

EFFICACY AND TOLERANCE OF A NEW DERMO-COSMETIC PRODUCT CONTAINING SILYBIUM MARIANUM FRUIT EXTRACT AND NIACINAMIDE IN ADULTS AND ADOLESCENTS WITH MILD TO MODERATE ACNE

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INTRODUCTION

Acne vulgaris is a common inflammatory dermatological condition with a multifactorial etiology, primarily affecting adolescents and young adults. It is characterized by the presence of comedones, papules, pustules, and, in severe cases, cysts and nodules. Beyond its physical manifestations, acne significantly impacts psychological well-being, self-esteem, and quality of life.

Dermocosmetic products play a well-established role in managing mild to moderate acne.

We developed a new dermocosmetic formulation containing a patented active ingredient extracted from *Silybum marianum* fruit and niacinamide, designed to improve acne prone skins.

This clinical study was designed to evaluate the tolerance and efficacy in adolescents and young adult subjects suffering of mild to moderate acne.

METHODOLOGY

Targeted population: 41 subjects included aged 13 to 26 years

Mild to moderate acne vulgaris (according to Global Evaluation Acne [GEA])

Presenting 15 to 50 total acne lesions

Presenting at least 1 post-inflammatory mark

Method of product application : 2x a day ; on the face



Visits: monitored over 2 months with 5 visits (D1, D6, D15, D29 and D57)



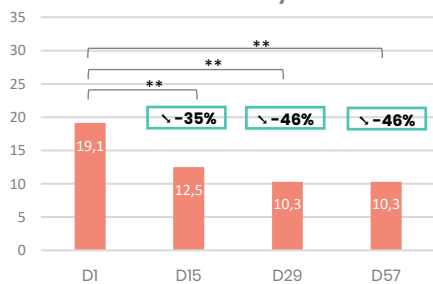
Assessments at each visit:

- Tolerance
- Acne lesions count (Lucky's method)
- Instrumental assessment of post-inflammatory marks (size)
- Pore visibility (11-point NRS)
- Quality of life (Cardiff Acne Disability Index [CADII])

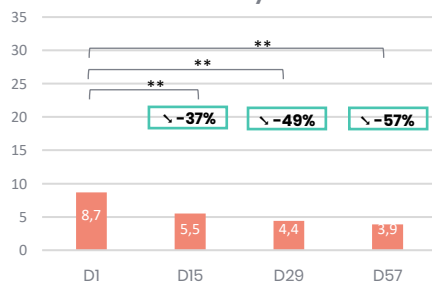
RESULTS

*p<0.05 (S)
**p<0.001 (HS)

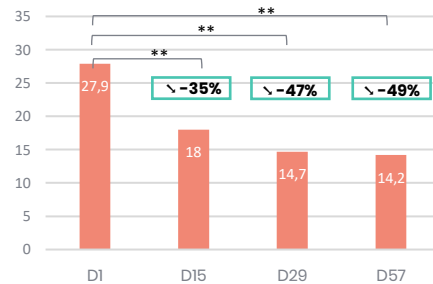
Non-inflammatory lesions



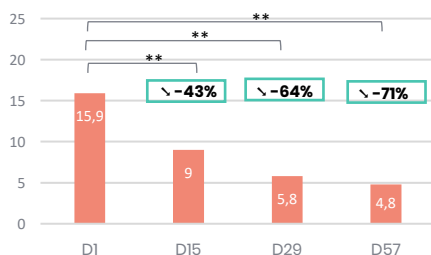
Inflammatory lesions



Total lesions



Post-inflammatory erythema size (in mm)



Further Enhancements in Clinical Parameters

- Very significant reduction in pore visibility, with a 29% decrease after 15 days and a sustained improvement of 51% over 2 months



CONCLUSIONS

This clinical study demonstrated that this new dermocosmetic face care is well tolerated and provides significant benefits in mild to moderate acne vulgaris. The reduction in inflammatory and non-inflammatory lesions, along with improvements in pore visibility and post-inflammatory marks, underscores its potential as an effective adjunct in acne management. Additionally, the positive impact on quality of life (-32%** CADI score in 1 month) and high user satisfaction reinforces its relevance in the daily care of acne-prone skin.