



# Lilia Dermacare

*Complete Beauty Care*

*Radiant Skin, Lush Hair, Strong Nails*

**L o o k** well  
**F e e l** well

*Enhanced formula with*

*Silica - PABA & Co Enzyme Q10*

*Coconut Flavour*



## Who can use Lilia Derma care?

### ■ Beauty Enthusiasts

Individuals looking for comprehensive solutions to achieve glowing skin, healthy hair, and strong nails.

### ■ Vegetarians/ Vegans

Helping bridge nutrient gaps specific to hair, nail, and skin health for those on plant-based diets.

### ■ People with Skin Concerns

Addressing issues like acne or oily skin with targeted solutions.

### ■ Time-Pressed Individuals

Providing essential beauty nutrients to support skin hair, and nails, even with a demanding lifestyle.

### ■ Individuals with Hair Thinning or Breakage

Offering support for improved hair growth and strength.

### ■ Those with Brittle Nails

Restoring nail flexibility, durability, and overall strength.

### ■ Postpartum Mothers

Assisting with recovery from postpartum hair loss and promoting regrowth.

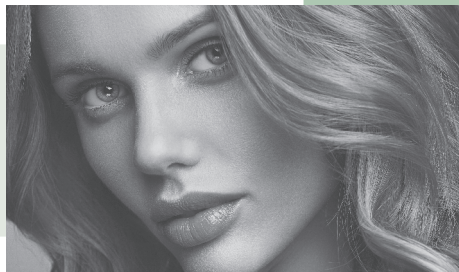
### ■ Athletes and Fitness Enthusiasts

Enhancing resilience against the effects of frequent washing and sweating to maintain healthy hair and skin.

# Leading the way to better health

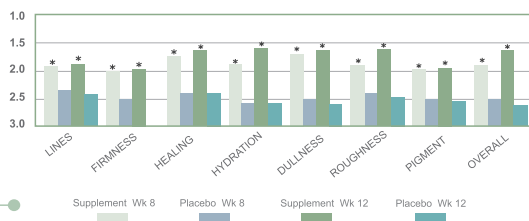
- Comprehensive supplement, packed with essential vitamins, minerals and antioxidants designed to support skin, hair and nails health-promoting overall beauty and rejuvenation.

- A double - blind, placebo controlled study was conducted on 50 female subjects aged 35-65 for 12 weeks. Subjects took a supplement formulated similarly to Lilia Derma care or placebo twice daily.



## SELF-ASSESSMENT RESULTS

COMPARISON VS PLACEBO



- The subjects reported superior improvement for supplement over the placebo, with incremental improvements occurring from 8-12 Weeks.

\*STATISTICALLY SIGNIFICANT IMPROVEMENT VERSUS PLACEBO  $P \leq 0.05$

- Clinically proven: In a 12-weeks study, the supplement group containing antioxidants and vitamins showed significant reductions in wrinkle depth and improved skin appearance compared to the placebo group." (1)

1 - Draelos, Z. D. (2019). An oral supplement and the nutrition-skin connection. The Journal of clinical and aesthetic dermatology. 12(7), 13.

## ■ Acne Treatment

Reduces inflammation and prevents clogged pores for clear skin.  
Prevention of excess sebum production.

**Vit A (2), Vit B3, B5/ B6 (3), D (4)**

## ■ UV Protection

Shields skin from harmful UV rays and helps prevent skin damage.

**Vit C/A/D3/Copper/Zinc/Selenium (5),PABA (6)**

**Bamboo Extract (7)/CoQ10 (8)**

## ■ Hyperpigmentation & Melanin Support

Reduces dark spots and promotes an even skin tone.  
Improvement of facial erythema.

**Vit C/ A/ B3/ D3/Copper /Zinc/Selenium (5), CoQ10 (8, 9)**

## ■ Improvement of Collagen Content & Keratin Production

Supports skin elasticity.  
Strengthens hair & nail.

**Vit A/ Biotin/ B3/ Zinc/ Copper/L-Arginine (5),L-Cysteine (10)  
CoQ10 (9)**

## ■ Wound Healing

Speeds up recovery by promoting cell regeneration.

**B5 (3), Vit A/ B3/ Zinc/Copper/L-Arginine (5)**

- 2- Cook, M., Perche, P., & Feldman, S. (2022). Oral vitamin A for acne management: a possible substitute for isotretinoin. *J Drugs Dermatol*, 21(6), 683-686.
- 3- Hama, Mary, Eder Jaqua, Van Nguyen, and J. B. Clay. "Vitamins: functions and uses in medicine." *Perm. J.* 26, no. 2 (2022): 89-97.
- 4- Alhetheli, Ghadah, Ahmed Ibrahim Abd Elneam, Adel Alsenaid, and Mohammed Al-Dhubaibi. "Vitamin D levels in patients with and without acne and its relation to acne severity: a case-control study." *Clinical, cosmetic and investigational dermatology* (2020): 759-765.
- 5- Park, Kyungho. "Role of micronutrients in skin health and function." *Biomolecules & therapeutics* 23, no. 3 (2015): 207
- 6- Kirkoszka, M., Barach, K., Beberok, A., and Wznesnick, D. M. (2020). *Pielno w tabletce – wiedza społeczna* [Jstwa na temat nutraceutyków. Farmacja Polska, 76(5), 239-249. doi: 10.32383/farmopol/125488
- 7- Vollmer, D. L., West, V. A., and Lephart, E. D. (2018). Enhancing skin health: by oral administration of natural compounds and minerals with implications to the dermal microbiome. *International Journal of Molecular Sciences*, 19(10), 3059. doi: 10.3390/ijms19103059
- 9- NOGUEIRA, Marcelle, Mirian SOTANCHES, Neusa VALENTE, Luanda OLIVEIRA, Natalli PEREIRA, Luiz Fernando SILVA, Maria SATO, and Edileia BAGATIN. "Oral coenzyme Q10: the new authority in skin aging. Results of a randomized, double-blind, placebo-controlled trial in elderly women." (2023TO, Jose Antonio S).
- 10- Miniaci, Maria Concetta, Carlo Itrace, Antonella Capuzzo, Maraluisa Piccolo, Antonio Di Pascale, Annapina Russo, Pellegrino Lippiello, Fabio Lepre, Giulia Russo, and Rita Santamaria. "Cysteine prevents the reduction in keratin synthesis induced by iron deficiency in human keratinocytes." *Journal of cellular biochemistry* 117, no. 2 (2016): 402-412.

Powerful Ingredients for  
Complete Beauty Care





## ■ Increased Hair Growth

Stimulates hair growth and improves density.

**Biotin/ Vit B5/ B12 (11), Vit A/C/ D3/ Zinc/ Copper/ Selenium (5)**

## ■ Dandruff Treatment

Reduces scalp flaking and inflammation by improving scalp health and increasing hair diameter.

**Biotin/ Vit B3/ B6/ B12 (12), Copper & Zinc (5)**

## ■ Psoriasis & Eczema Relief

Soothes irritated skin and restores its barrier.

**Biotin & Vit B3 (3), Zinc/ Selenium/Vit D (13, 14), Vit A (5)**

## ■ Oxygen Circulation to Hair Follicles

Improves blood flow to promote healthier hair growth.

**Zinc/ Vit B12/ B9/ C / Copper (15), Biotin (11)**

## ■ Thyroid Regulation

Balances healthy production of thyroid hormones which promotes healthy hair growth.

**Selenium & Zinc (16)**

## ■ Brittle nail

improvement in nail firmness, hardness, and thickness.

**Biotin (11), Zinc (5)**

- 8- Vollmer, D. L., West, V. A., and Lephart, E. D. (2018). Enhancing skin health: by oral administration of natural compounds and minerals with implications to the dermal microbiome. *International Journal of Molecular Sciences*, 19(10), 3059. doi: 10.3390/ijms19103059
- 9- NOGUEIRA, Marcelle, Miran SCOTANCHES, Neusa VALENTE, Luanda OLIVEIRA, Natalli PEREIRA, Luiz Fernando SILVA, Maria SATO, and Eslléia BAGATIN. "Oral coenzyme Q10: the new authority in skin aging. Results of a randomized, double-blind, placebo-controlled trial in elderly women." (2023)TO, Jose Antonio S.
- 10- Mincià, Maria Concetta, Carlo Iacoe, Antonella Capuzzo, Marialisa Piccolo, Antonio Di Pascale, Annasina Russo, Pellegrino Lippiello, Fabio Lepre, Giulia Russo, and Rita Santamaria. "Cysteine prevents the reduction in keratin synthesis induced by iron deficiency in human keratinocytes." *Journal of cellular biochemistry* 117, no. 2 (2016): 402-412.
- 11- Lipner, Shari R. "Rethinking biotin therapy for hair, nail, and skin disorders." *Journal of the American Academy of Dermatology* 78, no. 6 (2018): 1236-1238.
- 13- Xu, Jing, and Hongxin Li. "Association between dietary antioxidants intake and childhood eczema: results from the NHANES database." *Journal of Health, Population and Nutrition* 43, no. 1 (2024): 12.
- 14- Thompson, Katherine G., and Noori Kim. "Dietary supplements in dermatology: A review of the evidence for zinc, biotin, vitamin D, nicotinamide, and Polypodium." *Journal of the American Academy of Dermatology* 84, no. 4 (2021): 1042-1050.
- 15- Almohanna, Hind M., Azhar A. Ahmed, John P. Tsatalis, and Antonella Tosti. "The role of vitamins and minerals in hair loss: a review." *Dermatology and therapy* 9, no. 1 (2019): 51-70.
- 16- Jain, Ravi B. "Thyroid function and serum copper, selenium, and zinc in general US population." *Biological trace element research* 159, no. 1 (2014): 87-98.

Powerful Ingredients for  
Complete Beauty Care



## PABA (6)

- ## Silica (17)

- ## Co Enzyme Q10 (8,9)

- Providing anti-aging protection helps reduce wrinkles and enhancing hydration.
- Promotes cellular energy production and cell activity.
- Protect against oxidative stress, UV damage and premature aging, leaves the skin feeling energized and revitalized.





**Supplement fact table**

Each serving contains	One(l) Tablet	%NRV*	Each serving contains	One(l) Tablet	%NRV*
Vitamin A	500µg (1666iu)	62	Pantothenic Acid B5	10mg	166
Vitamin D3	25µg (1000iu)	500	Zinc	15mg	150
Vitamin C	90mg	112	Copper	1mg	100
Thiamin ( B1)	10mg	909	Selenium	70µg	127
Riboflavin ( B2)	5mg	357	Bamboo Extract	13.333mg	**
Niacin (B3)	10mg NE	62	Providing/of which 75%Silica	10mg	**
Vitamin B6	5mg	357	Para Amino Benzoic Acid	10mg	**
Folic Acid	500µg	250	Co Enzyme Q10	10mg	**
Vitamin B12	20µg	800	L - Cysteine	10mg	**
Biotin (B7)	5000µg	10,000	L - Arginine	20mg	**

\*NRV = Nutrient Reference Value  
\*\* = No NRV Established  
RE= Retinol Equivalents  
NE= Niacin Equivalents

**Directions : Take one tablet daily**  
**Coconut Flavour**



# LiliaDerma care

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**Lilia** Healthcare®

**LH : Tachra Pharmed – Iran**

[www.tachra.com](http://www.tachra.com)