

The Effects of Almond on Facial Skin Collagen and Wrinkles

NCT06074276

Status	RECRUITING
Phase	Not Applicable
Sponsor	Integrative Skin Science and Research
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (6)

- Subjects 35 to 70 years of age of all skin types
- % of the subjects will be postmenopausal women determined as >1-year loss of menstrual period
- % of the subjects will be premenopausal women
- BMI 18.5 - 35 kg/m²
- Individuals with a habitual diet that has been maintained for at least 6 months and to be maintained for the duration of the study
- ... and 1 more (see full listing online)

Exclusion (9)

- Those with a nut allergy
- Those who are unwilling to discontinue oral collagen supplementation 1 month prior to the start of the study
- Individuals who are unwilling to discontinue vitamin E or nut containing supplements 2 weeks prior to and during the intervention.
- Individuals who are pregnant or breastfeeding
- Change in skincare products during the study
- ... and 4 more (see full listing online)

Locations (1 total)

Integrative Skin Science and Research, Sacramento, California, United States