

Polypodium Leucotomos Extract – An Oral Sunprotective Supplement – Found to Be Safe & Effective

SKIN-The Journal of Cutaneous Medicine® Article: Clinical Efficacy & Safety of Oral Polypodium Leucotomos Extract for Photoprotection: A Systematic Review

NEW YORK, NY, UNITED STATES, November 13, 2018 /EINPresswire.com/ -- Polypodium leucotomos extract is naturally obtained from a fern native to South America. It has been shown to have anti-oxidant and photoprotective properties when taken orally. The extract is not a sunscreen but can be one extra layer to a full sun protection package. A recent article reviewed all human studies published to date showing the clinical efficacy and safety of polypodium leucotomos extract.



Most studies reported beneficial photoprotective effects of polypodium leucotomos extract as evidenced by increased minimal erythematous dose.”

Giselle Prado, MD

Prado et al. wrote “Eighteen studies were found to meet [our] inclusion criteria. Most studies reported beneficial photoprotective effects of polypodium leucotomos extract

as evidenced by increased minimal erythematous dose.” The concept of minimal erythematous dose has been used for decades in order to measure the efficacy of sunscreens. By increasing the minimal erythematous dose, a person would need more exposure to sun in order to burn.

In this study, the most popular formulation of the extract was Heliocare, made by Ferndale Healthcare. The authors go on to state “the extraction methodology of an herbal supplement can affect its potency and effects in humans. Without testing each specific formulation in humans, it can be difficult to compare different products that claim to have the same ingredients.” Therefore, consumers should be careful when purchasing their oral supplement of choice.

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(DOI: 10.25251/skin.2.6.2)

Giselle Prado
National Society for Cutaneous Medicine
+1 646-341-6468
[email us here](#)

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