

# Losterin

## Vitamin and mineral complex

### To replenish the vitamin and mineral balance in order to reduce the risk of progression of chronic skin diseases

The most common chronic skin diseases are: psoriasis, eczema, seborrhea dermatitis, ichthyosis, xeroderma. These dermatoses are characterized by chronic recurrent course, frequent recrudescences, difficult to treat and, as a rule, are accompanied by inflammation, painful itching, excessive peeling and dry skin.

Currently, an important condition for reducing the risk of chronic skin diseases is the use of modern methods of diet therapy, including the use of essential vitamins and minerals in combination with polyunsaturated omega-3 fatty acids and hepatoprotectors in the optimal dosage.

In case of inflammation and damage of the skin cover, the action of biologically active substances contained in the formula of special vitamin and mineral complexes is aimed at improving the reductive-oxidative and metabolic processes in the skin, accelerating the regeneration of the epidermis, reducing the permeability of capillaries and small blood vessels, reducing inflammation, increasing the activity of lymphocytes, restoring the hepatobiliary and digestive systems, stimulating the overall immune forces of the body.

#### Vitamin & Mineral Complex “Losterin” can be used:

- For vitamin and mineral balance supplement to prevent the development of the chronic diseases, such as:
  - **Psoriasis**
  - **Seborrhea dermatitis**
  - **Xeroderma**
  - **Keratoderma**
  - **Ichthyosis;**
- For improvement of skin condition, structure of hair and nails;
- For the prevention of hypo-and vitamin deficiency, lack of minerals in the body.

#### Presentation:

- 1000 mg red capsules, 4 blisters (15 tablets each)
- 690 mg white capsules, 4 blisters (15 tablets each)

**Formula of red capsules:** jocean fish oil, gelatin\*, glycerol\* (water holding agent), vitamin E (C11-alpha-tocopherol acetate), water\*, Beta-Carotene, vitamin A (retinol palmitate), red iron oxide\* (FCF), mixed Tocopherols (antioxidant), selexen (9-phenyl-sym-octahydro-selenoxanthene), vitamin D3 (cholecalciferol).

\* Components of the capsule shell.

**Composition of white capsules:** vitamin C (cevitamic acid), vitamin B3 (nicotinamide), lactose, zinc oxide, vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin), gelatin\*, microcrystalline cellulose (anti-tracking agent), Silybum marianum extract, silicon dioxide (anti-tracking agent), magnesium stearate (free flowing agent), titanium dioxide\* (FCF).

\* Components of the capsule shell

Biologically active substances	1 capsule (1 dose)	2 capsules (2 doses)
Vitamin A	1,2 mg (150 %*) ***	2,4 mg (300 %*) ***
Vitamin D	0,006 mg (120 %*) ***	0,012 mg (240 %*) ***
Vitamin E	60 mg (600 %*) ***	120 mg (1200 %*) ***
Vitamin C	350 mg (583 %*) ***	700 mg (1167 %*) ***
Витамин В1	2 mg (143 %*) ***	4 mg (286 %*) ***
Витамин В2	2,2 mg (137,5 %*) ***	4,4 mg (275 %*) ***
Витамин В3	24 mg (133 %*) ***	48 mg (267 %*) ***
Витамин В5	6 mg (100 %*)	12 mg (200 %*) ***
Витамин В6	2,4 mg (120 %*) ***	4,8 mg (240 %*) ***
Витамин В12	0,0036 mg (360 %*) ***	0,0072 mg (720 %*) ***
Selenium	0,06 mg (86 %*)	0,12 mg (171 %*) ***
Zinc	10 mg (67 %*)	20 mg (133 %*) ***
Omega-3 polyunsaturated fatty acids (PUFAs), which includes:		
- eicosapentaenoic acid	373 mg (19 %**)	746 mg (37 %**)
- docosahexaenoic acid	205 mg (34 %**)	410 mg (68 %**)
Beta-Carotene	137 mg (20 %**)	274 mg (39 %**)
Silimarin	4 mg (80 %**)	8 mg (160 %**)
Methylsulfonylmethane	34 mg (113 %**)	68 mg (227 %**)
	30 mg	60 mg

\* % of the recommended level of daily intake according to TR CU 022/2011 "Food products in terms of their labeling", Appendix 2;

\*\* % of the adequate level of intake according to the Uniform Sanitary Epidemiological and Hygienic Requirements for Goods subject to Sanitary and Epidemiological Supervision (Control), Chapter II, Section 1, Appendix 5;

\*\*\* Does not exceed the upper acceptable level of intake (according to the Uniform Sanitary Epidemiological and Hygienic Requirements for Goods subject to Sanitary and Epidemiological Supervision (Control), Chapter II, Section 1, Appendix 5).

Dose - 1 capsule

### A comprehensive Vitamin & Mineral Complex “Losterin” due to its constituent components:

**Vitamin A (retinol palmitate)** is widely used in disorders of keratogenous processes (hyperkeratosis, dry skin, etc.) and skin appendages disorders. Vitamin A is involved in reductive-oxidative processes, regulation of protein synthesis, promotes normal metabolism, functions of cell and subcellular membranes, stimulates regeneration and epithelialization, improves nonspecific immune response and increases the body's resistance in adverse environmental conditions. Vitamin A also stimulates the antioxidant function of the Vitamin E.

**Vitamin D3 (cholecalciferol)** regulates the metabolism of calcium and phosphorus in the body, is involved in the process of cell growth and development, helps to reduce the rate of proliferation of skin cells, thereby slowing the process of pathological changes in the epidermis, strengthens cell membranes, activates the process of skin recovery.

**Vitamin E (dl-alpha-tocopheryl acetate)** activates vitamin A. It is involved in the formation of intercellular substance, collagen and elastic fibers of connective tissue. Protects from damage to cell membranes, restores disturbed capillary circulation, normalizes capillary and tissue permeability, increases tissue resistance to hypoxia, protects against oxidation of vitamin A.

**Vitamin C (ascorbic acid)** has strong antioxidant properties. It is involved in the oxidation of a number of biologically active substances, the regulation of metabolism in connective tissue, carbohydrate metabolism in the body, promotes regeneration of epidermal cells, stimulates collagen production, increases resistance of the body to infections, reduces inflammatory reactions and swelling.

**Vitamin B1 (thiamine mononitrate)** plays an important role in the metabolism of carbohydrates, fats and proteins. It has antioxidant properties, improves skin elasticity.

**Vitamin B2 (riboflavin)** is actively involved in the processes of protein, carbohydrate and fat metabolism. Riboflavin is necessary for the formation of red blood cells and antibodies, for cell respiration and growth. It facilitates the absorption of oxygen by skin, nail and hair cells. Riboflavin accelerates the body's conversion of vitamin B6 into its active form.

**Vitamin B3 (nicotinamide)** is a powerful regulator of cellular metabolism, is able to increase the synthesis of ceramides and free fatty acids in the surface layer of the skin, prevent moisture loss, and stimulate microcirculation in the dermis. It has antioxidant properties, protects the skin from the sun, and DNA of cells from damage by ultraviolet light, and improves skin elasticity, increasing its barrier function..

**Vitamin B5 (calcium pantothenate)** is involved in all metabolic processes in the body, maintains the water balance of the skin, promotes wounds healing, restores the affected skin, strengthens the immune system..

**Vitamin B6 (pyridoxine hydrochloride)** converts a number of chemical compounds into noradrenaline and succinic acid, accelerating energy processes in cells and stimulating their renewal. Vitamin B6 is involved in the synthesis of proteins, lipoproteins and polyunsaturated fatty acids, improving the condition of the skin.

**Vitamin B12 (cyanocobalamin)** is involved in the synthesis of nucleotides, is an important factor in the normal growth and development of epithelial cells.

**Selenopiran (source of selenium)** has cytoprotective properties, participates in the regulation of tissue elasticity. It is part of the enzyme system-glutathione peroxidase, which protects biological membranes from the damaging effects of free radicals. In combination with vitamins A, E and C, it has an antioxidant effect and improves the adaptive characteristics of the body under the influence of extreme factors.

**Zinc oxide (source of zinc)** is involved in metabolism and stabilization of cell membranes, stimulates skin regeneration and hair growth, and has an immunomodulatory effect on T-cell immunity and increases factors of nonspecific immune protection. It is a structural component of cell receptors, proteins, is a part of more than 200 enzymatic systems, involved in the synthesis of coenzyme, vitamin B6 derivatives.

**Omega-3 polyunsaturated fatty acids** are important structural components of phospholipid membranes of tissue cells. Omega-3 acids retain collagen, which is responsible for skin elasticity, accelerate healing, have strong antioxidant and anti-inflammatory properties.

**Beta-Carotene** has strong antioxidant properties and protects cells from damage by active oxygen and free radicals. It is involved in the process of normal renewal of epithelial tissues. It protects the skin from the harmful effects of UV rays, has a normalizing effect on the formation and function of epithelial tissues, increases their resistance to infections.

**Silymarin** is a natural hepatoprotector. It affects the metabolism of hepatocytes in the liver. Activates the synthesis of proteins and enzymes in hepatocytes, has a stabilizing effect on the membrane of hepatocytes, inhibits dystrophic and potentiates regenerative processes in the liver.

**Methylsulfonylmethane (source of sulfur)** promotes the formation of keratin and normal keratinization of skin cells, strengthens the structure of the skin, protects the deep layers of the skin from the harmful effects of ultraviolet radiation.

**A daily dose of Vitamin & Mineral Complex “Losterin” contains 10 essential vitamins combined with minerals, polyunsaturated omega-3 fatty acids and Beta-Carotene. The formula also includes silymarin, which has a pronounced hepatoprotective effect and provides the comprehensive protection of liver cells. Components of Vitamin & Mineral Complex “Losterin” are important factors of the diet therapy for the normalization of metabolic processes and prevent the development of the chronic diseases.**

**Application:** recommended as a dietary Supplement - an additional source of vitamins A, D, E, C, B1, B2, B3 (niacinamide), B5 (pantothenic acid), B6, B12, selenium, zinc, polyunsaturated fatty acids omega-3, including eicosapentaenoic acid and docosahexaenoic acid, beta-carotene, a source of silymarin containing methylsulfonylmethane.

**Recommended use:** adults take 1-2 red capsules in the morning and 1-2 white capsules in the evening during a meal.

**Course of administration:** 1 month. You can repeat the treatment throughout the year.

**Contraindications:** individual intolerance to the components of the product, pregnancy, breast-feeding. Please consult your doctor before the application.

**Period of validity:** 2 years.

**Storage conditions:** at temperatures up to +25 °C in a dry place protected from direct sunlight, out of reach of kids.

**Terms of implementation:** implementation via the pharmacy chain and specialized departments of the outlet chains.

**It is not a medicine.**

**Biologically active dietary supplement Vitamin & Mineral Complex “Losterin”.**

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**“Losterin” – take care of your skin’s health!**

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