

Ergothioneine Boosts Body's Natural Antioxidant System to Combat Free Radicals

By Bob Kronemyer, Associate Editor

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Antioxidants are reputed to be at the forefront of the war against free radicals. "Constantly generated by sunlight, pollution and the body's own metabolism, free radicals are proclaimed as the true source of cellular damage, leading to such visible woes as wrinkles, hyperpigmentation, sallowness, sagging and – far worse – skin cancer," said Dan Yarosh, Ph.D., president of AGI Dermatics (Freeport, N.Y.).

Studies in humans have conclusively shown that foods rich in antioxidants (e.g., broccoli, carrots, spinach, garlic, onions, red beans, blueberries) "have all sorts of health benefits and reduced disease risks," Dr. Yarosh said. "But clinical study after clinical study of individual antioxidant supplements have failed to show anywhere near the same benefits."

Additionally, when it comes to skin health, "we don't yet know the right amounts and combinations of pure antioxidants," Dr. Yarosh noted. "For certain, one antioxidant pill or lotion can't do it alone."

Contemporary biochemical information is essential for developing a new generation of super antioxidants that will perform at peak capacity. "We now know that in order to be in the right place at the right time, antioxidants should be able to patrol both the water and the oil spaces in the skin," said Dr. Yarosh, author of the upcoming book *The New Science of Perfect Skin* (Random House, New York, N.Y.).

AGI Dermatics always uses vitamin C (water) and vitamin E (oil) together in its antioxidants. "Although such a combination is not unique to the industry, we incorporate a recently discovered natural antioxidant of the skin called ergothioneine," Dr. Yarosh said. "In fact, ergothioneine is the

first new natural antioxidant to be discovered in 40 years." Unlike botanical antioxidants that derive from foreign animals or plants, ergothioneine bolsters the body's own natural systems, "which is far better," he said. It also reduces the risk of irritation.

Researchers are also learning how to team up antioxidants to regenerate each other. "Vitamin C and vitamin E are well known in science to recycle each other," Dr. Yarosh conveyed. "It also turns out that vitamin C and ergothioneine recycle each other. These are natural combinations, and the body knows how to use them to regenerate."

A promising new direction is identifying the most stable and powerful antioxidants in plants. "Ergothioneine is the focus of our research," Dr. Yarosh said. It is derived from foods such as grains and mushrooms. "I don't raise ergothioneine to the level of a vitamin, but it is similar in that it is a nutrient we need to take in our diet," Dr. Yarosh said. "Ergothioneine is also a real component of skin health and how the skin metabolizes and provides energy."

Antioxidant Refoliator and Clarifying Concentrate are two products from Remergent, DNA Science for Skin, that capitalize on antioxidants. "Both products contain ergothioneine, but Clarifying Concentrate offers a higher concentration – in fact, the highest that is found in the market," Dr. Yarosh stated. Ergothioneine brightens skin, reduces pigmentation and evens out skin tone.

"Our emphasis is on boosting the natural antioxidant system, rather than adding exotic plant antioxidants," Dr. Yarosh said.



Antioxidant Refoliator



Clarifying Concentrate