

Investigation of nails before, during and after application of Allpresan® PROFootcare healthy nails tincture



Subjects & criteria

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Inclusion criteria:

- **Healthy adults with BMI of 18 – 25 kg/m²**
- **Brittle, splintery and rough-textured nails**
- **No application of any nail care product during the study**
- **No application of nail polish during the study**

Subjects & criteria

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Exclusion criteria:

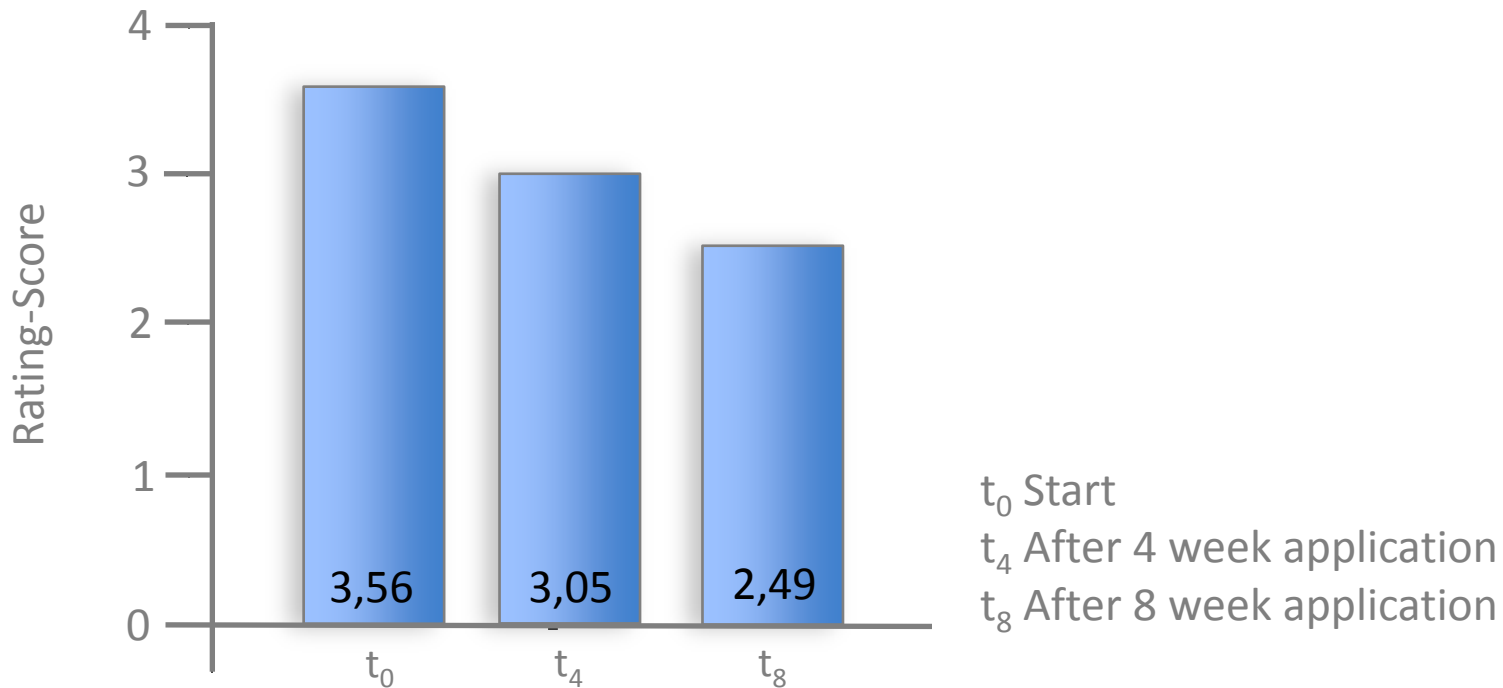
- **Nail infection and nail psoriasis**
- **Pregnancy and breast-feeding**
- **Heavy smoking**
- **Medications which affect the skin response like antibiotics, cortisone, antiallergics and anti-inflammatory medications**
- **Getting a manicure / pedicure during the study**
- **Subjects, who appear at study site with freshly filed nails**
- **Using any nail care products or any nail polish during the study**

Part 1: Expert rating

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Brittleness

Improvement: 30,1%

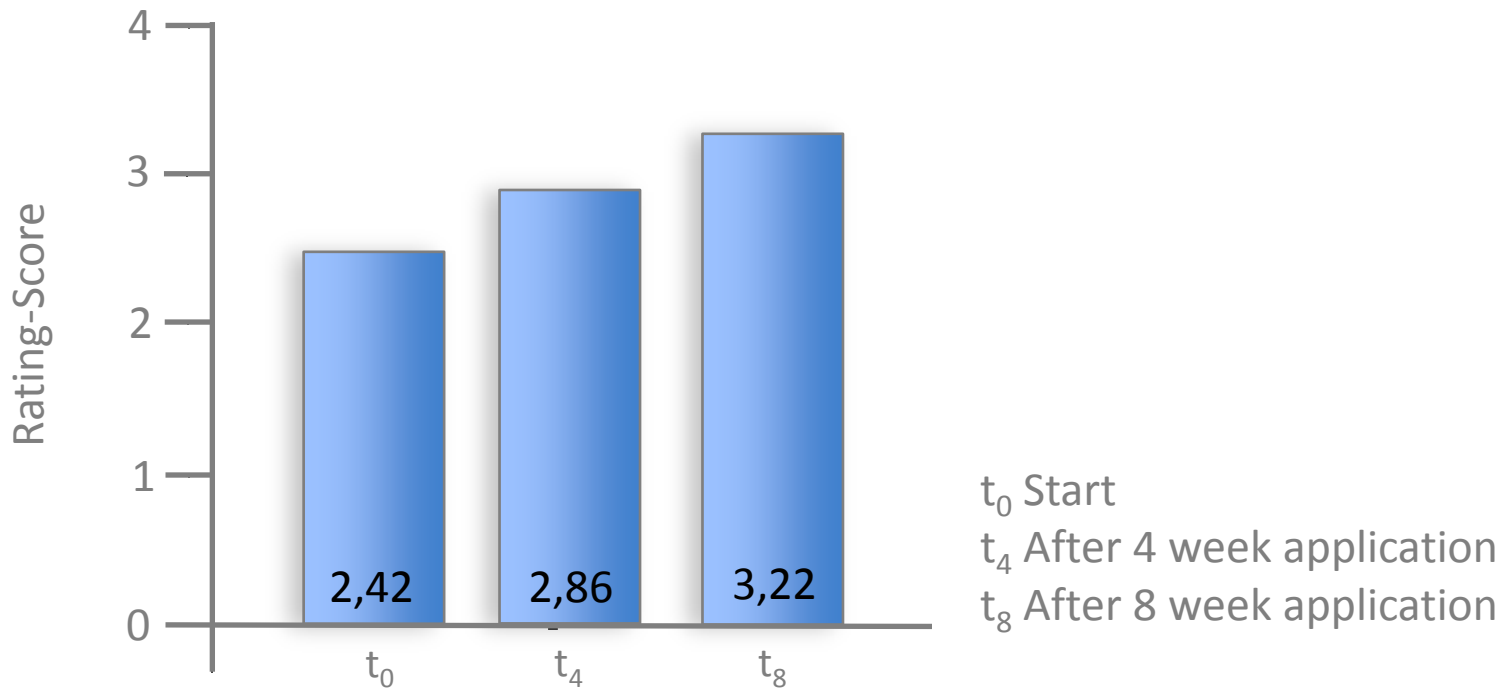


Part 1: Expert rating

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Well-groomed

Improvement: 33,1%

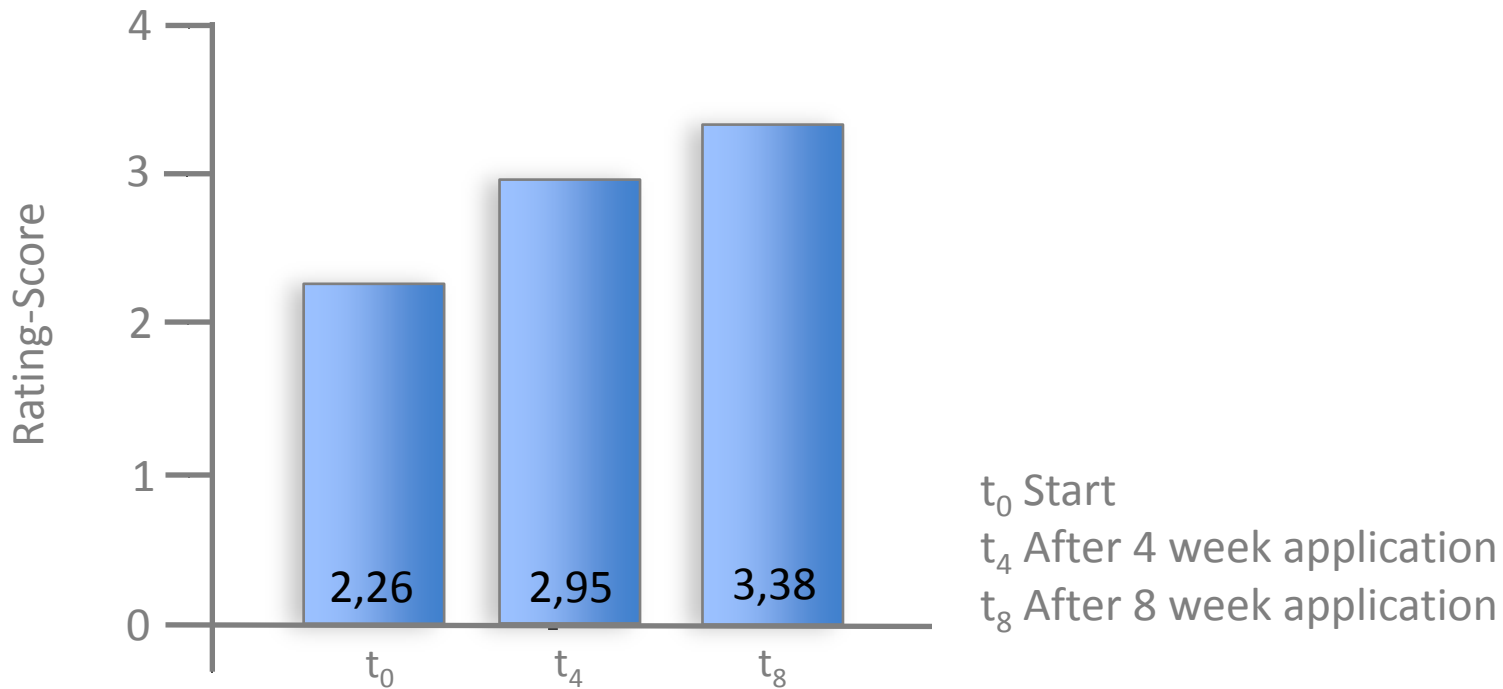


Part 1: Expert rating

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Strengthening

Improvement: 50,0%

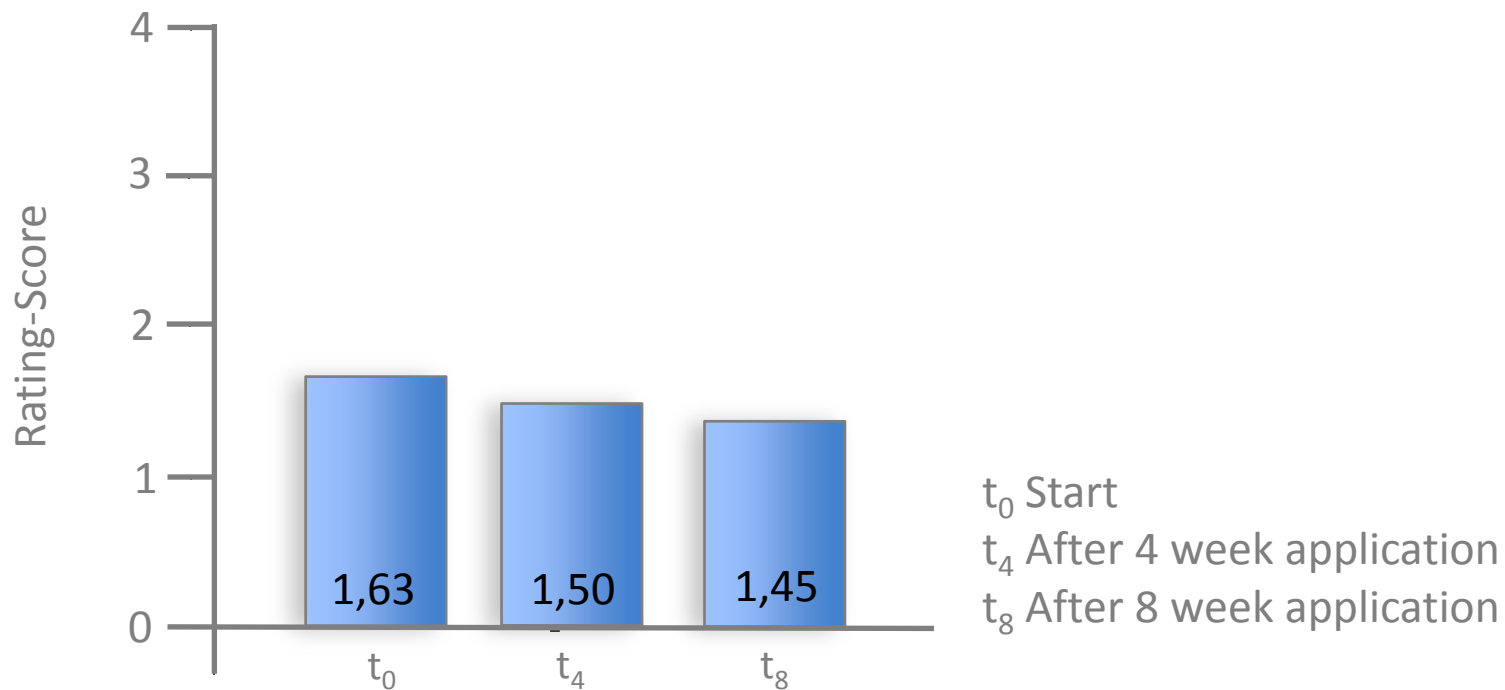


Part 1: Expert rating

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Discoloration

Improvement: 11,0%

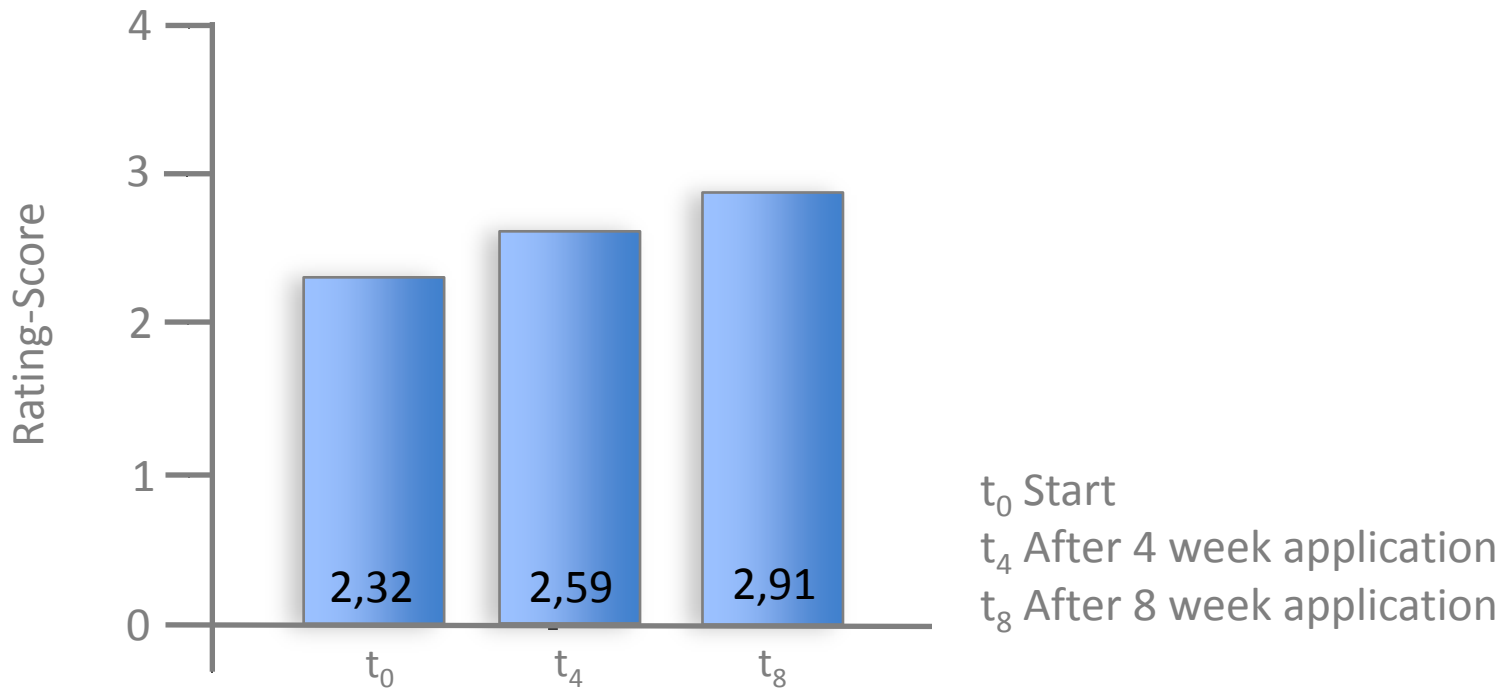


Part 1: Expert rating

n = 55; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Smoothness

Improvement: 20,3%



Part 1: Expert rating

Photographic documentation

Test subject 26



T0

T4

T8

t₀ Start

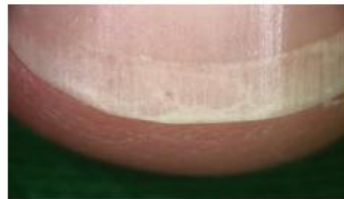
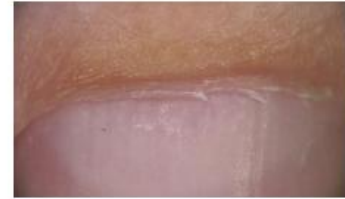
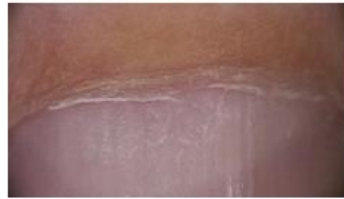
t₄ After 4 week application

t₈ After 8 week application

Part 1: Expert rating

Photographic documentation

Test subject 26



T0

T4

T8

t_0 Start

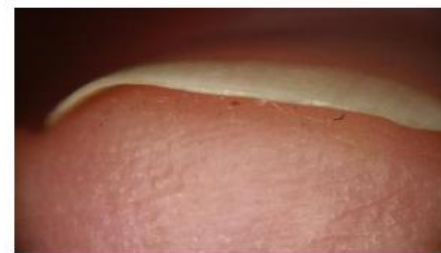
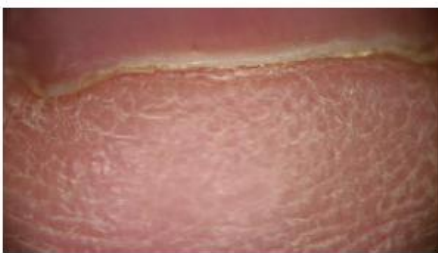
t_4 After 4 week application

t_8 After 8 week application

Part 1: Expert rating

Photographic documentation

Test subject 27



T0

T4

T8

t_0 Start

t_4 After 4 week application

t_8 After 8 week application

Part 1: Expert rating

Photographic documentation

Test subject 27



T0

T4

T8

t_0 Start

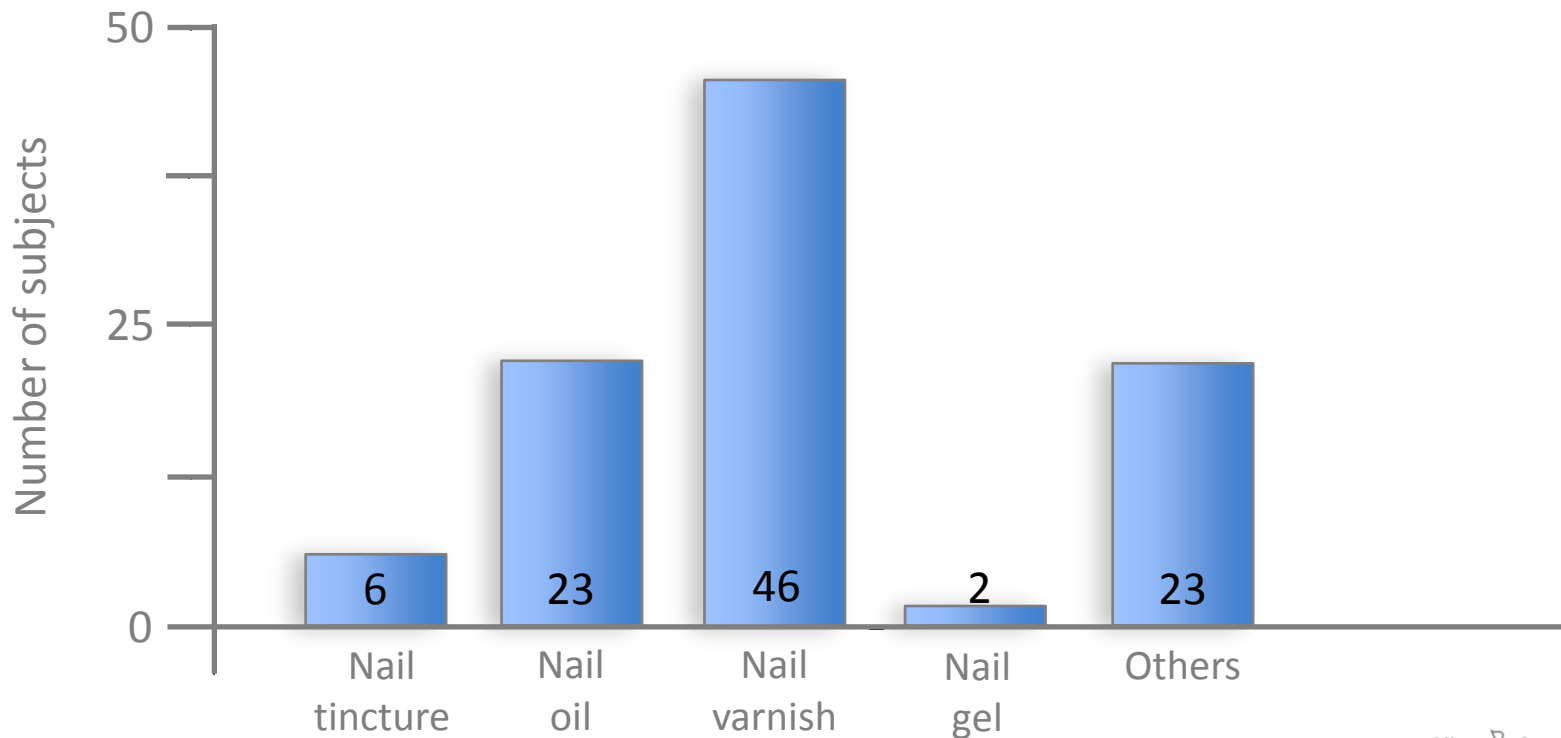
t_4 After 4 week application

t_8 After 8 week application

Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

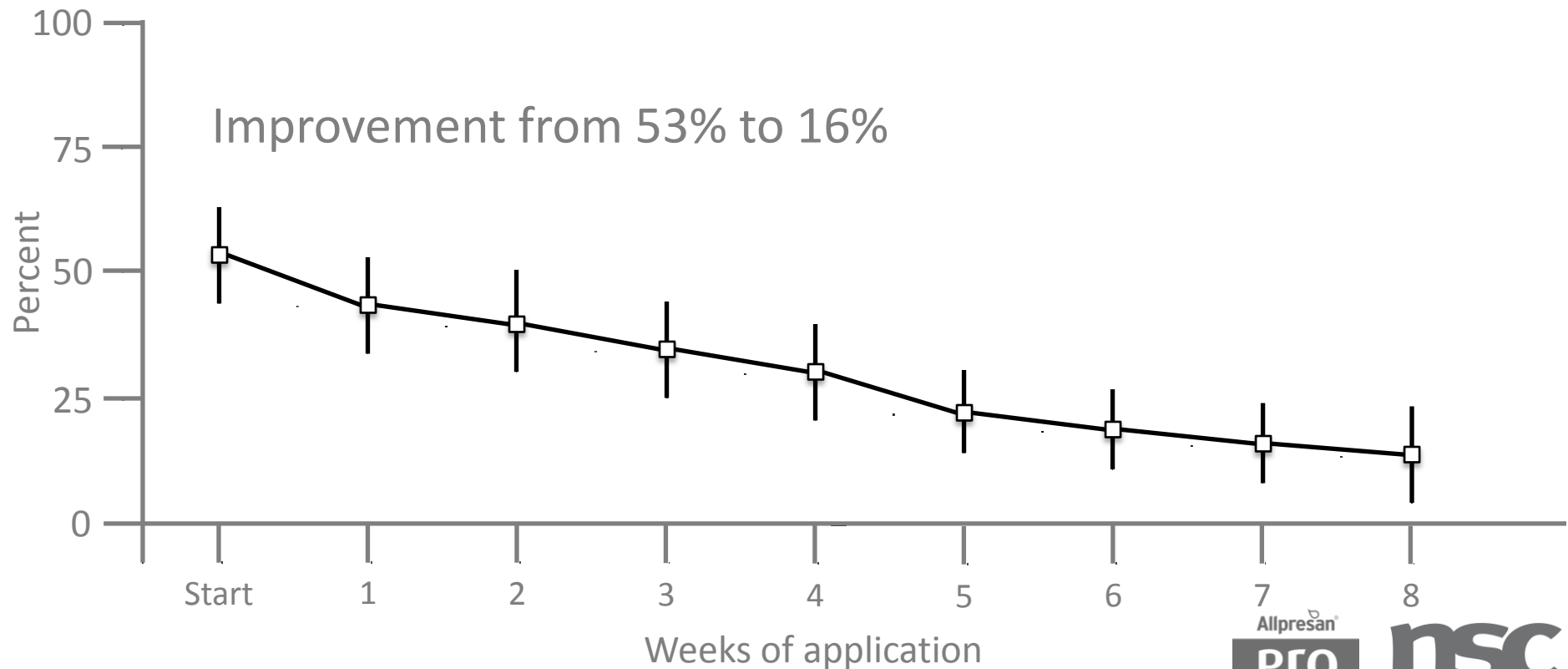
What products you use most often for nail care?



Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

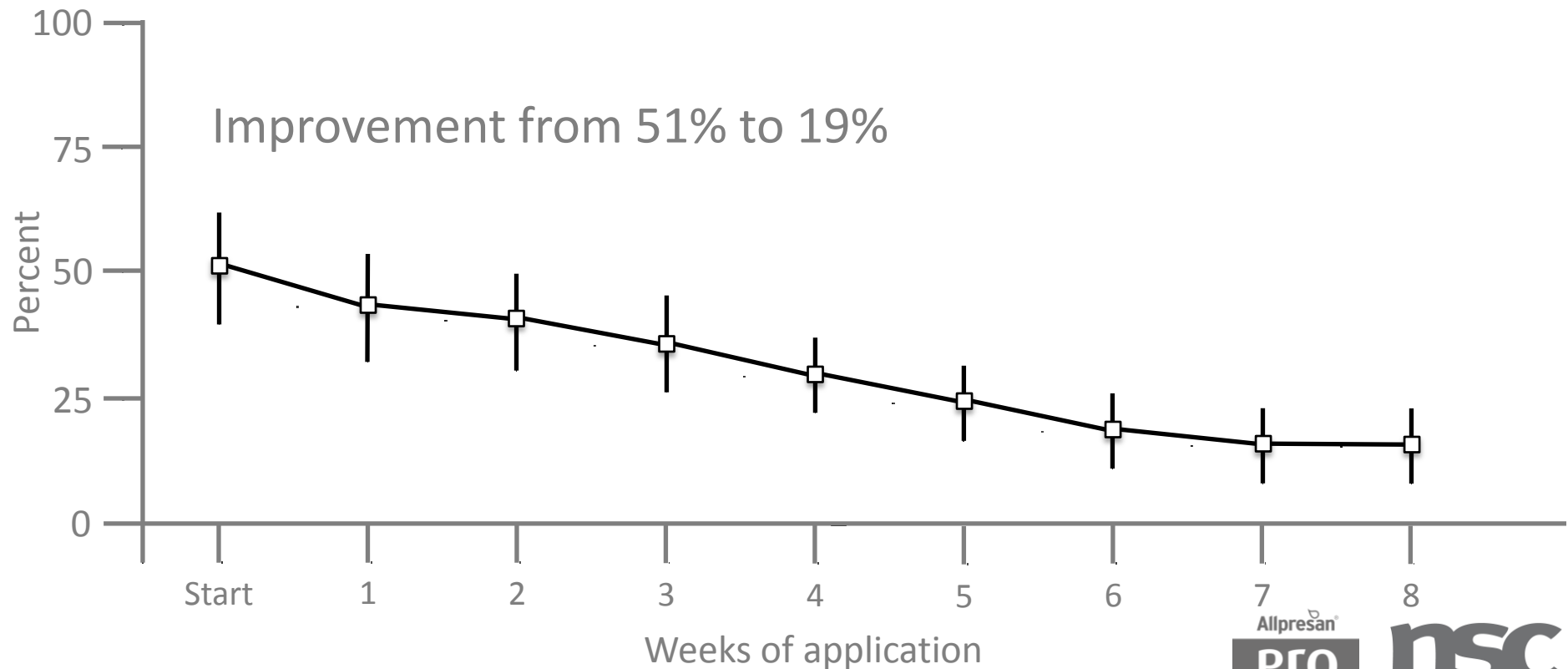
Fingernails: normal (0%) -> highly brittle (100%)



Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

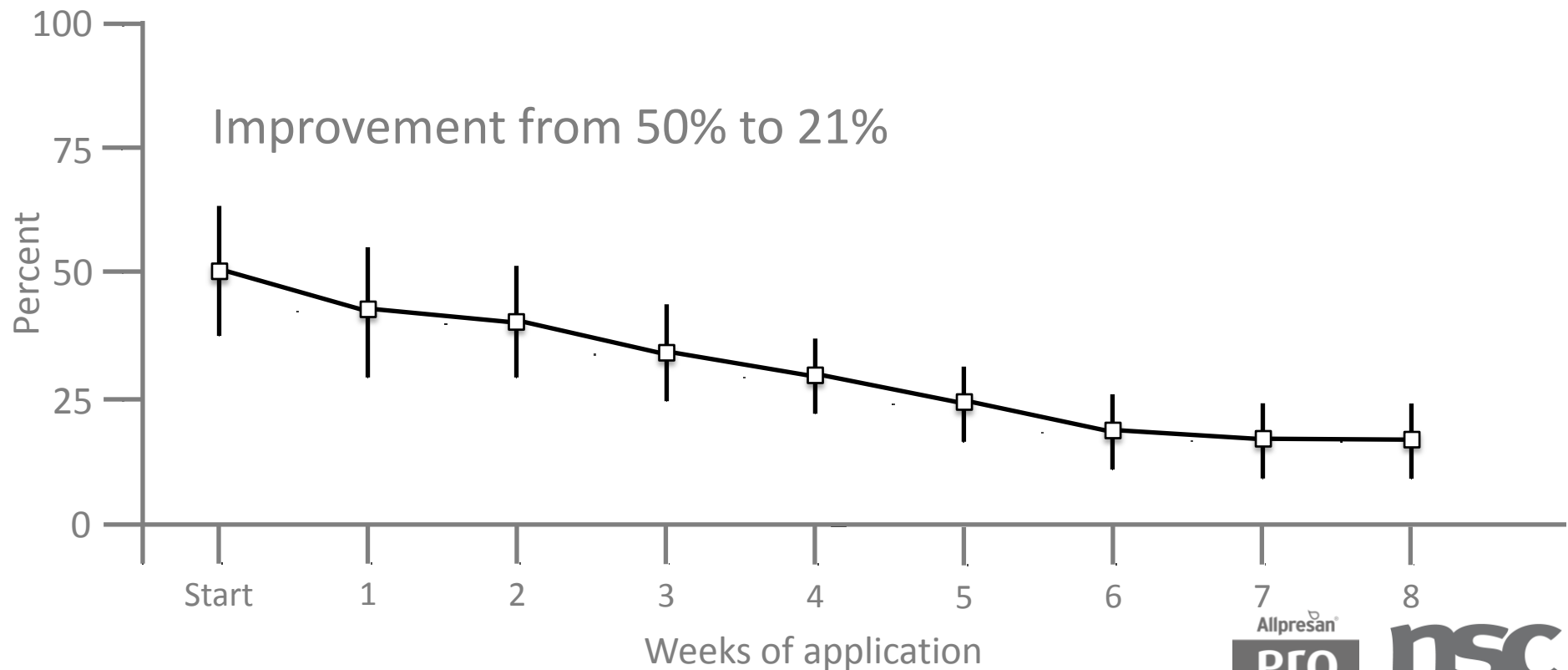
Fingernails: supple (0%) -> highly splintery (100%)



Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

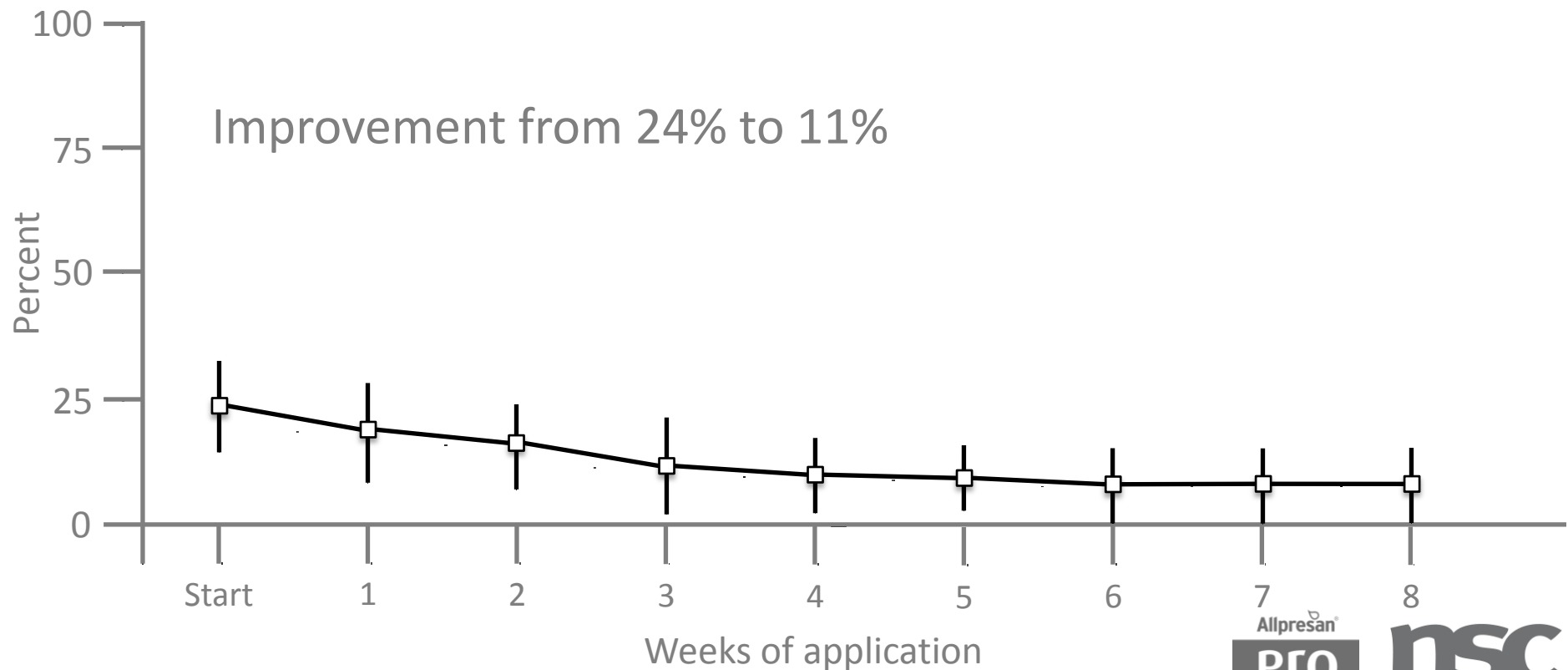
Fingernails: strong (0%) -> extremely soft (100%)



Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

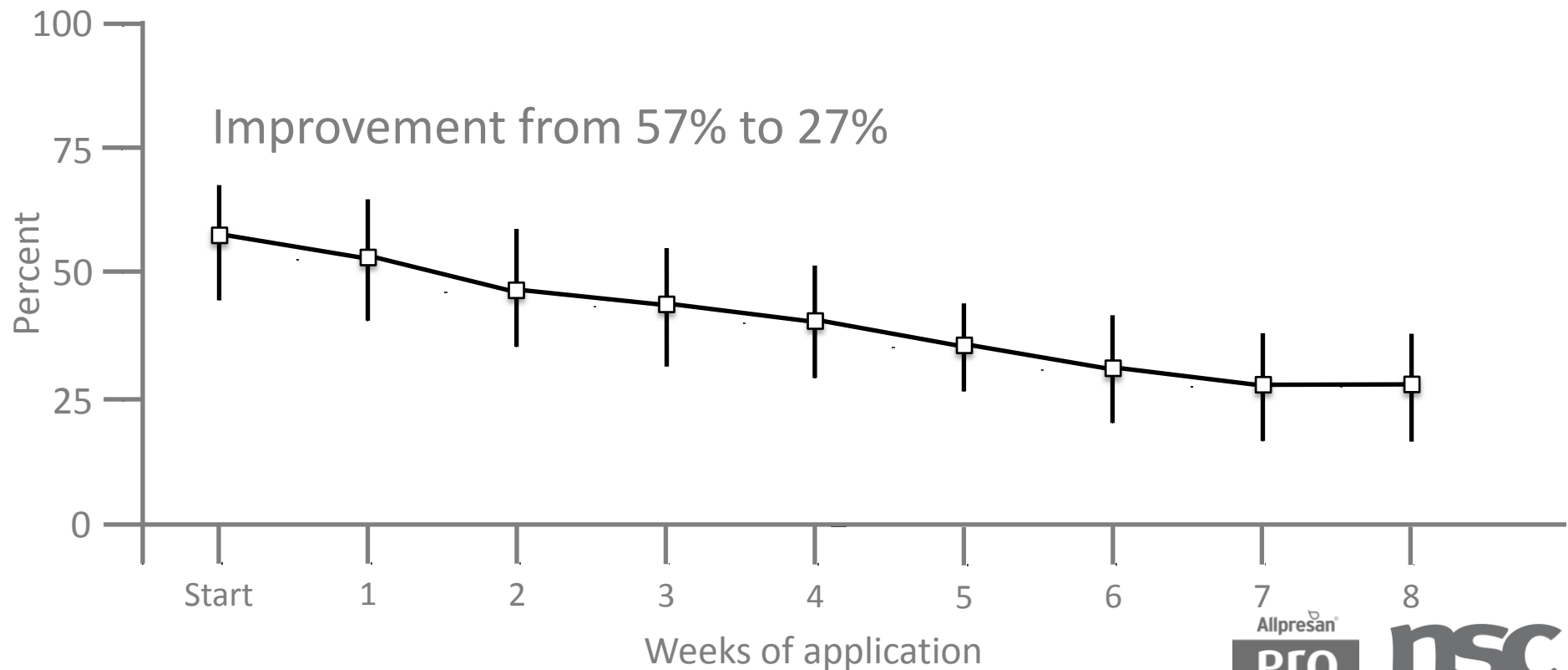
Fingernails: no discoloration (0%) -> strong discoloration (100%)



Part 2: Evaluation of the subjects questionnaire

n = 54; 18 - 64 years; mean age: 40 years; 2x/d; 8 weeks

Fingernails: smooth surface (0%) -> very rough surface(100%)



Summary

With respect to all evaluated criteria a nail optimization during the observation period of 8 weeks, both through independent, objective experts, as well as subjective subjects is clearly and significantly noticeable.

Due to the slow nail growth, the optimizing processes in the nail are also slow.