

These are the BEST NATURAL Topical Ingredients to use on the skin:

*(there is lots of marketing-hype and misinformation with NO proven medical data;
These 5 ingredients are time-tested with supporting medical-research data)*

ZINC

Zinc is an essential mineral that plays a crucial role in various physiological processes in the body, including skin health.

1. **Wound Healing:** Zinc is involved in the synthesis of collagen, a protein essential for wound healing. It plays a role in cell proliferation, immune function, and tissue repair.
2. **Topical application of zinc** has been found to promote wound healing and reduce the risk of infection, making it useful for treating minor cuts, burns, and skin ulcers.
3. **Acne Treatment:** Zinc possesses anti-inflammatory properties and regulates sebum production, making it effective in managing acne. It helps reduce redness, inflammation, and the formation of acne lesions.
4. **Eczema and Dermatitis:** Zinc helps soothe itching, reduce inflammation, and restore the skin barrier function.
5. **Psoriasis Management:** Zinc has been studied as a potential adjunct therapy for psoriasis due to its anti-inflammatory and immune-modulating effects.
6. **UV Protection:** Zinc provides broad-spectrum protection against both UVA and UVB rays by reflecting and scattering the sunlight.

NIACINAMIDE

1. **Moisturization:** Niacinamide helps improve the skin's barrier function by increasing the production of ceramides, which are essential for maintaining skin hydration.
2. **Anti-Aging Properties:** Niacinamide has been shown to have anti-aging effects on the skin.
3. **Skin Brightening:** Niacinamide can help reduce hyperpigmentation as it inhibits the transfer of melanin (the pigment responsible for skin color) to the skin cells, thereby reducing the appearance of dark spots, age spots.
4. **Oil Control:** Niacinamide has sebum-regulating properties
5. **Anti-Inflammatory Effects:** Niacinamide possesses anti-inflammatory properties, It can help reduce redness, calm irritated skin.

6. **Protection against Environmental Damage:** Niacinamide has been found to provide protective effects against environmental stressors, such as pollution and UV radiation. It helps neutralize free radicals, which are unstable molecules that can cause damage to skin cells.
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OATMEAL

1. **Soothes Irritated Skin:** Oatmeal has anti-inflammatory properties, It can provide relief from itching, redness, and inflammation.
 2. **Moisturizes and Hydrates:** Oatmeal is a natural humectant, meaning it helps attract and retain moisture in the skin. It forms a protective barrier on the skin surface.
 3. **Relieves Itchiness:** Oatmeal has soothing properties that can help relieve itchiness and reduce the urge to scratch, which in turn helps prevent further skin damage or worsening of the condition.
 4. **Anti-Allergic Effects:** Oatmeal contains compounds called avenanthramides that have anti-allergic properties.
 5. **Antioxidant Protection:** Oatmeal contains antioxidants like vitamin E, ferulic acid, and flavonoids, which help protect the skin from oxidative stress caused by free radicals.
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SILVER

Silver has been used for centuries for its antimicrobial properties

1. **Antimicrobial Activity:** Silver has broad-spectrum antimicrobial properties, meaning it can effectively kill or inhibit the growth of various microorganisms, including bacteria, fungi, and some viruses.
2. **Wound Healing:** Silver has been shown to promote wound healing by facilitating tissue regeneration and reducing the risk of infection. It can help accelerate the formation of granulation tissue, which is crucial for the healing process.
3. **Anti-Inflammatory Effects:** Silver exhibits anti-inflammatory properties that can help reduce inflammation in the skin; redness, itching, and swelling.
4. **Odor Control:** Silver has the ability to neutralize or inhibit the growth of odor-causing bacteria. This property makes it useful in managing malodorous conditions like infection odor or body odor.
5. **Acne Treatment:** Silver nanoparticles have been studied for their potential in acne treatment.

6. UV Protection: Silver nanoparticles act as a physical barrier, reflecting or scattering UV radiation, thereby reducing the penetration of harmful rays into the skin.

MENTHOL

1. Cooling effect: Menthol provides a pleasant cooling sensation when applied to the skin. This cooling effect can help alleviate discomfort and itching.
2. Anti-itch properties: Menthol has mild local anesthetic and counterirritant properties. It can temporarily relieve itching by numbing the skin and creating a cooling sensation.
3. Soothing and calming: Menthol has a soothing effect on the skin. It can help reduce skin irritation, redness, and inflammation, making it beneficial for conditions like dermatitis.
4. Oil control: Menthol has astringent properties, which can help control excessive oiliness in the skin.