

	TOPICAL	ORAL
FREQUENCY	Reapplication every 2 to 3 hrs, after swimming, excessive sweating, etc.,	Twice or once a day tablet.
AREA OF PROTECTION	Protects on area where applied	Full body and hair protection
IDEAL ATTRIBUTES	High SPF, easy spread ability, high substantivity, sweat and water resistance, non oily feel, Photo stability, cosmetic acceptability, etc., required for consumer compliance	No such requirements
ALLERGIC REACTIONS AND ACNE ATTRIBUTES	Fairly common	No reports
SAFETY	Concerns of genotoxicity with Nanoparticle physical sunscreen, and endocrinologic side effects of chemical sunscreens	No such issues, though long term safety unknown

transformation.

- Protects from sun allergy, premature greying of hair, improves vitiligo, melasma and psoriasis

WHY SHOULD ONE TAKE ORAL SUNSCREEN USP, INDICATIONS, BOTH TO BE MENTIONED?

Oral protection can help make up for the limitations of topical sunscreen and greater compliance of consumers due to ease of use. The USP has already been mentioned above.

INDICATIONS

- Rosacea
- Pigmentation disorders like melasma and vitiligo
- Genetic disorders like xeroderma pigmentosum, porphyrias which require strict sun protection
- Sun related allergies
- Those allergic to topical sunscreen ingredients
- Those who get acne due to topical

Oral capsules such as Heliocare Oral Capsules are convenient to use. It is just like taking a supplement. No need of repeated applications like topical sunscreen. More uniform coverage of the total body surface area and deeper. Sun protection regardless of factors like potency of creams, amount applied, sweating, or bathing. sun protection regardless of factors like potency of creams, amount applied, sweating, or bathing.

sunscreens

- Players and people on the go who cannot reapply sunscreen frequently

DR. RINKY KAPOOR
Consultant Dermatologist,
Mumbai



ORAL SUNSCREENS

WHAT IS ORAL SUNSCREEN TABLETS?

Pills containing one or more of compounds like polypodium leucotomos (PL), beta carotene, lycopene, red orange extracts, vitamin C and E, green tea, nicotinamide, PABA, etc. which have robust sun protective properties such as Heliocare Oral Capsules. Thus one can 'eat their sunscreen'. The most powerful amongst these agents being controlled aqueous extract of the leaves of fern plants polypodium leucotomos(PL) which provide a consistent phenolic content.

The level of protection is not equivalent with that of a topical sunscreen; hence these are solid boosters to topical sunscreen, not a substitute.

TELL US THEIR USP?

- Oral capsules such as Heliocare Oral Capsules are convenient to use. It is just like taking a supplement.
- No need of repeated applications like topical sunscreen.
- More uniform coverage of the total body surface area and deeper sun protection regardless of factors like potency of creams, amount applied, sweating, or bathing.
- More broad-spectrum protection against the negative effects of the sun from prevention of sunburn to anti skin cancer effects to anti ageing benefits.
- Excellent safety profile

HOW IS IT BENEFICIAL?

Reliable studies have shown that Heliocare oral capsules provide:

- Protection against ultraviolet , visible and infrared radiation
- Excellent antioxidant—reduces free radicals by up to 50%
- Prevent pigmentation caused by UV rays
- Protects the entire skin surface, increasing the skin's resistance against sunburn and redness by up to 300%
- Slows down skin aging
- Repairs sun-damaged DNA in skin cells thus protecting against cancer

Oral protection can help make up for the limitations of topical sunscreen and greater compliance of consumers due to ease of use. Protects from sun allergy, premature greying of hair, improves vitiligo, melasma & psoriasis.



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