



# Marc, My Words

Volume 10-09

## The Power of Vitamin C

Many people know that Vitamin C strengthens the immune system but few people know its effects on their skin. It can even out your skin tone reducing a blotchy appearance and minimize the signs of sun damage. Vitamin C is essential for healthy skin, it protects cell membranes and stimulates the production of collagen which keeps your skin firm and youthful.

Research supports Vitamin C as an effective topical agent against wrinkles and fine lines. Unfortunately, Vitamin C becomes unstable when formulated into a topical agent creating difficulties in development. Quality skin care products formulated with Vitamin C exist but need to be stored and used in a specific manner to maintain effectiveness. Also look for products containing ascorbyl palmitate and magnesium ascorbyl phosphate, derivatives of Vitamin C.

Research on Vitamin C is still in its early stages but you can be sure that as more evidence of its skin care benefits are found more products containing Vitamin C and its derivatives will appear on shelves.

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## TOPICS

- Power of Vitamin C
- Cold Sore Misery

*“Beauty is an ecstasy; it is as simple as hunger. There is really nothing to be said about it. It is like the perfume of a rose: you can smell it and that is all.”*

- W. Somerset Maugham

## Cold Sore Misery

No one likes a cold sore but unfortunately they show up every now and again. Cold sores are a form of the herpes virus but there's no need to be alarmed, they aren't a sign of a sexually transmitted disease. There are a number of ways to contract the virus and unfortunately once it's in you, it's in you for the long haul. Here are a few tips to help you avoid cold sores, or just suppress the virus if you've had them in the past.

Prevention is the best practice. The virus is spread through mucus from the nose or saliva from the mouth. Avoid sharing drinks, lip balms or anything placed in the mouth with others who might have the virus. Unless you know they have had cold sores in the past it's virtually impossible to tell whether they have the virus. So just be careful with whom you share such items.

Once you have contracted the virus there's no telling when a cold sore might pay a visit. Being sick, stress and exposure to the sun can trigger a cold sore so be sure to eat a healthy diet, drink a lot of water, exercise and regularly apply sunscreen when going outside.

The best thing to do when a cold sore appears is leave it alone. Don't pick at it and definitely don't try to pop it. You might introduce bacteria into the sore that will only make matters worse, not to mention the possibility of scarring. If the cold sore is sensitive or painful take an over-the-counter pain reliever or suck on a frozen popsicle or ice cube. Avoid salty, spicy or acidic foods which can irritate the cold sore.

Cold sores will typically go away on their own within a week or two. If they persist or if they become more frequent talk with your physician about prescription medications that may help.



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