

1- **PRODUCT NAME**

PSORISAN CREAM

Skin relief and well-being



75 ml

2- COMPOSITION

INGREDIENTS	ACTION
Calaguala [<i>Polypodium leucotomos</i> root extract]	. Anti-inflammatory, immunomodulatory and keratin-regulator.
Vegetable squalene [squalane]	Dermoprotective and moisturising.
Tsubaki oil [<i>Camellia japonica</i> seed oil]	Anti-inflammatory, dermoprotective and repairing.
Pure hyaluronic acid (*) [sodium hyaluronate]	Moisturising and repairing.
Avocado extract [<i>Persea gratissima</i> fruit extract]	Dermoprotective and regulator of cellular functions.
Silicon [methylsilanol mannuronate]	Restorative.
Potassium phosphate (<i>Kalium phosphoricum</i> , Schüssler salt No. 5) [potassium phosphate]	Calming of the nervous system.
Lavender [<i>Lavandula angustifolia</i> oil]	Calming, anti-inflammatory and antiseptic.

(*) COSMOS certified by Ecocert.

Active principles. INCI:

Aqua, caprylic/capric triglyceride, ethylhexyl cocoate, glycerin, cetearyl alcohol, octyldodecanol, C12-15 alkyl benzoate, *Helianthus annuus* seed oil, hydroxyethyl acrylate/sodium acryloyldimethyl taurate copolymer, squalane, *Butyrospermum parkii* butter, *Olea europaea* fruit oil, *Lavandula angustifolia* oil, *Camellia japonica* seed oil, *Polypodium leucotomos* root extract, sodium hyaluronate, *Persea gratissima* fruit extract, methylsilanol mannuronate, bisabolol, tocopheryl acetate, cetearyl glucoside, glyceryl stearate, pentylene glycol, citric acid, potassium phosphate, xanthan gum, disodium EDTA, ethylhexylglycerin, phenoxyethanol, potassium sorbate, linalool, limonene.

3- HOW TO USE

Apply **Psorisan Cream** to the skin to be treated, massaging until completely absorbed, on a daily basis.

2 or 3 daily applications are recommended for a better skin response.

If its use is recommended in combination with topical medication, preferably apply it 1 hour before the treatment.

4- PRESENTATION

75-ml tube

5- INDICATIONS

Psorisan Crema is a cream for daily use that is specially indicated to moisturise, relieve, comfort and contribute to restore the well-being of the skin that shows desquamation, redness, inflammation, etc.; frequent on elbows, knees, back, nails and scalp, among other parts, as it occurs with psoriasis.

- It restores the natural balance of the skin, providing relief, comfort and skin well-being.
- Calms, reduces inflammation and fights skin irritation.
- Prevents and reduces the intensity of redness.
- Deeply nourishes and enhances the skin's protective barrier function, strengthening it and preventing water loss and parallel infection.
- Provides deep and lasting hydration.

It features a galenic formulation that favours its correct assimilation and is not sticky.

6- GENERAL CONCEPTS

Psoriasis is a chronic inflammatory disease of the skin (it affects between 1% and 3% of the world's population) that features because of the appearance of reddish scaly lesions, preferably on the elbows, knees and scalp, and which has the possibility to affect nails and joints. It is not a contagious or hereditary disease, and, although there is a genetic predisposition in people who suffer from it, other triggering factors are usually involved.

It can appear anywhere in the body and is caused by a dysfunction of the immune system, mediated by T lymphocytes. These cells play an important role in the immune system and in the inflammatory response that determines the development and maintenance of lesions of psoriasis.

The disease begins when T cells, a type of white blood cell that contributes to protect the body against infection, become inappropriately activated. This triggers several immune responses, including the proliferation and dilation of blood vessels in the skin and the proliferation of keratinocytes. Consequently, the cell renewal process of the epidermis is accelerated, which passes from thirty days (the usual time) to only four, which makes the cells rise too quickly to the surface of the skin and accumulate in the horny layer, where plates of whitish scales are formed. In addition, inflammation, redness and irritation appear. At the same time, the skin is more unprotected against dehydration and infections due to a clear alteration in the barrier function. In this activation of T lymphocytes that gives rise to psoriasis, genetic predisposition, emotional stress and infections may intervene, among other factors.

7- PROPERTIES OF THE INGREDIENTS

Calaguala is a tropical fern that has been used for years as a natural remedy to treat skin conditions such as psoriasis and atopic dermatitis.

Its scientific name is *Polypodium leucotomos* and it is also commonly known by the following names: calahuala, golden polypodium or palm fern.

This extract is rich in calagualin, polypodin, fatty acids and tannins that provide anti-inflammatory and immunomodulatory properties, correcting the imbalance of T lymphocytes.

In addition, calagualin has properties that inhibit epithelial proliferation (keratin-regulator).

Vegetable squalene is a lipid obtained from olive oil with a composition similar to skin lipids, which nourishes and contributes to restore the skin barrier function, providing dermatoprotective and moisturising properties. They restructure and repair the stratum corneum (the first barrier of the skin defence), improving cellular cohesion and reducing intercellular spacing. In this way, the skin is more protected against external aggressions, both physical or chemical and biological, avoiding a parallel infection; as well as against transepidermal water loss (TEWL), helping the skin stay correctly moisturised.

Tsubaki oil is obtained from the flower seeds of a bush native to Japan known as *Camellia Japonica*. A shrub that blooms in winter, at extreme temperatures, and this makes the oil from its seeds rich in soothing, repairing, moisturising and restorative components. It contains **omegas 3, 6 and 9**. Three essential fatty acids that act as precursors of the main anti-inflammatory molecules. So it helps to calm those especially reactive skins that generally suffer from inflammation. It also contains **vitamin A**, highly renewing; **vitamin D**, as a regulator of the immune system, contribute to balance the antimicrobial proteins, such as cathelicidin, which not only does it support the natural immunity of the skin (avoiding further infections), but also helps in the general repair of the damaged tissue; **vitamin E**, together with **polyphenols**, with repairing and protective (antioxidant) properties, and **palmitic and stearic acids**, two lipids that are naturally found in the epidermis and contribute to reinforce the barrier function.

Pure hyaluronic acid (biological) of high molecular weight (> 1300 KDa) forms a highly hygroscopic, non-occlusive film on the skin that increases the degree of skin moisturisation. It creates a perfectly hydrated medium that favours the regeneration and repair of the skin by its own means. It favours the circulation of cellular signals and nutrients while allowing the biochemical reactions to take place, both intracellular and extracellular, that participate in skin self-repair and regeneration. At the same time, by recovering the natural moisture of the skin, it reduces the irritation associated with the tightness related to dehydration.

For its part, **avocado extract** features because of its high lipid content, with a composition similar to that of the skin (squalene, sterols, phospholipids, oleic, linoleic and palmitic acids), which give it lipid-replenishing, nourishing properties, and also restorative of the barrier function and dermoprotective, as well as soothing. On the other hand, avocado is rich in vitamins (E, B, A, D and K) and minerals (potassium, silicon, phosphorus, manganese, iron, calcium and sodium), which are involved in the correct functioning of the skin (they regulate the cellular functions).

silicon acts as a stabiliser of the three-dimensional architecture of the skin. It is a necessary element to establish the union bonds (siloxane bridges), both intramolecular, within the macromolecules that form the extracellular matrix: collagen, elastin, hyaluronic acid and proteoglycans, and intermolecular, allowing the union between all these macromolecules. In this way, silicon, by contributing both to the elaboration of these essential elements of the extracellular matrix and to keep them correctly united, makes it possible to have a connective tissue:

- ▶ Perfectly moisturised
- ▶ With great damping capacity
- ▶ Tensile strength
- ▶ With elasticity

It cooperates in the correct skin reconstruction

Schüssler's salt No. 5 "Kalium phosphoricum" (potassium phosphate) is the salt of the nerves. It is associated with the nervous system disorders since potassium phosphate allows the nerves working properly through the regulation of potassium content. Psoriasis tends to worsen during times of increased stress and emotional tension.

Lavender provides **soothing, anti-inflammatory and antiseptic** properties. In its composition we find, mainly, tannins (with anti-inflammatory properties), flavonoids (antioxidants) and rosmarinic and ursolic acids (anti-inflammatory, antimicrobial and antioxidant).

8- **WARNING**

- Product for external use only.
- Avoid direct contact with the inside of the eyes.
- Do not apply on mucous membranes.
- Wash your hands after each application.
- Keep out of the reach of children.
- Store in a cool place, avoiding direct light and heat sources.
- Do not apply in case of confirmed or suspected hypersensitivity to any of the components of Psorisan Cream (see composition).

9- **BIBLIOGRAPHY**

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