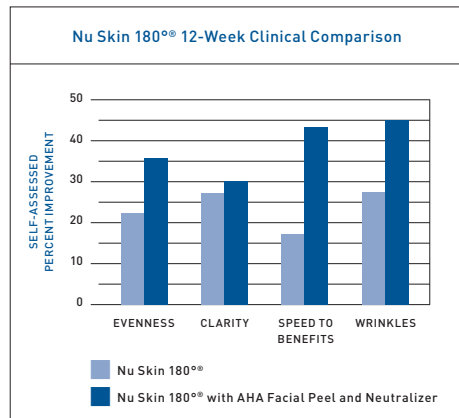


## STUDY PROCEDURE

As part of the blind, 12-week clinical study, 25 individuals (75% females) between the ages of 35 and 55 who exhibited Glogau Type II and III photo damage were recruited to evaluate the Nu Skin 180<sup>®</sup> System in combination with Nu Skin 180<sup>®</sup> AHA Facial Peel and Neutralizer. Subjects were followed through 12 weeks of product use. The condition of the face and neck skin was assessed for fine lines, wrinkles, texture, skin clarity, pore structure, and redness. Data was compared to the 12-week clinical study using the Nu Skin 180<sup>®</sup> System without Nu Skin 180<sup>®</sup> AHA Facial Peel and Neutralizer.



**Figure 4.** After 12 weeks of product use, participants using the Nu Skin 180<sup>®</sup> System with Nu Skin 180<sup>®</sup> AHA Facial Peel and Neutralizer noticed a greater percentage of improvement in skin tone, clarity, lines and wrinkles, and speed to benefits.

## CONCLUSION

The combination of treatment ingredients featured in the Nu Skin 180<sup>®</sup> System demonstrated beneficial effects, which resulted in an overall more youthful appearance. Both the seven-day and 12-week clinical studies showed the Nu Skin 180<sup>®</sup> System diminishes fine lines and wrinkles, improves elasticity, refines texture, evens skin tone, and brightens the skin while delivering essential moisturization. In addition, an analysis of dermatological grader and participant self-evaluation data indicated Nu Skin 180<sup>®</sup> is an effective option in the treatment of photo-damaged skin.



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# NU SKIN 180<sup>®</sup> ANTI-AGING SKIN THERAPY SYSTEM CLINICAL BULLETIN

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## STUDY RESULTS

Study participant self-evaluations indicated that those who used the Nu Skin 180<sup>®</sup> System in combination with Nu Skin 180<sup>®</sup> AHA Facial Peel and Neutralizer experienced a greater percentage of improvement. The percent of improvement in addition to the base improvement experienced when using the Nu Skin 180<sup>®</sup> System alone is shown below:

- 36% improvement in skin tone evenness—a 14% increase.
- 30% improvement in clarity—an 8% increase.
- 45% improvement in lines and wrinkles—a 22% increase.
- 43% improvement in speed to benefits—a 26% increase.

## BACKGROUND

Fine lines, wrinkles, and loss of elasticity are symptoms commonly associated with aging skin. Accumulated environmental exposure and a natural decrease in cell renewal contribute to other signs less often associated with aging—discoloration; uneven skin tone; dull, rough, or dry skin; and enlarged pores. Targeting these skin care concerns can dramatically improve the youthful, healthy appearance of skin.

## DIMINISHING YOUTHFULNESS: A COMBINATION OF EFFECTS

Numerous factors contribute to changes in the appearance of aging skin:

- Environmental damage, lifestyle, and aging can alter the natural 28-day cell renewal cycle. This allows dead cells to build up on the skin's surface, which causes dullness and sallowness, leads to a rough texture, and affects the skin's ability to hold moisture.
- Skin protein levels (collagen and elastin) deteriorate due to their decreased production and free radical oxidation, leading to loss of firmness and the development of wrinkles.
- Excess sun exposure may cause irregular formation of pigment, leading to brown patches or freckles.
- The skin's natural process of repairing sun damage may lead to solar scars, which appear as fine lines or deeper wrinkles.

## RESTORATION OF SKIN VITALITY: THE BENEFITS OF COMBINATION THERAPY

By understanding how skin changes and ages, dermatological science has brought us new ways to improve the skin's appearance. We now have advanced cosmetic treatments that work effectively on the top layers of the skin where the effects of age and the sun are most visible. Most importantly, many leading skin researchers have demonstrated that a comprehensive improvement in the skin's appearance requires a combination of treatments for optimal results. Such a comprehensive system would offer a number of treatment ingredients and related benefits:

- A combination of the polyhydroxy acid (PHA) gluconolactone with soy isoflavones to diminish the appearance of fine lines and wrinkles and gently enhance the skin's natural cell turnover rate—improving texture, radiance, and pore size.
- Vitamin C to help reduce the appearance of lines and wrinkles and improve skin tone.
- Di- and tri-peptides, with an optimal peptide structure uniquely adapted to the deficiencies common in skin, to help establish nutritional balance and activate synthesis of skin proteins.

- Natural anti-irritants to calm minor inflammation often related to environmental damage.
- DNA enzymes to support the skin's intrinsic DNA repair process and help reverse the signs of sun damage.
- Creatine to enhance the nighttime repair process, promote collagen and elastin production, and keep skin smooth, soft, and vibrant.
- Sunscreens to provide UVA and UVB protection necessary for the prevention of further environmental damage and pigmentation changes.

## VISIBLE RESULTS IN SEVEN DAYS

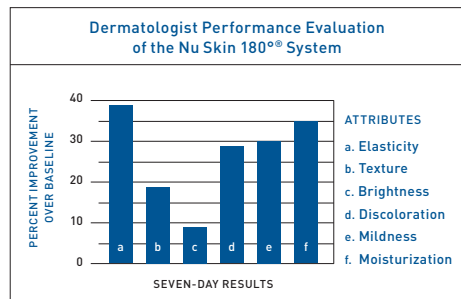
The current global culture requires instantaneous results, which presents anti-aging scientists with the difficult challenge of developing products that deliver visible results quickly. In response to this demand, Nu Skin 180<sup>®</sup> formulators designed a system that delivers results in as few as seven days.

## Nu Skin 180<sup>®</sup> Seven-Day Clinical Study

### STUDY PROCEDURE

The Nu Skin 180<sup>®</sup> Anti-Aging Skin Therapy System was tested in a seven-day clinical study using 15 subjects between the ages of 40 and 60 (75% females) with Glogau\* type II to III and Asian ethnicity preferred. Study participants used the Nu Skin 180<sup>®</sup> System for seven days. A clinical dermatologist and the subjects themselves assessed the skin for elasticity, fine lines, wrinkles, texture, and brightness. They also assessed the products for mildness and moisturizing ability.

\*Glogau scale is used to classify photo age groups. Type II is mild, ages 35–50. Type III is advanced, ages 50–65.

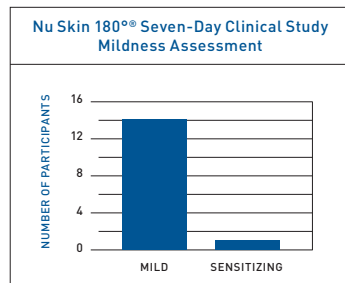


### STUDY RESULTS

After seven days, clinical graders noted the following results:

- 39% improvement in elasticity
- 19% improvement in texture
- 29% improvement in discoloration
- 35% increase in skin moisture levels

**Figure 1.** Participants using Nu Skin 180<sup>®</sup> experienced a significant percent of improvement in skin elasticity, texture, and discoloration in as few as seven days.



### SEVEN-DAY NU SKIN 180<sup>®</sup> MILDNESS ASSESSMENT

Not only did participants experience results after just seven days, clinical results indicated Nu Skin 180<sup>®</sup> is mild and gentle enough for all skin types.

**Figure 2.** After seven days of product use, 14 out of 15 participants reported Nu Skin 180<sup>®</sup> was mild and non-sensitizing.

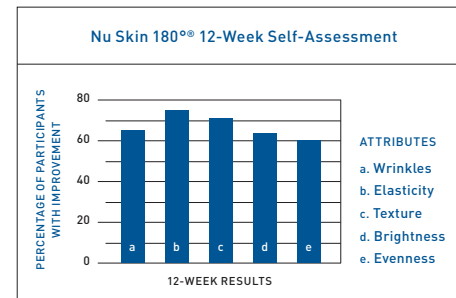
## Nu Skin 180<sup>®</sup> 12-Week Clinical Study

### CLINICAL SUMMARY OF POLYHYDROXY ACIDS

During the development of alphahydroxy acids (AHAs) for use in skin care in the 1990s, a group of molecules termed polyhydroxy acids (PHAs) was noted to be better tolerated by those with sensitive skin. It is thought that the larger polyhydroxy acids enter the skin more gently and gradually and do not overwhelm the skin's sensory nerves. The polyhydroxy acid molecule gluconolactone (a component of skin) was shown to perform equivalent to AHAs as an anti-aging treatment when used regularly and was shown to provide the additional benefits of an absence of burning and stinging. This reduced irritation, coupled with natural antioxidant properties, gives PHAs a gentle, competitive edge over other anti-aging treatments.

### STUDY PROCEDURE

An independent laboratory performed a blind, 12-week clinical evaluation to test the efficacy of the Nu Skin 180<sup>®</sup> Anti-Aging Skin Therapy System in improving photo-damaged skin. The study used 25 participants between the ages of 35 and 55 (75% females) who exhibited Glogau type II to III photo damage. Participants used Nu Skin 180<sup>®</sup> as recommended and were followed through 12 weeks of product use. The condition of the skin was assessed for fine lines, wrinkles, texture, skin clarity, pore structure, and redness.



**Figure 3.** A compelling percent of study participants reported significant improvement after 12 weeks of product use in the five categories listed.

### STUDY RESULTS

After 12 weeks of product use, study participants completed a self-assessment. Participants noted significant improvements in several categories:

- 64% in fine lines/wrinkles
- 76% in skin elasticity
- 72% in texture
- 64% in brightness
- 60% in evenness

## 12-Week Clinical Comparison: Nu Skin 180<sup>®</sup> System versus Nu Skin 180<sup>®</sup> plus Nu Skin 180<sup>®</sup> AHA Facial Peel and Neutralizer

### CLINICAL BENEFITS OF USING PHAS AND AHAS TOGETHER

For years, the independent anti-aging benefits of PHAs and AHAs have been clearly defined through numerous scientific studies and thousands of consumer testimonials. Interestingly, anti-aging researchers are discovering that, when used together, PHAs and AHAs provide a unique and more effective anti-aging approach.