

# Crystal Tomato®

Unusual name, extraordinary results



The cutesy name of the product belies the decade of research and scientific breakthroughs that come with Crystal Tomato®. This US-made dietary supplement is one of the first nutraceuticals in the world to offer benefits for the skin from a unique breed of patented non-genetically modified white tomatoes.

Each Crystal Tomato® caplet corresponds to three fresh Crystal Tomatoes. The tomatoes are specially cultivated for their Crystal Tomato® Carotenoids which function as UV absorbers and have antioxidant properties that are 400 times more powerful than regular red tomatoes.

Crystal Tomato® Carotenoids provide protection continuously for the whole body against UV damage by sun exposure. In a recent study, it was found that oral intake of Crystal Tomato® increases the natural SPF of the skin by as much as 20 percent. As a 100 percent natural food supplement, it is safe for daily use over a long period of time. Crystal Tomato® is certified Halal by the Islamic Food and Nutrition Council of America (IFANCA), the leading halal food certification body in the United States.

## CAUSES OF PIGMENTARY ISSUES AND AGING

Summing up the causes of facial pigmentation and aging is Associate Professor (Adj) Steven Thng Tien Guan who is senior consultant and head of the Pigment Clinic, National Skin Centre, Singapore. "The cause of facial pigmentation problems is multifactorial. The increase in UV radiation reaching us, because of the depleting ozone layer, is certainly a possible cause. In addition, certain medications that we are exposed to, like oral contraceptives and hormones, are well known to cause pigmentation problems. We are also applying more stuff on our faces than ever before and these can sometimes cause facial pigmentation. There are two main categories for the causes of skin aging and pigmentation. One is intrinsic, meaning that it is genetic and beyond our control. The other is extrinsic and includes smoking, UV exposure, a high glycaemic diet and environmental pollutants."



Many dietary carotenoids, both with and without pro-vitamin A activity, are found distributed throughout human tissue including the serum, plasma and skin. But compared to other carotenoids, Crystal Tomato® Carotenoids have the highest accumulation factor in the skin. This high distribution factor is an indication of the better stability of Crystal Tomato® Carotenoids in the skin. It further supports their advantageous ability to prevent and protect against in vivo oxidative damage. Tests have also proven an increased protection of DNA and skin cells against oxidative and UV damage with an increased consumption of Crystal Tomato® Carotenoids.

## GLUTATHIONE TO ENHANCE EFFICACIES

To enhance the efficacy of Crystal Tomato®, an amino acid, L-Cysteine, is included. Existing naturally in proteins of most living organisms, L-Cysteine is a natural food additive approved by US FDA. L-Cysteine boosts the liver's natural production of glutathione.

Glutathione lightens dark pigmentation (eumelanin) to pink pigmentation (pheomelanin). Although glutathione is commonly found in oral supplements, it is not absorbed when taken orally and, by itself, has no effect on the skin. By including L-Cysteine, a natural precursor of glutathione in Crystal Tomato®, the natural mechanisms in the body are activated to produce its own glutathione to improve the appearance of the skin.

When Professor Thng heard about Crystal Tomato® and its ability to act as a natural sunscreen, along with its melanin synthesis inhibiting properties, he was ambivalent. However, after a randomised, placebo-controlled trial, he and his colleagues found that oral supplements containing Crystal Tomato® Carotenoids actually did have a potential adjunctive role in melasma treatment (melasma being a patchy brown discolouration of the skin on the face).

"Our tests were done on two groups, one with Crystal Tomato®, another with a placebo. All patients were treated with a lightening cream and a day sun block. There were 44 patients in total. "Our study showed that Crystal Tomato® does show some benefits as an adjunct therapy for the treatment of melasma. The mechanism of action could be that Carotenoids possess absorption spectra in both the UVB and UVA range, and are able to block the formation of melanin besides possessing anti-inflammatory, anti-oxidant properties and can cause reduction of the existing melanin in melanocytes." shared Professor Thng.

This means that apart from being an effective sun protection, Crystal Tomato® Carotenoids can effectively reduce the melanin that is already present in the cells including those in dark acne scars, freckles, dark underarms and age spots. Crystal Tomato® Carotenoids also have the ability to absorb light within the UVA/B range and subsequently block free radicals from the UV rays. Hence, they act as anti-oxidants to protect against free radical damage by environmental aggressors.

## CRYSTAL CLEAR™ SKIN CLARITY CREAM

The study also brought to light the efficacy of Crystal Clear™, another product that engendered from Crystal Tomato®.

“The skin clarity cream we used on both groups in the study was Crystal Clear™. Crystal Clear™ was not supposed to have been tested in the trial. It was just supposed to be the lightening cream used by both groups of patients to maintain their skin condition. However, we were surprised that the skin in both groups of patients, the Crystal Tomato® group as well as the placebo, improved with the use of Crystal Clear™,” said Professor Thng.

Crystal Clear™ is a depigmentation cream for all skin types. Its specific cosmeceutical formula acts by inhibiting the enzyme mechanism that produces melanin. Its main active ingredient is a tyrosinase inhibitor complex which does not contain any harsh or toxic compounds. Continuous application leads to reduction or eradication of existing skin spots of melanic origin and other skin hyperchromia. It is also used to help prevent the formation of new melanin spots.

Crystal Clear™ is a remarkable depigmentation cream that sets a new benchmark for the management of pigmentation and melasma. It brings new hope when even the industry ‘Gold Standard’ TTT (Triple Topical Therapy) for



treatment of melasma, could not achieve the desired outcome.

The clinical trial which combined the Crystal Tomato® supplement and Crystal Clear™ skin clarity cream showed 76.5 percent of the patients benefited from improvements of over 25 percent after 56 days. And after 84 days, 53 percent showed more than 50 percent improvement in the MASI (Melasma Area Severity Index) scores.

The Clinical Studies on Crystal Tomato® Supplement & Crystal Clear™ Skin Clarity Cream, conducted by Singapore National Skin Centre, will be published in the American Journal of Pigmentary Disorder.

Both Crystal Tomato® and Crystal Clear™ products are available only from authorised medical and aesthetic clinics, meaning it has received the seal of approval from some of Singapore’s leading cosmetic surgeons and dermatologists.

For more information on Crystal Tomato® and Crystal Clear™, check out [www.crystaltomato.com.my](http://www.crystaltomato.com.my). Or contact:

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