

SOPHYTO GLOSSARY OF INGREDIENTS

(Aloe Barbadensis) Aloe Vera Leaf Juice Organic

has the ability for effective penetration and transports healthy substances through the skin. Aloe vera provides numerous benefits to the skin, including acting as an excellent moisturizer that keeps the skin flexible by giving oxygen to cells, which in turn increases the strength and synthesis of skin tissue.

Amethyst Gem Stone Powder

Amethysta triggers microcirculation through a physical phenomenon. It improves the complexion by fighting against the effects of stress.

(Ananas sativus) Pineapple Extract Organic

pineapple is a natural source of Bromelain, a proteolytic enzyme that digests proteins. The bromelain may be derived from either the stem, or its fruit juices. Bromelain hydrolyzes proteins and digests only the dead cells on the surface of the skin, leaving living cells beneath intact.

(Arctium Lappa) Burdock Root Extract Organic

used for its healing properties on acne and congested skin conditions. Excellent on oily skin conditions and extremely effective on refining and clearing the skin.

(Ascorbic Acid) Vitamin C

one of the water soluble antioxidants that helps to mop up potentially damaging free radicals and protect the skin from environmental and solar damage.

(Ascorbyl Palmitate) Vitamin C-Ester

this is a complex of Vitamin C that is released on the skin when applied.

(Astragalus Membranaceus) Astragalus Root Extract Organic

used in traditional Chinese and East Indian medicine for thousands of years, astragalus is a powerful adaptogen that invigorates vital energy to equalize and normalize, thus increasing immunity, overall health and vitality in a gentle, tonic manner. Adaptogens are herbs that increase the overall resistance to all types of stress.

(Cera Alba) Beeswax organic

one of the oldest and most trusted waxes, obtained from the hive at the time that the honey is being harvested and then purified. It has been used in pharmaceuticals and skin care products since the time of the ancient Egyptians and is listed in the British Pharmacopoeia. This wax contains a complex and sophisticated blend of naturally produced elements that will care for and protect the skin.

Benzyl Alcohol

a preservative that is found naturally in nature, usually in balsamic resins (such as Tolu Balsam).

(Butyrosperum Parkii) Shea Butter Organic

shea butter has natural antioxidant properties and is said to contain a small quantity of allantoin which is renowned for its healing qualities. It is also said to protect the skin against external aggressions and sunrays. It is an effective skin emollient and skin smoother.

(Camelia Sinensis) Green Tea Leaf Extract Organic

contains effective antioxidants called polyphenols which help reduce oxidative stress to protect against premature aging. Other potential benefits for skin conditions include, psoriasis, rosacea, wrinkles and wounds. In order to be sure that your green tea skin care product is truly effective, it must not contain any parabens or propylene glycols, which are toxins that deactivate green tea polyphenols

(Camelia Sinensis) White Tea Leaf Extract Organic

white tea benefits come from young tea leaves that are picked before the buds have fully opened. The buds are covered with silver fuzz that turns white when they are steamed and dried -- hence the name: white tea. White tea serves as an agent in cosmetics to protect against signs of aging from damaged skin.

Cetearyl Alcohol

this material is a mixture of cetyl and stearyl alcohols that are derived from vegetable fatty acids. They improve the stability of creams and lotions and more importantly, give emollient skin softness.

(Chlorella Vulgaris) Green Micro-Algae Broken Cell Wall Extract

has natural chelating properties and a high protein content. Chlorella contains 19 to 22 essential and non-essential amino acids and a respectable amount of vitamins. Beneficial properties that help purify and energize the skin.

Citric Acid

an alpha hydroxy acid found naturally in citrus fruits used either as an exfoliating agent, or simply to make a formula more acidic to match the natural pH of the skin.

Coco-Glucoside

a naturally derived foaming agent made from sugars (*Sucrose*) and coconut (*Cocos nucifera*) that is exceptionally mild and caring for the skin.

Coenzyme Q10 Fermented From Yeast

a 100% natural (trans-isomer) yeast fermented CoQ10 which is identical to the body's own CoQ10. A powerful fat-soluble, vitamin-like substance that is vital to the production of energy and is a potent antioxidant with numerous health benefits.

(Cucumis Sativus) Cucumber Fruit Extract Organic

the fruit of the vine is used for its soothing properties that also impart cooling and hydrating properties to the dermis.

(Cynara Scolymus) Artichoke Leaf Extract Organic

stated to possess strong antioxidant and dermal cleansing properties.

(Daucus Carota Sativa) Carrot extract Organic

revitalizes and boosts the appearance of tired, stressed skin. Effective in; wound healing, scar reduction, aging and sun damage.

(Echinacea Purpurea) Purple Coneflower Flower Extract Organic

used for the care of problem skin conditions, especially where there is a risk of infection. Echinacea is therefore used as a skin protectant. Recent studies have shown that the extract can activate macrophage activity, protect proteins from oxidative stress and boost the skin's immune system of defence.

(Eleutherococcus Senticosus) Siberian Ginseng Root Extract Organic

a powerful adaptogen that increase the overall resistance to all types of stress. Will help rejuvenate and invigorate tired looking skin. A valuable inclusion for anti aging formulas.

(Filipendula Ulmaria) Meadowsweet Flower Extract Organic

contains a natural aspirin-like derivative that imparts anti-inflammatory properties to irritated skin conditions.

Glyceryl Caprylate

monoester of glycerin and caprylic acid obtained from natural sources that have a preservative action.

Glyceryl Stearate

one of the most commonly used skin-conditioning agents and emollients used in skin care products. It is listed in most pharmacopoeias. Mixed with other materials it is also used as an emulsifier to help prevent oil and water from separating in creams and lotions.

Grain Alcohol Organic

used as a natural preservative at a level that helps absorption without being drying.

Guar Gum Organic

obtained from the Indian Cluster bean (*Cyamopsis tetragonolobus*) and consists of high molecular weight hydrocolloidal polysaccharide that is composed of galactomannan units. It is a thickener and will help the skin to retain precious hydration.

(Helianthus Annuus) Sunflower Seed Oil

pure enough to eat, this oil contains a rich blend of glycerides and fatty acids that moisturize and protect the skin. A light, lubricious oil that protects and preserves the dermis from moisture loss and helps to keep it soft and smooth.

(Hippophae Rhamnoides) Sea Buckthorn Seed Oil Organic

effective in promoting skin health by affecting three important factors; micro-circulation, cell regeneration and inflammatory reaction.

Lecithin

emollient and surfactant

(Lentinus Edodes) Shitake Fruit Extract Organic

lentinan is a complex polysaccharide that comes from the Japanese Shitake mushroom that imparts a beautifying and fairing effect to the skin.

Levulinic Acid

occurs in nature and is extracted from natural sources.

(Malpighia Glabra) Acerola Cherry Fruit Extract

known in the tropics as the "health tree", acerola berries are the richest known source of vitamin C. In addition to its vitamin content, Acerola contains mineral salts which have shown to aid in the remineralization of tired and stressed skin, whilst the mucilage and proteins offer skin hydrating properties and promote capillary conditioning and fight cellular aging.

Mannan

glucomannan has been used in Asia for centuries as traditional foods such as noodles, tofu and heat stable gelled food products. It is a polymer of polysaccharides that forms films on the skin.

(Mentha Piperita) Peppermint Herb Extract Organic

good for pruritis (itching), anti-inflammatory and soothing. Contains compounds used in the treatment of acne and dermatitis.

(Morinda Citrifolia) Noni Fruit Extract Organic

contains over 70 substances; one of which is proxeronine that has shown to enhance skin healing and regeneration effects. Recently discovered by western science, Noni is on the cutting edge of skin beautification.

(Oenothera Biennis) Evening Primrose Oil Organic

contains essential fatty acids (EFA's) which are sometimes called vitamin F, and *gamma* linolenic acid (GLA) amongst a host of other ingredients. The oil reduces transdermal water loss which improves skin hydration, skin smoothness and increases the lipid content of the skin.

(Olea Europaea) Olive Leaf Extract Organic

supercharged with a family of antioxidants called polyphenols which are amongst the most potent, natural free radical scavengers.

(Paeonia Lactiflora) White Peony Root Extract Organic

considered to be one of China's premium anti aging herbs and is very widely used to promote beauty.

(Panax Ginseng) Korean Ginseng Root Extract Organic

a powerful adaptogen that increase the overall resistance to all types of stress. Will help rejuvenate and invigorate tired looking skin. A valuable ingredient for anti aging formulas.

Phytic Acid

a chelating agent that is naturally found in rice (*Oryza sativa*). This is a material that 'mops up' any trace amounts of coloured metal ions that may otherwise discolour, or spoil the product. It also works with the preservative and helps to weaken any contamination, or spoilage organism that might be introduced into the product.

(Punica Granatum) Pomegranate Oil Organic

an ancient fruit found in Western Asia, China and Japan whose regenerative effects include; a boost in restoration and repair of skin, evens skin tone, mops up free radicals and helps with collagen production.

(Pyridoxine) Vitamin B6

reported to control blemishes, especially premenstrual outbreaks due to hormonal imbalances. By metabolizing fats and fatty acids, vitamin B6 balances oil production in the skin.

(Pyrus malus) Apple Fruit Extract

contains isoflavonoids (anti-inflammatory), phytosterols (renowned for the regenerative properties) and Vitamin E derivatives (protective). Tests have shown that apple extract imparts relief to sensitive skin and helps to significantly reduce wrinkles.

(Rosa Damascena) Rose Flower Extract Organic

its tonic and soothing qualities are helpful for inflammation and its constricting action on the capillaries is a valuable treatment for broken thread veins.

(Rosmarinus Officinalis) Rosemary Leaf Extract Organic

reputed to be a highly efficient antioxidant whose benefits also strengthen skin elasticity and protects skin from the aging process.

(Rubus Idaeus) Raspberry Oil

offers the skin broad spectrum protection from damaging UV-A and UV-B rays. The SPF of red raspberry seed oil has been found to be equal to that of titanium dioxide and has been rated to have an SPF as high as 28-50 (Oomah et al 2000). The use of red raspberry oil on the skin is not however the equivalent of using a properly formulated SPF product. Many factors are involved in how a product works as a sunscreen including absorption rate and viscosity of the formulation.

(Rubus Idaeus) Raspberry Leaf Extract Organic

acts as an astringent on irritated skin by tightening the top layers of skin, relieving irritation and improving tissue firmness.

(Rumex Crispus) Yellow Dock Root Extract Organic

contains herbal compounds known for their potent purifying properties. Used for chronic skin complaints that are attributed to toxic metabolites from maldigestion and poor liver digestion.

(Salix Alba) White Willow Bark Extract Organic

one of nature's best astringents, this botanical is listed in the British Pharmacopoeia, the British Pharmaceutical Codex, the British Herbal Pharmacopoeia and in skin care preparations there is probably no better tonic or toner.

(Sambucus Nigra) Elder Berry Fruit Extract Organic

herbalists often call the elder tree 'the cosmetic tree' as almost all parts will aid in complexion products such as the removal of freckles and preserving and softening the skin. It has astringent and firming properties.

(Sambucus Nigra) Elderflower Flower Extract Organic

the elder has been called by some herbalists 'the cosmetic tree', since nearly all the parts of it can benefit the skin. The flowers are used for a variety of skin problems, especially where it is inflamed, or broken. It has also been used as an anti-pruritic (to stop itching), as a very gentle astringent, a skin softener and to help eliminate minor skin blemishes. A number of references claim it will help fade freckles.

(Schizandra Chinensis) Schisandra Fruit Extract Organic

studied extensively in Chinese and Japanese literature and has been used for healing purposes for the last 2000 years. Is used by the Chinese as a skin beautifier and to protect the skin against the action of the sun and wind.

(Simondsia Californica) Jojoba Oil Organic

this oil is an enigma, if one looks at the chemical structure you would expect it to be a wax. Nature's only liquid wax has some extraordinary properties, since it has the protective power of a wax but with the light emollient softness of oil. It is reported in literature to alleviate minor skin irritations and to be effective in the treatment of dry and sore skin. Jojoba is a good solvent for sebum and is used to control and complement this skin's natural moisturiser.

Sodium dehydroacetate

food grade fungicide, antimicrobial, preservative in foods, pharmaceuticals, cosmetics, lipsticks; mold inhibitor for strawberries and similar fruit.

Sodium hyaluronate

naturally produced with microbial fermentation, one of the most important biological functions of this molecule is to retain water in the matrix, a role based on hyaluronic acid's capacity to hold more water than any other natural or synthetic polymer. It is extremely lubricious and moisturizing and acts as a space filler by binding water and thus keeping the skin wrinkle-free.

Sodium hydroxide

is used to neutralize acidic materials in a formula and also to neutralize, (and so thicken) carbomer based gels. It may sound a rather harsh chemical, but in reality it is one of the safest neutralizers that one can use in a skin care products, because when it has finished its job, it ends up as a simple salt (like table salt, or one of the components of sea water) and water.

Sodium Stearoyl Lactylate

this material is an emulsifier and is a vital component in order to make a stable emulsion to stop the oil phase separating from the water phase. It is derived from a natural starting point.

(Sucrose) Raw Cane Sugar Extract Organic

alpha-hydroxy acids (AHA's) are weak organic acids derived from sugar cane (glycolic acid). The actions of these AHA's are to help the epidermis shed dead skin cells easier and thereby prevent a build-up of on the surface of the skin. They furthermore stimulate the production of collagen and elastin of the skin, which results in improved skin texture and smoothness.

(Taraxacum Officinale) Dandelion Root Extract Organic

has traditionally been used as a potent purifying herb and is rich in iron and other minerals. Dandelion has also been used historically for its skin cleansing properties. Thought of as a purifier in toxic conditions, especially with heat.

(Thiamine HCl) Vitamin B1

Reported to help prevent the cross-linking of collagen and elastin in the skin. Topical supplemental vitamin B1 may improve the visual appearance of the skin.

(Tocopherol) Vitamin E

vitamin E is one of the oil soluble vitamins that has been used therapeutically for the treatment of numerous conditions such as sunburn, acne, rheumatic conditions, wound healing and pruritic (itching) skin conditions. It has also been shown to reduce scar forming tissue, helps prevent premature skin aging by blocking the lipid peroxidation responsible for cell membrane damage and also inhibit erythema (skin redness) induced by UV light. It is a potent free radical scavenger (antioxidant) and excellent skin protectant.

(Tocopherol Acetate) Vitamin E

derived from tocopherol; stabilizer and emulsifier.

(Urtica Dioica) Nettle Herb Extract Organic

it is mainly a depurative and detoxifying herb. It is helpful against many skin disorders, such as eczema (especially when associated with weakened kidney function and fluid retention).

Vegetable Glycerin

glycerin or glycerol is one of the oldest and most respected skin moisturisers. It has been proven in many trials (both clinical and instrumental) to increase the moisture content of the skin and protect it from becoming dry and scaly. Glycerin is listed in all of the major pharmacopoeias and is used extensively for the treatment of the skin.

(Vitis Vinifera) Red Grape Fruit Extract Organic

contains a potent antioxidant that delivers scientifically tested and clinically proven health benefits. Scientific research has identified how free radicals contribute to cell destruction. Because cell damage is at the root of most aging disorders, protecting the skin from free radical activity is a significant preventative measure for healthy skin.

Xanthan Gum

xanthan is also known by the friendlier name of corn sugar gum. It is described as a high molecular weight natural carbohydrate (or more specifically polysaccharide), produced by a fermentation process. It is a listed ingredient in the British Pharmacopoeia and also used in foods. When used in creams and lotions it imparts a unique lubricity.