

Warsaw, March 3, 2010

Preparation: Promyalgan cream with bio-enhanced plants extracts

Producer: Phytomedica Poland Co. Ltd.
31/35 Ogródowa Street
00-893 Warsaw – Poland

CONTACT TEST

The goal of the test was to assess the irritant properties of the preparation. The test was conducted on 24 subjects – healthy, atopic and allergic women who did not demonstrate any skin changes. The tests were conducted on the exterior side of the upper arm. The tests were carried out using the method of patch tests – the tested preparation was applied on the patch and left in place on the subject's skin for 24 hours. After that period of time the tests were removed and the result was read from the patch side. A lack of reaction was marked (–), while positive (erythematous) reactions were marked, accordingly to their intensity, from (+) to (++++).

Results

No positive reaction was observed in any of the tested subjects.

Conclusions

The contact test did not reveal any irritant characteristics of the product tested.

Warsaw, March 3, 2010

Preparation: Promyalgan cream with bio-enhanced plants extracts

Producer: Phytomedica Poland Co. Ltd.
31/35 Ogrodowa Street
00-893 Warsaw – Poland

APPLICATION TEST

The application test of the cream was performed in home conditions on a group of 30 subjects – women aged 20 to 50 years old.

The subjects were qualified for the test by a dermatologist who took into account the following factors: age, type of skin and skin problems, the usage of cosmetics and their tolerance, as well as the subjects' intellectual capacities required to correctly evaluate the product and fill out the questionnaire.

Furthermore, in order to perform a natural comparative test, subjects who had been using cosmetic creams were qualified for the test.

Considering the cream usage the additional factor used for qualifying the subjects for the test was the presence of variety of numerous muscle and joint stiffness and some disseminated tenderness or pains.

The applicants group characterized different type of skin; normal, oily, dry and complex skin. The majority of applicants had allergic and atopic skin with sensitive skin. Older and atopic subjects had dry skin, while younger subjects had normal skin. Follicular keratosis on the thighs, causing a rough skin effect, was observed in some cases.

The cream was applied in accordance the producer's recommendations. A small amount of cream (2 – 3 cm) has been applied to the clean and dried skin on areas corresponding to the sites of problems (tension, tenderness, itching) and/or of the inner surface of the forearm and/or thighs. A light massage with circular motion was applied until fully absorbed. Application was performed twice a day.

The evaluation of the preparation pertained to:

- the characteristic of the preparation
- the effects it has on skin directly after use and after 3 weeks of use
- undesirable effects

The results were gathered by means of questionnaires and a dermatological test. Apart from questions concerning information about subject, such as her age, skin type, etc., three questions were asked, namely: about the direct effect the cream has on skin, about the result after 3 weeks of application and about undesirable effects. In "final comments" column the subjects expressed their final opinion about the cream. Thanks to a correct choice of subjects, the opinions provided were exhaustive and professionally written. Many quotes from the

questionnaires were used in the compilation of final results. Opinions expressed verbally were a valuable supplement to the questionnaires.

RESULTS

1. The characteristics of the cream were evaluated as follows:

Odor – fresh, almond-like, strong, short-lasting, a herb scent neutralizing other smells. No negative comments concerning the smell were expressed;

Texture – a cream of correct density, light, easily applicable, with small granules;

Color – light beige, warm, evoking pleasant aesthetic feelings;

Economical – small doses are sufficient to cover large areas of skin;

2. Both the direct nourishing effect on the skin, as well as the effect after several instances of usage was observed by all subjects:

Direct effect – opinions taken from questionnaires and opinions expressed verbally were similar:

“the application of the cream of a pleasant, strong, freshening smell, which slightly warms the skin, gives a feeling of comfort”

“in the morning its warm color serves as a booster, and in the evening it is relaxing”

“the cream is completely absorbed directly after it’s massaged into the skin and does not leave the skin sticky”

“it is wonderfully absorbed when applied in appropriate, small doses”

“the tangible bits massage the skin, and cause a pleasant warmth and stimulation of the skin”

“after application, the skin smells nice and is freshened, delicate and nice in touch”

“the skin is intensively moistened and appropriately hydrated”

“dry and atopic skin does not require the usage of any additional moisturizing cream”

“gives feeling of relaxation and provides the soothing effects”

The properties of the cream were more visible after three weeks of usage:

“tension and tenderness have distinctly diminished”

“improves mobility and reduces itching feeling”

“it’s incredibly smooth and silky in touch”

“some irritations and light inflammation of the skin is in retreat”

the subjects whose cellulite was initially less developed noticed an alleviation of the symptoms within 3 weeks of usage of the cream

moreover, after 3 weeks of usage, the cream visibly firms flaccid skin

it leaves a feeling of freshness and improves the skin’s look

it is well tolerated by people with sensitive and atopic skin

it plays the role of a lotion appropriate for every skin type

3. None of the subjects noticed any untoward symptoms

The cream did not cause any irritations, allergies or any other side effects

CONCLUSIONS

Summing up the opinion of the subjects expressed in questionnaires, in speech and in the dermatological assessment one can state that the tested cream plays the role of good body lotion. Its incredibly refreshing almond scent, together with a warm, beige color gives pleasant aesthetic sensations during the application of the cream. Full absorption, if the cream is correctly dosed, makes it possible to put clothes on directly after application. A certain improvement of not advanced cellulite was reached after 3 weeks of usage. The effect of an intensive smoothing and relaxation of the skin, both immediately after usage as well as after multiple usage was appreciated by all the tested subjects. The cream intensively moisturizes the skin and hydrates it appropriately, improving its elasticity and flexibility. It is appropriate for all skin types. It does not cause any side effects.

Danuta Kleniewska, MD, PhD
Dermatologist and allergist