

WHITE PAPER: 4LIFE® ÄKWÄ® SKINCARE SYSTEM IMPROVES OVERALL SKIN HEALTH AND BEAUTY IN HEALTHY ADULTS

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OBJECTIVE

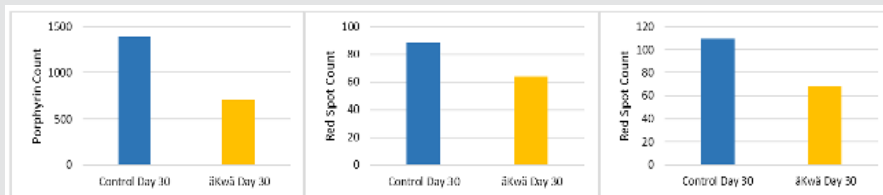
The purpose of this study was to determine the effectiveness of the 4Life äKwä six-step Skincare System in improving specific markers for facial skin health.

BACKGROUND

Skin health is important because your skin is actually your largest organ. There are many cosmetic products designed to improve skin health. Even so, not all skincare products are of the same caliber and do not have the same potential to improve and maintain healthy skin. According to the National Center for Complementary and Integrative Health, as many as one in three Americans may currently suffer from poor skin health.¹ For this reason, the ability to effectively

identify which skin products can best improve skin health is immensely important. Specific symptoms of poor skin health may include skin dryness, red spots, red vasculature, and high porphyrin count. Porphyrins are specialized chemicals necessary for your circulatory system health, but an acne-causing bacterium can also produce the same compound which is proinflammatory. Therefore, an overabundance of porphyrins on your skin may be seen as an indicator of skin problems, causing skin impurities such as acne.²

The 4Life äKwä Skincare System was developed specifically to target and reduce skin impurities while improving overall skin health and beauty by incorporating scientifically studied ingredients such as fermented green tea water, ferments, niacinamide, antioxidants, and a variety of natural plant extracts. To further validate the äKwä Skincare System's efficacy, a clinical study was enacted to objectively assess its ability to improve facial skin health and beauty.



APPEARANCE OF SKIN DEFECTS Treatment with äKwä Skincare System significantly improved facial skin's appearance. Porphyrin count (surface impurities), red spot count, and red vasculature were significantly lower in the äKwä group compared to the control group at day 30.

SKIN HYDRATION After eight days of äKwä Skincare System application, we found a significant improvement in skin moisture compared to the same group on day zero. Additionally, 67% of participants also noticed an increase in face moisture from day 0 to day 30.

PORES In the äKwä Skincare group, significant improvements were observed after eight days of use, and the same phenomenon was also seen on day 30.

QUESTIONNAIRE In a post-treatment survey, participants reported subjective improvements in overall skin health and decreased appearance of fine lines and wrinkles, dryness, uneven skin tone, and breakouts. Participants also found the products easy to use.



STUDY DESIGN

Twenty-six healthy adults, ages 18–54, with all skin types and tones, used the six-step äKwä Skincare System or a control regime daily for 30 days. Skin moisture, fine lines and wrinkles, porphyrin count, red spots, and red vasculature counts were measured at day 0, day 8, and day 30. Measurements were made through high-quality photography, Visia® complexion analysis, Fitzskin™ skin analysis, and survey questions.

STUDY FINDINGS

The 4Life äKwä Skincare System improves healthy skin hydration and significantly reduces red spot and red vasculature counts and porphyrin count after 30 days. Participants reported better overall skin health, decreased dryness, fewer fine lines and wrinkles, and less frequent breakouts compared to the control group.

¹ <https://www.nccih.nih.gov/health/skin-conditions-at-a-glance>

² <https://journals.asm.org/doi/10.1128/mSphere.00793-19>