

Effects of Oral Supplement Containing L-Histidine and Antioxidants on the Skin Barrier Function and Systemic Inflammation in Rosacea

NCT06072066

Status	RECRUITING
Phase	Not Applicable
Sponsor	Integrative Skin Science and Research
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (3)

- Males and females 30 to 70 years of age
- The presence of mild to moderate rosacea (erythematotelangiectatic or papulopustular)
- High sensitivity C-reactive protein (hs-CRP) that is greater than or equal to 1.0 mg/L

Exclusion (12)

- The presence of severe rosacea as noted by the investigator global assessment.
- Those who are unwilling to discontinue oral supplementation, or supplement ingredients found in the study's oral product 1 month prior to enrollment.
- Discontinuation of oral L-glutamine or L-glutamine containing supplement 1 month prior to enrollment
- Those who are unwilling to discontinue topical benzoyl peroxide or retinoids for 2 weeks prior to enrollment.
- Those who are unwilling to keep their facial regimen the same throughout the study.
- ... and 7 more (see full listing online)

Locations (1 total)

Integrative Skin and Research, Sacramento, California, United States