

# Glisodin and exposure to the sun

Open study sponsored by Isocell. Conducted in France on 150 patients by 40 dermatologists following a protocol compiled by Dr. Catherine Laverdet, Dr. Nadine Pomarede and Dr. Catherine Oliveres-Ghouti.

**PROTOCOL:**  
**150 patients (120 women + 30 men).**

### *Inclusion criteria:*

- Sensitive, dry or reactive skin.
- Readily irritated, fair skin.
- Hypersensitivity to sunshine, even UV radiation-induced, cutaneous pathology.

### *Duration of treatment and dosage:*

- Patients took Glisodin for at least 15 days before their holidays: 2 x 250 mg capsules per day.
- The same dosage was maintained throughout the holidays.
- Patients sunbathed as usual and continued to use their regular sun screen (Index 20 to 100).

## RESULTS

### CLINICAL EVALUATION

#### CLINICAL RESULTS D0

**Enrolled patients were split into three different groups:**

- Group 1: 75 patients who suffer flushes as soon as sun exposure begins or following more or less serious sunburns.
- Group 2: 60 patients who experience LEB-type sun allergic reactions.
- Group 3: 15 patients with other reactions such as pruritus, solar eczema and rashes.

#### CLINICAL RESULTS D60

**After 4 to 8 weeks, outcomes were as follows:**

- Group 1: of the 75 patients, 64 had no sunburn; 6 had diminished episodes and 5 had had a full-blown episode of sunburn.
- Group 2: of the 60 patients, 44 did not experience any LEB-type reaction; 6 had an attenuated reaction and 10 had had a full-blown reaction.

- Group 3: none of the 15 patients suffered the usual symptoms.

### FROM THE PATIENT'S POINT OF VIEW

- **110 patients judge that their skin was well prepared for exposure to the sun.**
- **76 patients judge that they tanned more with less exposure to the sun.**
- **62 patients judge that taking Glisodine speeds up the tanning process.**

### GENERAL CONDITION ON D60

88 patients declared their quality of life to have been improved. The most commonly mentioned criteria were:

- Increased vitality (61).
- Higher quality sleep (48).
- Increased wakefulness (22).
- Attenuated muscle pain (34).
- Improved memory and concentration (29).
- Quicker recovery following physical exercise (29).

### CONCLUSION

A first study conducted in 2003 by Dr. Laverdet in 15 patients had shown Glisodin to be effective in patients who experience sun-induced skin reactions. This much larger-scale study - conducted in 150 patients by 40 dermatologists spread throughout France - shows that Glisodin (at a dosage of 2 capsules a day beginning 15 days before sunbathing and throughout the holidays) prepares the skin for exposure to the sun and undeniably improves the condition of both the patient's skin and general condition.

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