

# The Effects of Colloidal Silica on Moderate to Severe Acne

| UK Field Survey, with members of The Acne  
| Support Group.

## **ABSTRACT**

This study was designed to assess the effect of the naturally occurring essential trace element silicon, the active ingredient of tested preparation on cases of moderate to severe acne. The study asked members of the Acne Support Group to use colloidal silica product in accordance with the packaging instructions over a period of 6 weeks. They completed identical questionnaires on the type and severity of acne before and after treatment.

A statistically significant 86% overall improvement was reported with most acne sufferers citing the chin as the area which showed the biggest improvement. Some participants benefited from total disappearance of their acne in some locations. Furthermore, no statistical difference was noted when comparisons were made between members using colloidal silica product only and those using it in addition to their prescribed oral medication. These findings show that colloidal silica can be used to help improve moderate to severe acne.