 **Vitamins & Food Supplements**

 **Skin & Hair**

 **Pain & Inflammation**

Manufacturer:



VitaBasix®

by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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