

Instrumental evaluation of the photo-protective and antiageing efficacy of a food supplement

Submission date 01/10/2019	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 03/10/2019	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 12/05/2020	Condition category Skin and Connective Tissue Diseases	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

The objective of this study was to evaluate the efficacy and tolerance of SUN ISDIN in reducing the susceptibility to UVR exposure (erythema response of skin and lipoperoxides) and in improving ageing signs

Who can participate?

Subjects between 40 and 65 years old, showing clinical ageing signs and at least one dark spot on the face

What does the study involve?

Participants will take one capsule once a day in the morning: the capsule must be taken whole with plenty of liquid during the entire study. Skin condition will be assessed in a clinical assessment at baseline and after 14, 28, 56 and 84 days product use

What are the possible benefits and risks of participating?

Benefits associated with product use and study participation are related to photo-protection action and improvement of skin appearance. During the study is possible that subjects would note a decrease in ageing signs.

The potential risks associated with the use of the product are related to both subjective and objective adverse events (AEs) (e.g. bloating, diarrhea, stomach ache). The occurrence of AEs related to individual susceptibility to specific ingredients in the product could be related to a biological phenomenon that is not avoidable. Potential risks are assumed to be from mild to moderate and are not expected to pose a risk to human health. Risks associated with the procedures involved in this study are judged as minor. All the measurements carried out are not invasive and no skin side effects are expected from the measurement process except for MED assessment. An erythema reaction is foreseen for the MED assessment procedure but, usually, this reaction disappears in a short time period and sometimes to a mild hyperpigmentation

Where is the study run from?

Complife Italia Srl, San Martino Siccomario, Italy

When is the study starting and how long is it expected to run for?
October 2018 for three months

Who is funding the study?
ISDIN S.A.

Who is the main contact?
Javier Bustos
Clinical Affairs Manager
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Contact information

Type(s)
Public

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
E.HU.016-0030.01.005L

Study information

Scientific Title
Clinical-instrumental assessment of the sun protection and antiageing efficacy of a food supplement

Study objectives
SUNISDIN CAPSULES contains a combination of natural actives such as vitamins, carotenoids, selenium, green tea extract, Vitis Vinifera L. and Polypodium Leucotomos extract. The pool of vitamins such as Vitamin C, Vitamin E, Vitamin A together with Lutein, Green tea extract and

Lycopene helps to fight free radicals reducing oxidative stress and support healthy cell bioenergetics and mitochondria function.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 05/09/2018, Comitato Etico Indipendente per le Indagini Cliniche Non Farmacologiche (Via XX Settembre 30/4-16121 Genova, Italy; +39 (0)10 5454842; ssinf@messaggipec.it), ref: 2018 /10

Study design

Monocentric prospective open-label study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Antiaging and photoprotection

Interventions

One SUN ISDIN capsule is taken once a day in the morning: the capsules must be taken whole with plenty of liquid. Capsules are taken for 12 weeks.

Intervention Type

Supplement

Primary outcome(s)

Photo-protective and antioxidant efficacy after 12 weeks use:

1. Skin moisturization
2. Skin radiance
3. Skin elasticity
4. Subjective evaluation
5. Tolerability

Key secondary outcome(s)

Skin condition assessed as above at baseline and after 14, 28, 56 and 84 days use

Completion date

15/05/2019

Eligibility

Key inclusion criteria

1. Healthy female and male subjects (without any specific repartition)
2. Caucasian ethnicity
3. Phototype from I to III according to Fitzpatrick classification

4. Age between 40 and 65 years old
5. Showing clinical ageing signs
6. Showing at least one dark spot on face

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

30

Key exclusion criteria

1. Pregnant or breastfeeding women
2. Allergies or sensitivity to cosmetic products, toiletries, sunscreens, and/or topical drugs
3. Dermatological problems in the test area
4. Pharmacological treatments (both locally or systemically) known to interfere with the test product
5. Used self-tanning products for at least one month before study start

Date of first enrolment

02/10/2018

Date of final enrolment

12/01/2019

Locations**Countries of recruitment**

Italy

Study participating centre

Complife Italia S.r.l

Via Angelini, 21

San Martino Siccomario

Italy

27028

Sponsor information

Organisation

ISDIN S.A.

ROR

<https://ror.org/04dg86p75>

Funder(s)

Funder type

Industry

Funder Name

ISDIN S.A.

Results and Publications

Individual participant data (IPD) sharing plan

All data generated or analysed during this study will be included in the subsequent results publication.

Written informed consent from participants was obtained.

IPD sharing plan summary

Other

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/02/2020	12/05/2020	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes