

PRODUCT, DESCRIPTION AND EVIDENCE

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VITAL GUMMIES

Many patients struggle to achieve optimal aesthetic outcomes due to the collagen-depleting trifecta of modern processed diets, high-stress busy schedules that accelerate oxidative stress, and the increasingly common use of GLP-1 agonists, which can lead to rapid weight loss and subsequent skin laxity. This precise oral supplement regimen is clinically formulated to directly counter these challenges from within. It provides the foundational building blocks—glycine, proline, and hydroxyproline—and the essential cofactor, Vitamin C, required for the body's endogenous collagen production, effectively helping to fortify skin structure and elasticity. Furthermore, it delivers a powerful systemic antioxidant defense system with CoQ10, Vitamins E and D3, and Beta-Alanine (as carnosine) to neutralize the free radicals that degrade skin quality, thereby supporting and enhancing the results of topical products and professional aesthetic treatments for a synergistic and optimal aesthetic outcome.

KEY BENEFITS

- Supports skin elasticity and firmness
- Reduces wrinkles and fine lines
- Protects against oxidative stress and UV damage
- Promotes skin hydration and smoothness
- Supports skin repair and healthy cell function
- Enhances overall vitality

DIRECTIONS FOR USE

Take 2 gummies after a meal. 2 gummies per day. Do not exceed the recommended dose.

WARNINGS

Food supplements must not be used as a substitute for a varied diet. Keep out of reach of young children. Not recommended for use during pregnancy or breastfeeding. Discontinue use if adverse effects occur.

INGREDIENTS

Sweeteners (Maltitol, Xylitol, Isomalt, Erythritol), Gelation agent (Pectin), Co Enzyme Q10 (as Ubiquinone), Natural Flavouring, Acidity regulators (Citric Acid, Sodium Citrate), Glycine, Vitamin C (Ascorbic Acid), Vitamin E, Proline, Hydroxyproline, Natural Colourant, Beta Alanine, Glazing Agent (Carnauba Wax, Coconut Oil), Vitamin D3.

ACTIVE INGREDIENT

Co Enzyme Q10 (as Ubiquinone) 100mg
Glycine 50gm
Proline 20gm
Hydroxyproline 20gm
Beta Alanine 10gm
Vitamin C (Ascorbic Acid) 40gm
Vitamin D3: 0.02gm Vitamin E 12gm

COENZYME Q10 (UBIQUINONE)

Coenzyme Q10 (CoQ10) is a potent antioxidant naturally present in the skin, playing a crucial role in cellular energy production. As we age, CoQ10 levels decline, leading to increased oxidative stress and visible signs of aging. Supplementation with CoQ10 has been shown to enhance skin elasticity, reduce wrinkle depth, and improve overall skin appearance. A randomized, placebo-controlled study demonstrated that oral CoQ10 supplementation significantly improved skin parameters and condition, highlighting its potential as a therapeutic agent for skin aging. Additionally, CoQ10's antioxidant properties help protect the skin from UV-induced damage and support mitochondrial function, contributing to a more youthful complexion.

GLYCINE

Glycine, a non-essential amino acid, serves as a major component of collagen, the structural protein that maintains skin integrity. Supplementing with glycine has been linked to improved skin hydration and elasticity. A study found that oral administration of glycine and leucine dipeptides increased skin hydration and elasticity in UVB-induced mice, suggesting its potential benefits for skin health. Furthermore, glycine's role in collagen synthesis supports skin structure and resilience, contributing to a smoother and firmer appearance.

PROLINE

Proline is an amino acid integral to collagen formation, essential for maintaining skin's structural integrity. Supplementation with proline has been shown to enhance collagen synthesis, promoting skin firmness and reducing the appearance of fine lines. A study indicated that proline supplementation improved collagen synthesis in mammalian cells, suggesting its potential in supporting skin health. Additionally, proline's role in collagen cross-linking contributes to skin elasticity and strength, vital for a youthful complexion.

HYDROXYPROLINE

Hydroxyproline is a derivative of proline and a critical component of collagen's triple-helix structure. Its presence is vital for collagen stability and function. Supplementing with hydroxyproline has been associated with enhanced collagen content in the skin, improving skin texture and reducing signs of aging. Research has demonstrated that dietary supplementation with hydroxyproline can increase collagen content in tissues, including the skin, thereby supporting skin health and appearance.

BETA-ALANINE

Beta-alanine is a non-essential amino acid known for its role in enhancing athletic performance by buffering lactic acid. While its direct effects on skin health are less studied, beta-alanine's ability to improve exercise capacity can indirectly benefit the skin by promoting overall health and circulation. Enhanced blood flow during physical activity can lead to improved nutrient delivery to skin cells, supporting skin vitality.

VITAMIN C (ASCORBIC ACID)

Vitamin C is a powerful antioxidant essential for collagen synthesis and skin repair. It protects the skin from oxidative stress and UV-induced damage, reducing the formation of wrinkles and fine lines. Clinical studies have shown that vitamin C supplementation can improve skin hydration, elasticity, and reduce roughness, contributing to a more youthful and radiant complexion. Its role in neutralizing free radicals also aids in diminishing hyperpigmentation and promoting an even skin tone.

VITAMIN D3

Vitamin D3 plays a pivotal role in skin health by regulating cell growth and repair. Deficiency in vitamin D has been

linked to various skin conditions, including eczema and psoriasis. Supplementing with vitamin D3 has been shown to reduce the severity of these conditions and improve overall skin health. A systematic review indicated that vitamin D supplementation could reduce the severity of chronic pruritus and inflammatory skin lesions, suggesting its therapeutic potential in dermatological conditions.

VITAMIN E

Vitamin E is a fat-soluble antioxidant that protects skin cells from oxidative damage and supports skin barrier function. It has been used in dermatology for over 50 years, demonstrating efficacy in protecting the skin from solar radiation and aiding in the healing of burns, scars, and wounds. Clinical evidence supports its role in reducing inflammation and promoting skin repair. Additionally, vitamin E's antioxidant properties help maintain skin hydration and elasticity, contributing to a healthy and youthful appearance.

Sources:

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