

## **General information**

### **1. Acne**

Acne vulgaris is a widely prevalent skin condition that affects nearly 80% of adolescents and most of the population at some point in their lives.

The early non-inflammatory lesions in acne vulgaris are comedones, which are formed as a result of follicular plugging and sebaceous gland hyperplasia with increased sebum production. In time the comedones may fill with *Propionibacterium acnes* bacteria and lead to larger inflammatory lesions known as papules, pustules, nodular and cystic lesions.

### **2. The role of the diet**

Low-glycemic-load diets have been reported to improve symptoms of acne vulgaris in adolescent patients. Diets restricted in cereals (bread, pasta, pastry, cookies), rice and potato are examples of a low-glycemic-load diets. Also, increased consumption of fruits and vegetables and of foods rich in zinc have shown a positive effect in the symptoms of acne.

### **3. Lactoferrin**

#### **3.1. Natural origin**

Lactoferrin is a protein that occurs naturally in human and cow's milk. Human first milk (colostrum), which is unusually rich in lactoferrin, contains on average 7gr of lactoferrin per liter. One liter of cow's milk contains on average 100mg of lactoferrin. Lactoferrin is also present in other body fluids such as tears, saliva, nasal secretions, bile and pancreatic secretions, as well as in circulating white blood cells.

#### **3.2. Protection from infections**

There is substantial evidence that lactoferrin supports the immune system and protects from infections. In 2012 lactoferrin was granted GRAS status (Generally Regarded as Safe) by the European Food Safety Authority (EFSA).

#### **3.3. Antibacterial action**

Lactoferrin exhibits antibacterial action against a broad range of Gram positive and Gram negative pathogens.

Two clinical studies shown marked improvement of acne symptoms after oral treatment with lactoferrin.

### **4. Zinc**

A substantial number of clinical studies have shown the efficacy of zinc in the treatment of acne.

### **5. Nicotinamide**

Nicotinamide and nicotinic acid consist the vitamin B3 complex. Nicotinamide is much more water-soluble (500gr/Lt) than niacin (18gr/Lt). Nicotinamide is sourced from the diet and lack of this vitamin can cause pellagra, a serious inflammatory disease of the skin. Dietary sources of nicotinamide include meats, liver, yeast, dairy products, legumes, beans, nuts, seeds, green leafy vegetables, fortified bread, cereals, coffee and tea. Acne vulgaris is purported to improve following topical nicotinamide application, owing to a combination of anti-inflammatory action and reduction of sebum production, both critical in controlling the disease. Several clinical studies compared topical nicotinamide with placebo or topical clindamycin.

## **Lactiferon Derma®**

### **1. What is Lactiferon Derma® and what it contains**

Lactiferon Derma® is a food supplement that contains lactoferrin, zinc gluconate, copper gluconate and nicotinamide.

### **2. Qualitative and quantitative composition**

*Ingredients with physiological action:* Each tablet of Lactiferon Derma® Plus contains: 100mg lactoferrin, 118mg zinc gluconate (equivalent to 15mg of elemental zinc, 150% RDA), 300mg nicotinamide and 7,4mg copper gluconate (equivalent to 1mg of elemental copper, 100% RDA). *Excipients:* microcrystalline cellulose, hydroxypropyl cellulose, magnesium stearate, silicon dioxide. *Coating agent:* Sepifilm®. Lactiferon Derma® tablets are gastro-resistant and therefore lactoferrin and the rest of the ingredients are released in the intestine.

### **3. Suggested use**

As a supplement containing zinc, copper and nicotinamide Lactiferon Derma® could be useful in the maintenance of normal skin and mucous membranes.

### **4. Dosage and administration**

The dosage of Lactiferon Derma® is two gastro-resistant tablets per day on an empty stomach. The dosage schedule of 2 tablets per day should continue for 3 months, then reduced to a single tablet per day.

### **5. Do not use**

Lactiferon Derma® contains lactoferrin, a protein isolated from cow's milk, and should not be used in case of allergy to cow's milk. Lactiferon Derma® should not be used in case of allergy or intolerance to any of each ingredients.

### **6. Caution**

Lactiferon Derma® should be used in association with a correct and properly balanced diet. Do not exceed the recommended daily intake. Keep out of reach of children. Store Lactiferon Derma® in a cool and dry place. Do not use the product beyond the expiration date printed on the outer package. If you

are pregnant or breastfeeding consult your doctor about dietary supplements before taking Lactiferon Derma<sup>®</sup>. If you are taking prescription or nonprescription medicines consult your doctor before taking Lactiferon Derma<sup>®</sup>. This product is not intended for prevention, treatment or cure of a disease. Dietary supplements should not be used as a substitute for a varied diet.

## **7. Packaging**

Carton box containing 30 gastro-resistant tablets in 2 blisters and a patient information leaflet.

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Distributor Cyprus: Multipharm Ltd., 24 Apollonos str., 1046 Nicosia

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