DR.VEGAN®

Healthy skin from within

Fuel clearer, glowing skin and healthier ageing

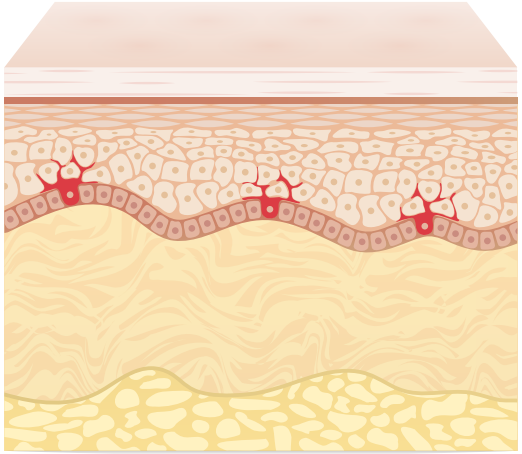
Practitioner Toolkit • *For practitioner use only*

ANATOMY OF THE SKIN

Epidermis: Outermost layer; provides barrier and skin tone (contains melanocytes).

Dermis: Middle layer; contains connective tissue, hair follicles, and sweat glands.

Hypodermis (subcutaneous tissue): Deepest layer; composed of fat and connective tissue.



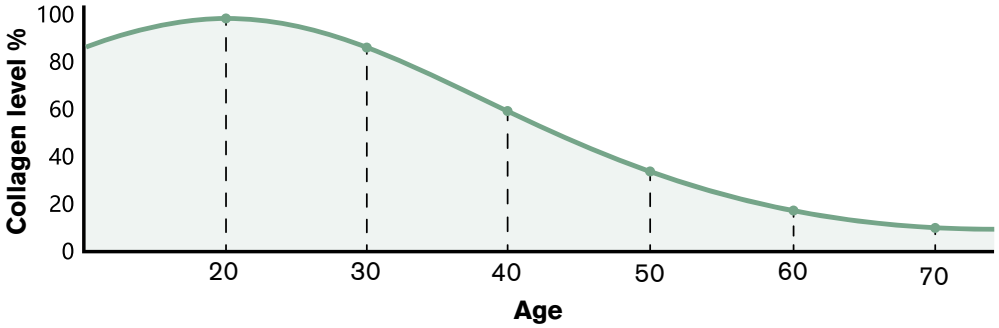
Cell types

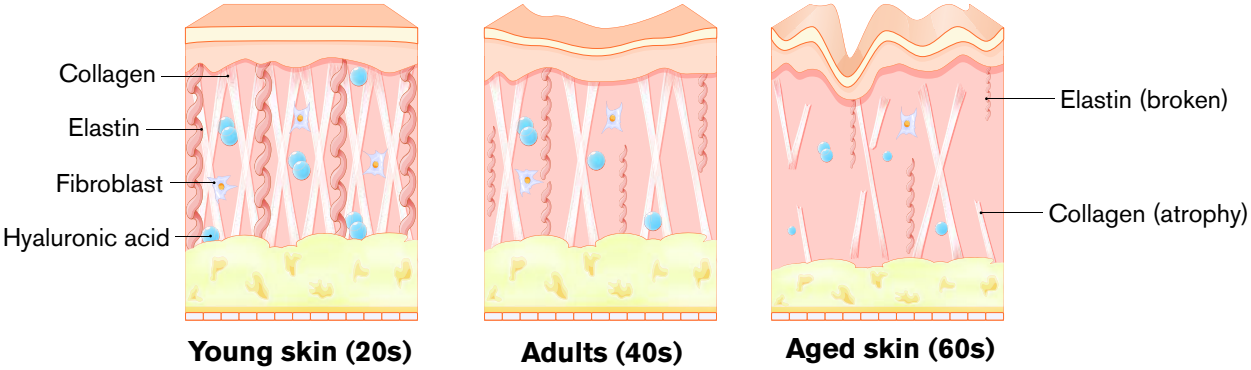
- **Keratinocytes:** Main cells of the epidermis produce keratin.
- **Melanocytes:** Pigment-producing cells.
- **Langerhans Cells:** Immune response cells.
- **Fibroblasts:** Produce collagen and elastin in the dermis.

Functions of the skin

- **Protection:** Acts as a physical, chemical, and biological barrier.
- **Regulation:** Maintains body temperature and prevents water loss.
- **Sensation:** Contains nerve endings for pain, pressure and temperature.
- **Vitamin D synthesis:** Initiates production when exposed to UVB light.
- **Healing and repair:** Rapid cellular turnover and repair mechanisms.

Skin ageing process





Condition	Typical age of onset	Gender prevalence	Risk factors
Acne vulgaris	Peaks in adolescence (12-25 years) and decreases after 30.	Higher prevalence in females post-adolescence due to hormonal factors.	High-glycemic diet, hormonal fluctuations, stress, and genetics.
Eczema (atopic dermatitis)	Common in children (10-20%) and 2-3% in adults.	Slightly higher in females.	Family history of atopy (asthma or hay fever), dry climates, and irritants.
Psoriasis	Onset typically occurs between 15-35 years, but it can occur at any age.	Equal prevalence across genders.	Genetic predisposition, smoking, obesity, and infections.
Rosacea	Most common in adults aged 30-50.	More common in women, but severe cases are more frequent in men.	UV exposure, alcohol, spicy foods, and genetics.
Melasma (hyperpigmentation)	Common in reproductive years (20-40).	Mainly affects women (90% of cases).	UV radiation, hormonal changes (pregnancy, oral contraceptives).

DIETARY AND LIFESTYLE ADVICE

Hydrate

Drink at least 2-3 litres of water daily to keep skin hydrated. Include coconut water, green tea, and fruit-infused water for variety.

Increase antioxidants

Consume berries, spinach, kale, carrots, and sweet potatoes. Antioxidants protect skin cells from oxidative stress, preventing premature ageing.

Healthy fats

Include omega 3 fatty acids to keep skin supple. Use olive oil, avocado, and nuts for essential fatty acids.

Vitamin C for collagen production

Eat citrus fruits, bell peppers, kiwi, strawberries and broccoli.

Zinc and Selenium-rich foods

Consuming zinc-rich foods such as pumpkin seeds, lentils, and chickpeas helps with acne prevention. Selenium-rich foods include Brazil nuts and brown rice, which protect against UV damage.

Limit sugar and processed foods

High sugar intake can lead to glycation, damaging collagen and elastin. Avoid excess junk food, soft drinks and sugary treats.

Probiotics for gut-skin connection

Include yoghurt, kefir, kombucha, and fermented foods to maintain gut health, reducing inflammation and breakouts.

Get enough sleep

Get 7-9 hours of quality sleep to allow skin cells to regenerate. Sleep deprivation can cause the skin to look dull or develop dark circles and acne breakouts.

Manage stress

Engage in yoga, meditation, deep breathing or journalling. Chronic stress triggers skin issues like eczema, psoriasis and acne.

Regular exercise

30-45 minutes of daily physical activity boosts circulation, delivering nutrients to the skin.

Avoid smoking and limit alcohol

Smoking accelerates ageing by depleting oxygen and nutrients to the skin. Excessive alcohol dehydrates the skin and disrupts its barrier.

Exfoliate and moisturise

Exfoliate once a week with a gentle scrub to remove dead cells. Use a hydrating mask or facial oil to restore moisture.

Skin Saviour®

An advanced formula of 11 scientifically studied ingredients, including Lactobacillus acidophilus, prebiotic fibres, vitamins, minerals and botanicals. Skin Saviour® provides the essential co-factors required for the body to convert amino acids from dietary protein into your skin's natural collagen production.

	PER 2 CAPSULES	EC NRV % *
Grapeseed Extract	300mg	**
Bilberry Extract	150mg	**
Green Tea Extract	150mg	**
Hyaluronic Acid	150mg	**
Inulin	150mg	**
Lactobacillus acidophilus	Providing 5 billion live cultures***	**
Vitamin C	350mg	438
Zinc	10mg	100
Vitamin E	24mg α-TE	200
Vitamin A	800µg	100

* NRV - Nutrient Reference Value
** No NRV Established
*** At time of manufacture

DR.VEGAN® SKIN HEALTH SURVEY INSIGHT

80% of customers
from our skin survey who take Skin Saviour® said they felt the difference.*

**Based on a UK survey conducted by DR.VEGAN® of 96 customers, nationally representative, during May 2023. All customer survey findings reflect our own efforts and have not been influenced or verified by any external organisations or third-party entities.*

Ingredients

Vitamin C (Ascorbic Acid), Hyaluronic Acid (Vegan), Inulin Powder, Brown Rice Flour, Grapeseed Extract (*Vitis vinifera*), *Lactobacillus acidophilus*, Zinc Citrate, Vitamin E (D-Alpha-Tocopheryl Acid Succinate), Vitamin A (Retinol), Green Tea Extract, Bilberry Extract (*Vaccinium uliginosum*), Selenium (L-Selenomethionine), Capsule Shell (Hydroxypropyl Methylcellulose).

Free from

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

Pairs well with

Hair Saviour®

Vegan Omega 3

Directions

- Take two capsules daily and begin to see results within 30 days.
- Skin Saviour® contains active, skin friendly bacteria so it's important to take your capsules at least 20 minutes before or after a hot drink - otherwise the heat of food or drink can harm the active bacteria.
- Ideally take your capsules on an empty stomach, together or separately during the day.

What customers can look forward to

3 weeks
Improvement in hormonal breakouts, skin elasticity and skin roughness.

1 month
Softer, plumper and more hydrated skin appearance with fewer signs of wrinkles. Better digestion.

2 months
Clearer skin, brighter complexion with fewer blemishes and redness. Improvement in hair and nails.

KEY INGREDIENTS IN SKIN SAVIOUR®

Grapeseed Extract

Grapeseed Extract is rich in polyphenolic compounds, particularly proanthocyanidins, which have potent antioxidant, anti-inflammatory, and anti-collagenase properties. These bioactive molecules scavenge free radicals, reducing oxidative stress and contributing to premature ageing, hyperpigmentation, and photoaging.

Antioxidant protection: Neutralises reactive oxygen species (ROS) generated by UV radiation, thereby preventing DNA damage, lipid peroxidation, and the breakdown of collagen and elastin.[1]

Anti-inflammatory effects: Inhibits nuclear factor-kappa B (NF-^{K}B) signalling, reducing the production of pro-inflammatory cytokines like IL-6 and TNF-α.[2]

Collagen preservation: Inhibits enzymes like matrix metalloproteinases (MMPs) that degrade collagen, thereby maintaining skin elasticity and preventing wrinkle formation.[3,4]

Hyaluronic Acid

Hyaluronic Acid is a glycosaminoglycan that plays a critical role in skin hydration, elasticity, and barrier function.

Moisture retention: Hyaluronic Acid can bind up to 1,000 times its weight in water, enhancing skin hydration and plumpness.[10]

Skin barrier support: Reinforces the epidermal barrier, reducing transepidermal water loss (TEWL) and promoting a smooth, hydrated appearance.[11]

Wound healing: HA supports keratinocyte migration and fibroblast activation, accelerating skin repair.[12]

Zinc

Zinc supports skin healing, regulates sebum production, and has anti-inflammatory effects. Statistically, significantly lower serum zinc levels are found in patients with seborrheic dermatitis.[18]

Anti-inflammatory: Zinc inhibits the production of pro-inflammatory cytokines, reducing acne and other inflammatory skin conditions.[19, 20]

Bilberry

Bilberry Extract is a rich source of anthocyanins, natural pigments with antioxidant and anti-inflammatory properties. These anthocyanins support microcirculation in the skin, promote collagen stabilisation, and protect against UV-induced photodamage.

UV protection: Long-term exposure to ultraviolet rays can cause dryness, roughness, pigmentation, and a loss of elasticity. Studies have shown anthocyanins to contribute to the repair of photoaged skin. Anthocyanins decrease skin photoaging by reducing oxidative stress, alleviating the inflammatory response, improving collagen synthesis, alleviating DNA damage, and inhibiting pigmentation.[5]

Collagen preservation: Bilberry anthocyanidins inhibit MMPs,[6] which are responsible for the degradation of extracellular matrix proteins like collagen and elastin.

Green Tea

Green Tea Extract is rich in catechins, particularly epigallocatechin gallate (EGCG), which has potent antioxidant, anti-inflammatory, and anti-ageing effects on the skin.

Antioxidant protection: Neutralises ROS generated by UV radiation, protecting keratinocytes from oxidative damage.[7]

Anti-inflammatory effects: Inhibits NF-^{K}B activation and reduces the production of inflammatory cytokines, thereby reducing skin redness and irritation.[8]

Anti-aging properties: EGCG enhances collagen synthesis and prevents its degradation by inhibiting MMP activity.[9]

Selenium

Selenium is a trace element and essential cofactor for glutathione peroxidase. Glutathione peroxidase is the master antioxidant enzyme and helps to protect the skin cells from oxidative stress and inflammation.

Inflammatory modulation: Selenium reduces pro-inflammatory cytokines, aiding in the management of chronic skin conditions, such as ectopic dermatitis, acne and psoriasis.[29,30]

Protection against photoaging: Selenium supplementation can improve skin elasticity and reduce the formation of wrinkles by mitigating oxidative stress.[31]

Inulin

Inulin is a prebiotic fibre that promotes the growth of beneficial gut microbiota, which in turn supports skin health through the gut-skin axis.

Gut-skin axis: Improves gut microbial balance, reducing systemic inflammation that may affect the skin.

Anti-inflammatory effects: Reduces systemic markers of inflammation, such as C-reactive protein (CRP), which indirectly supports clearer skin.[13]

Lactobacillus acidophilus

Lactobacillus acidophilus supports the gut-skin axis by promoting a balanced gut microbiome, which reduces systemic inflammation and supports healthy skin.

Gut-skin axis: Balances gut microbiota, reducing skin inflammation linked to conditions like acne, eczema and rosacea.

Barrier function: Produces metabolites (like short-chain fatty acids) that support the integrity of the intestinal barrier, reducing endotoxemia and its downstream effects on skin health.[14]

Reduced wrinkle formation: A study in animal models concluded that *L. acidophilus* was correlated with dermal collagen synthesis and decreased the expression levels of MMP-1 and MMP-9. *L. acidophilus* effectively inhibited the wrinkle formation induced by UVB irradiation, attributed to the downregulation of MMPs. *L. acidophilus* may be considered a potential agent for preventing skin photoaging and wrinkle formation.[15]

Vitamin C

Vitamin C is a potent antioxidant and a cofactor for collagen synthesis.

Collagen synthesis: Vitamin C is essential for the hydroxylation of proline and lysine in collagen production, supporting skin elasticity.[16]

Antioxidant protection: Vitamin C neutralises ROS generated by UV radiation, reducing oxidative stress and photodamage and helps to protect telomere length.[17]

Vitamin E

Vitamin E is a fat-soluble vitamin with strong antioxidant properties. It that plays an essential role in maintaining skin integrity and function. It protects the skin by neutralising free radicals caused by stressors, such as UV radiation and pollution.

Lipid membrane protection: Vitamin E integrates into the phospholipid bilayer of skin cell membranes, preventing oxidative degradation and lipid peroxidation. This preserves cellular integrity and prevents premature aging.

UV radiation defense: By reducing the formation of reactive oxygen species (ROS) after UV exposure, Vitamin E decreases photodamage, erythema, and inflammation. It can decrease the risk of skin cancer by limiting DNA damage.[21]

Anti-inflammatory properties: Tocopherol reduces cytokine production and inflammatory responses in the skin, particularly related to inflammation triggered by sun exposure, promoting faster healing and reducing redness.[22]

Wound healing: Vitamin E supports fibroblast proliferation and accelerates tissue repair, aiding in scar prevention and post-injury recovery.[23]

Synergy with Vitamin C: The combination of Vitamin C and E has an even greater impact on skin health. The combination enhances the antioxidant activity and provides broader protection against oxidative damage.

Vitamin A

Vitamin A is a fat-soluble vitamin that supports skin health. Retinoids, the active form of Vitamin A, are widely recognised for their anti-aging and acne-relieving properties.

Epithelial cell differentiation: Retinoids regulate keratinocyte differentiation,[24] preventing hyperkeratosis and promoting a smoother, more even skin texture.

Increased cell turnover: By enhancing desquamation (shedding of dead skin cells), retinoids help treat conditions such as acne, psoriasis, and hyperpigmentation.[25]

Collagen stimulation: Vitamin A upregulates fibroblast activity and collagen synthesis, reducing fine lines and wrinkles while improving skin elasticity and firmness.[26]

Sebum regulation: Retinoids decrease sebaceous gland activity, reducing oil production and preventing clogged pores.[27]

Hyperpigmentation treatment: Vitamin A inhibits melanin synthesis, helping to lighten dark spots and promote an even skin tone.[28]

DRUG INTERACTIONS

Interaction Severity

Major	Ephedrine	Green Tea when taken with this drug may increase the risk for stimulant adverse effects.
	Nadolol	Green Tea may reduce the effects of this drug.
	Retinoids	Vitamin A may increase the risk of retinoid toxicity when taken with these drugs.
Moderate	Anticoagulant / antiplatelet drugs	Grapeseed Extract, Green Tea, Vitamin E, Selenium and Bilberry may increase the risk of bleeding when taken with these drugs.
	Antidiabetes drugs	Bilberry and Inulin may increase the risk of hypoglycemia when taken with these drugs. Green Tea may interfere with blood glucose control.
	Erlotinib	Bilberry may reduce the effects of this drug.
	5-fluorouracil	Green Tea may increase the side effects from this drug.
	Adenosine	Green Tea may decrease the effects of this drug.
	Atorvastatin	Green Tea reduces the blood levels of this drug.
	Beta-adrenergicagonists	Green Tea may increase the absorption of this drug.
	Bortezomib	Green Tea may interfere with the effects of this drug.
	Carbamazepine	Green Tea may reduce the effects of this drug and increase the risk for convulsions.
	Celiprolol	Green Tea may reduce the effects of this drug.
	Cimetidine	Green Tea may increase the effects of this drug.
	Clozapine	Green Tea may increase the risk of side effects from this drug.
	Dipyrudamole	Green Tea may reduce the effects of this drug.
	Fexofenadine	Green Tea may decrease the blood levels of this drug.
	Flutamide	Green Tea may increase the blood levels of this drug.

Interaction Severity

Moderate

Hepatotoxic drugs	Green Tea when taken with these drugs may increase the risk of liver toxicity.
Imatinib	Green Tea may reduce the effects of this drug.
Lisinopril	Green Tea may reduce the effects of this drug.
Lithium	Green Tea may interfere with the blood levels of this drug.
Monoamine oxidase inhibitors	Green Tea when taken with this drug may increase the risk of a hypertensive crisis.
Nintedanib	Green Tea may reduce the blood levels of this drug.
Organic anion-transporting polypeptide (OATP) substrates	Green Tea reduces the absorption of these drugs.
Pentobarbital	Green Tea may decrease the effects of this drug.
Phenobarbital	Green Tea may reduce the effects of this drug.
Phenylpropanolamine	Green Tea may increase the risk of hypertension when taken with this drug.
Phenytoin	Green Tea may reduce the effects of this drug.
pioglitazone	Green Tea may increase the effects of this drug.
Riluzole	Green Tea may increase the risk of side effects from this drug.
Rosuvastatin	Green Tea may interfere with the absorption of this drug.
Theophylline	Green Tea may increase the levels of this drug.
Valproate	Green Tea may reduce the effects of this drug.
Verapamil	Green Tea may increase the levels of this drug.
Warferin	Green Tea and Vitamin A may increase the risk of bleeding when taken with this drug. Vitamin C may decrease the effects of these drugs. Selenium may interfere with this drug.
Alkylating agents	Vitamin C and Zinc may decrease the effect of these drugs.
Aluminum	Vitamin C may increase the absorption of this drug.

Interaction Severity		
Moderate	Antitumour Antibiotics	Vitamin C and Vitamin E may decrease the effects of these drugs.
	Oestrogens	Vitamin C may increase the levels of oestrogen in the blood.
	Fluphenazine	Vitamin C decreases the blood levels of this drug.
	Indinavir	Vitamin C decreases the blood levels of this drug.
	Levothyroxine	Vitamin C may increase the absorption of this drug.
	Cephalexin	Zinc may reduce the levels of this drug.
	Cisplatin	Zinc may interfere with the absorption of these drugs.
	Integrase inhibitors	Zinc may decrease the absorption of these drugs.
	Penicillamine	Zinc may decrease the effects of these drugs.
	Quinolone Antibiotics	Zinc may decrease the effects of these drugs.
	Ritonavir	Zinc may reduce the level of this drug.
	Tetracycline Antibiotics	Zinc may decrease the absorption of these drugs.
	Hepatotoxic Drugs	Vitamin A may increase the risk of hepatoxicity when taken with these drugs.
	Tetracycline Antibiotics	Vitamin A when taken with this drug increases the risk of pseudotumor cerebri.
	Barbiturates	Selenium may increase the sedative effects of these drugs.
	Immune Suppressants	Selenium may decrease the effects of these drugs.
Minor	Nicardipine	Green Tea may reduce the side effects of this drug.
	Acetaminophen	Vitamin C may prolong the clearance of this drug.
	Atazanavir	Zinc reduces the levels of this drug.

Drug-nutrient interactions have been taken from the Natural Medicines Database, October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

DR.VEGAN® PRACTITIONER SCHEME

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