

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

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## Subjects & criteria

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

### **Inclusion criteria:**

- **Healthy adults with BMI of 18 – 25 kg/m<sup>2</sup>**
- **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

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

### Exclusion criteria:

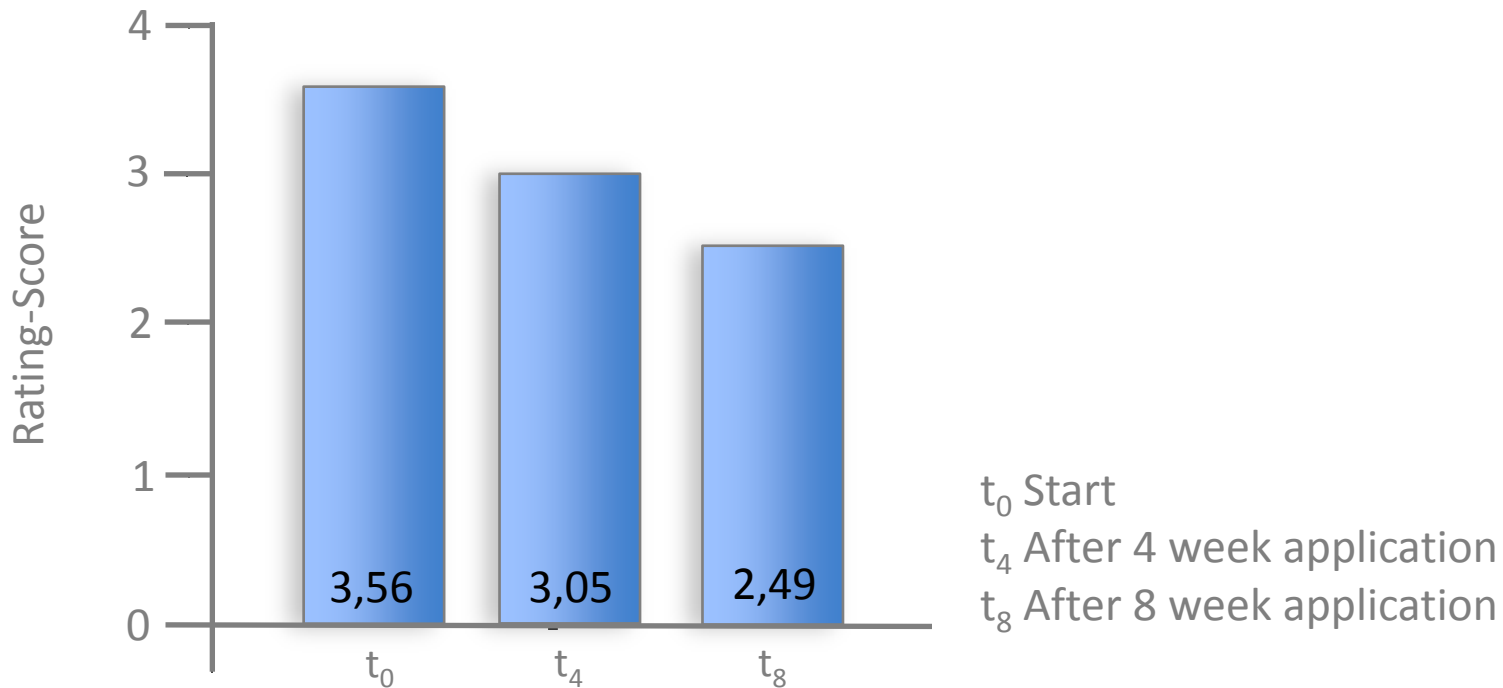
- **Nail infection and nail psoriasis**
- **Pregnancy and breast-feeding**
- **Heavy smoking**
- **Medications which affect the skin response like antibiotics, cortisone, antiallergics and anti-inflammatory medications**
- **Getting a manicure / pedicure during the study**
- **Subjects, who appear at 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%

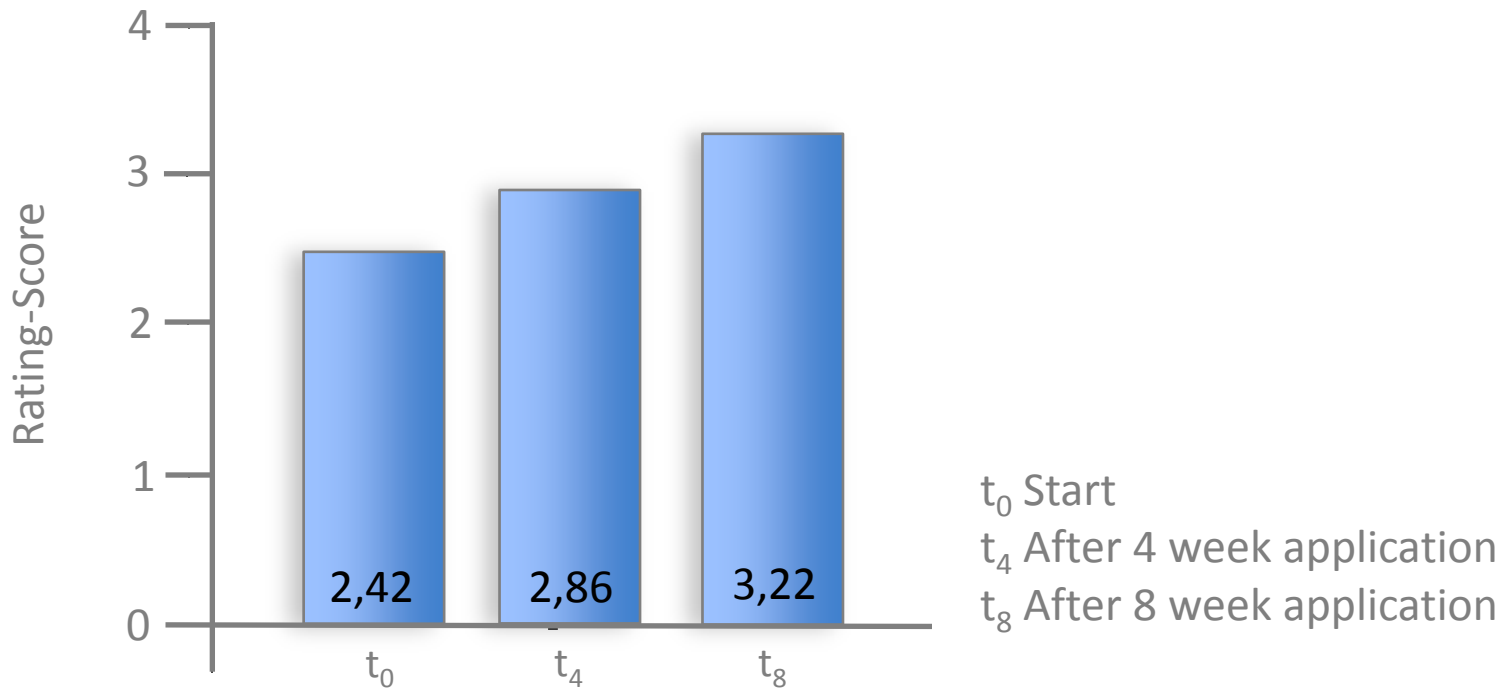


# Part 1: Expert rating

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

Well-groomed

Improvement: 33,1%

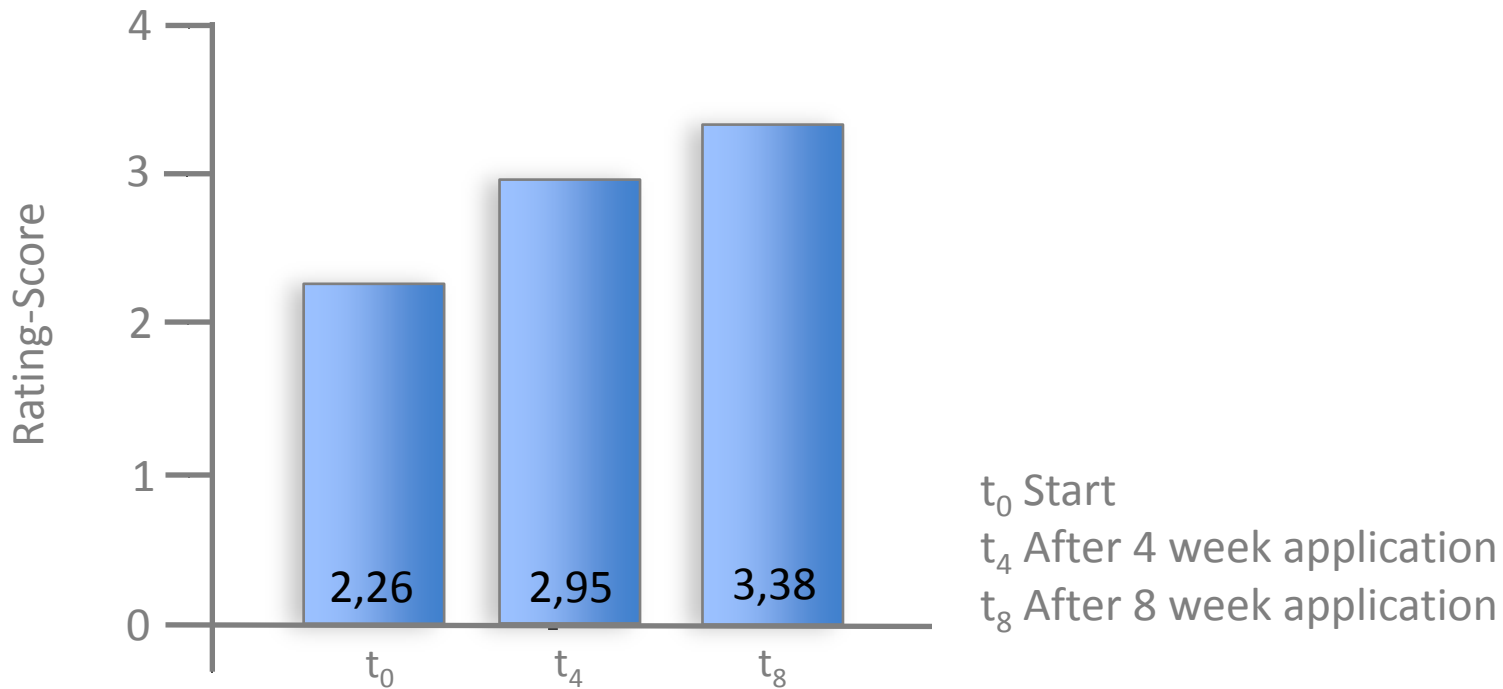


# Part 1: Expert rating

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

Strengthening

Improvement: 50,0%

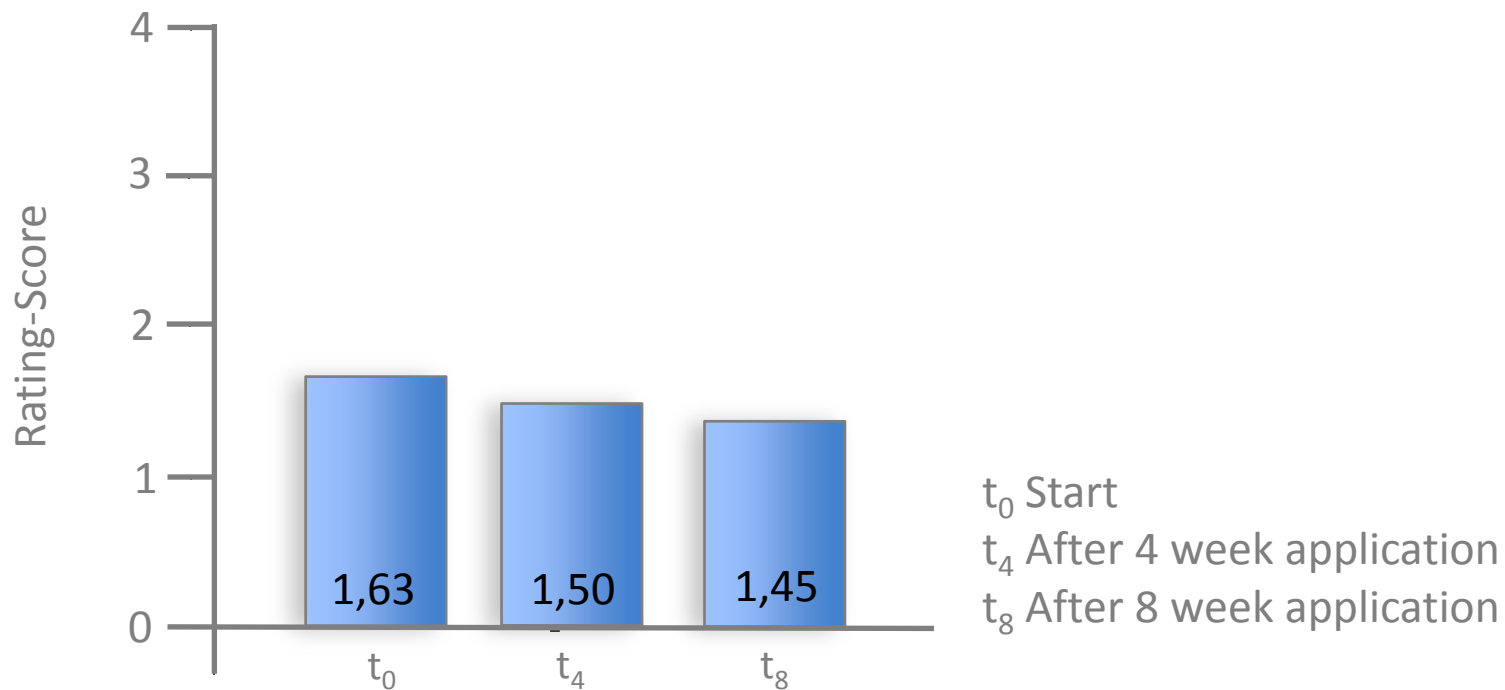


# Part 1: Expert rating

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

Discoloration

Improvement: 11,0%



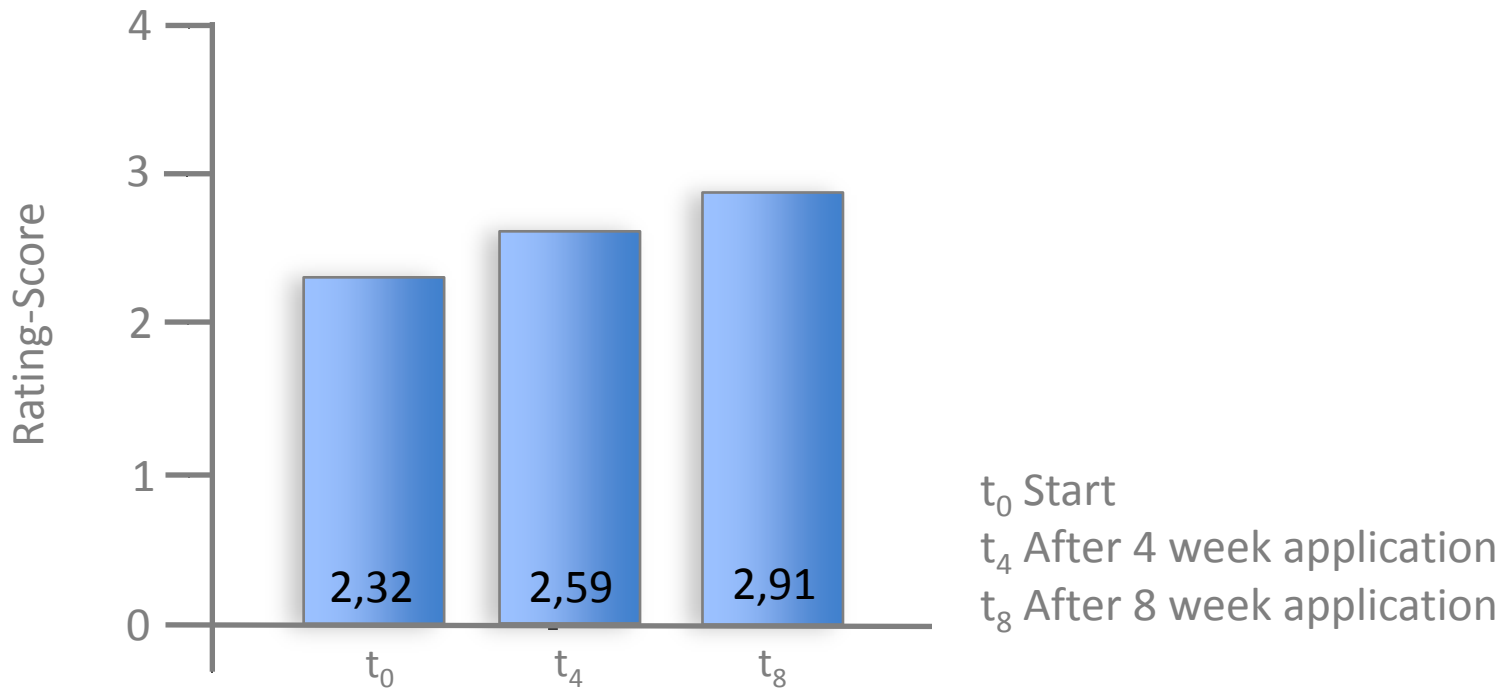
# Part 1: Expert rating

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

Smoothness

Improvement: 20,3%





# Part 1: Expert rating

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## Photographic documentation

### Test subject 26



T0

T4

T8

t<sub>0</sub> Start

t<sub>4</sub> After 4 week application

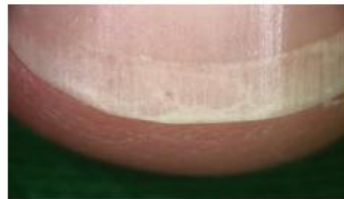
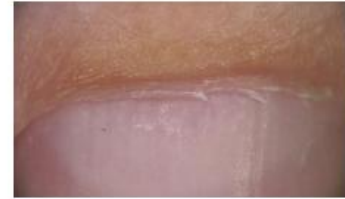
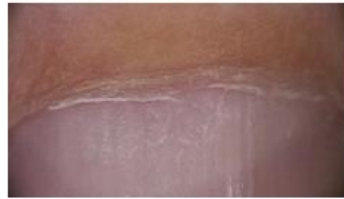
t<sub>8</sub> After 8 week application

# Part 1: Expert rating

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## 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

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## 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

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## Photographic documentation

### Test subject 27



T0

T4

T8

$t_0$  Start

$t_4$  After 4 week application

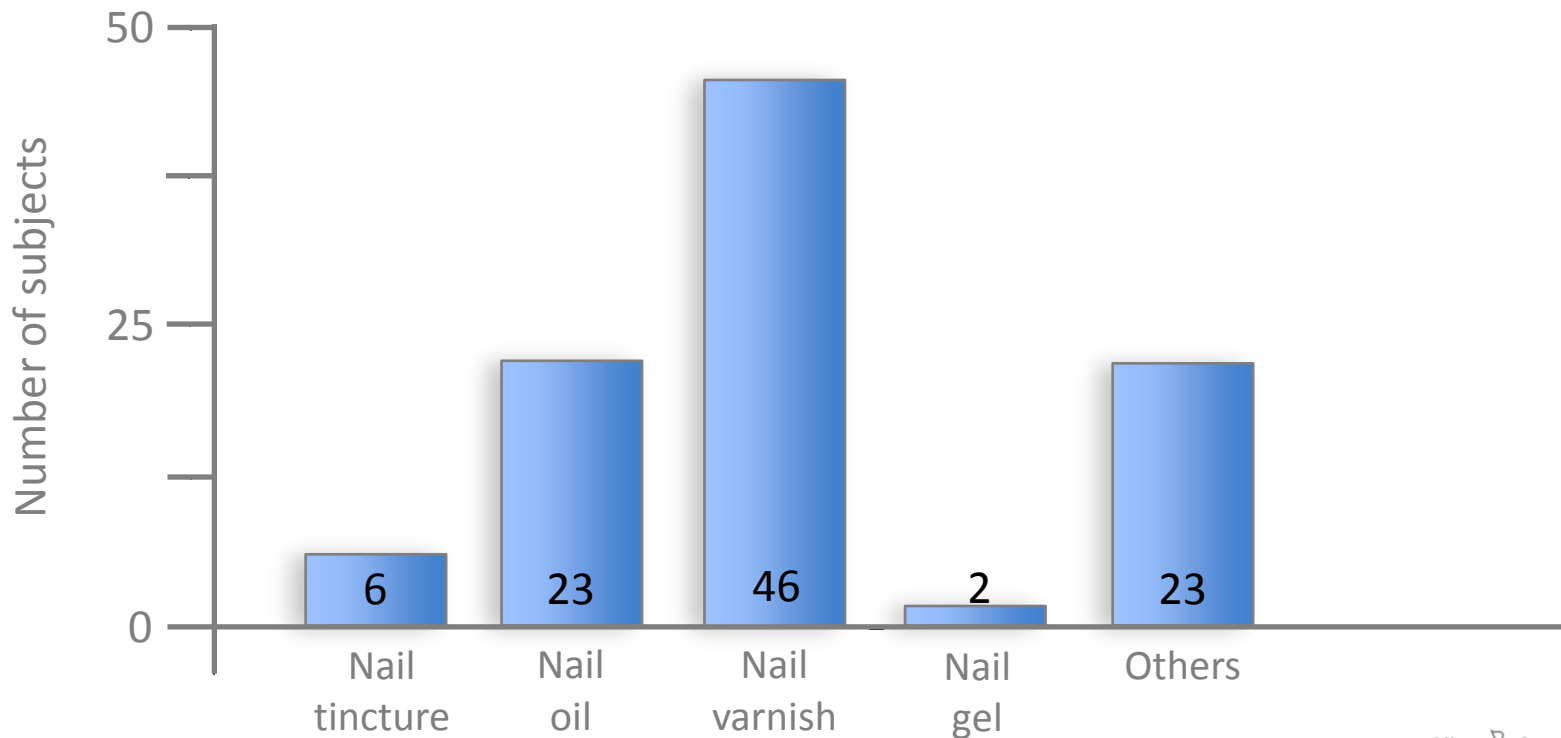
$t_8$  After 8 week application

## Part 2: Evaluation of the subjects questionnaire

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

**What products you use most often for nail care?**

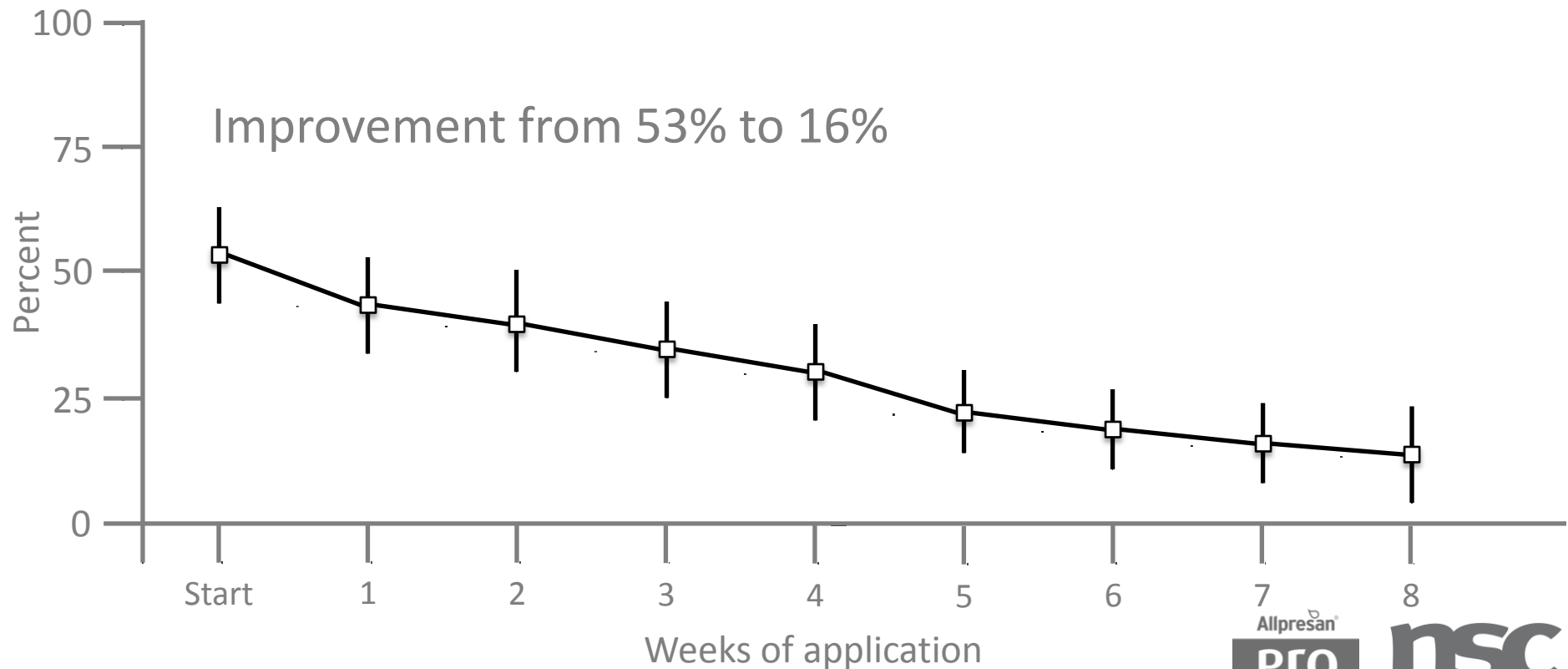


## Part 2: Evaluation of the subjects questionnaire

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

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

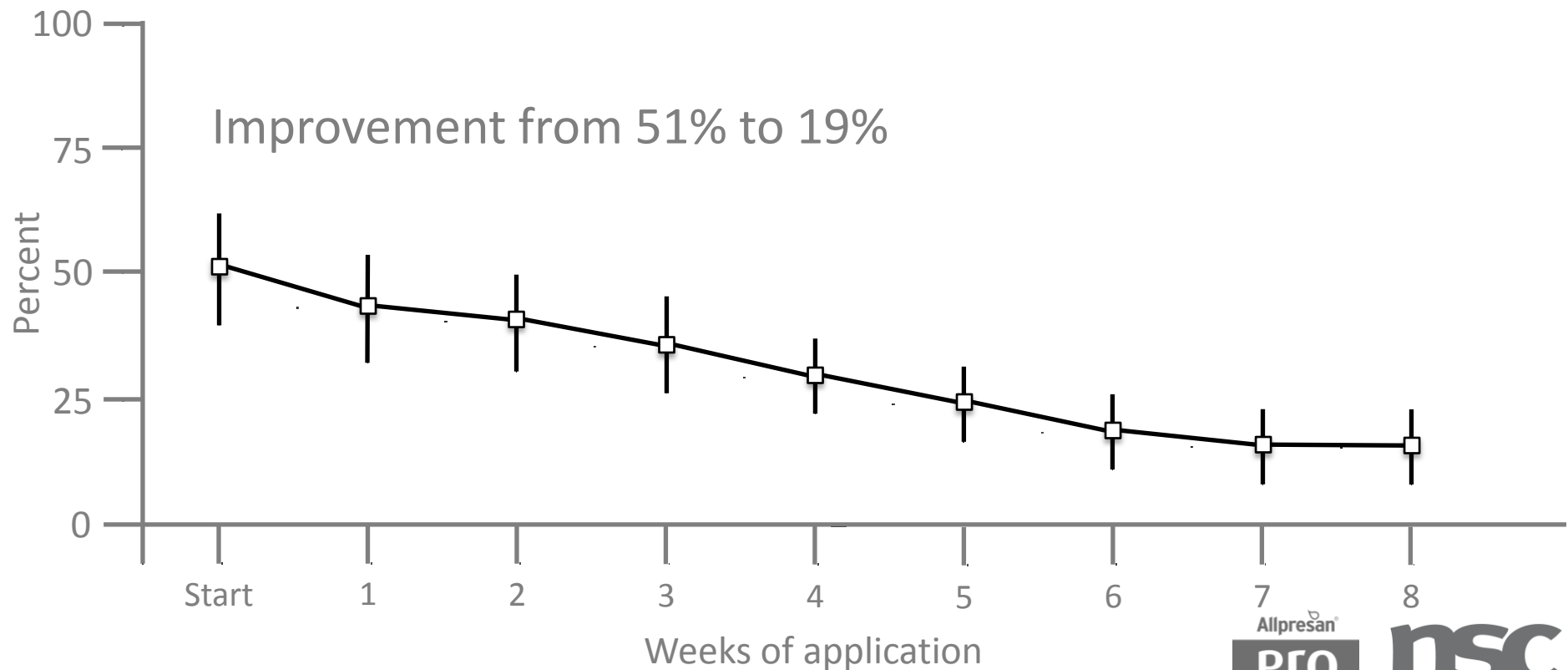


## Part 2: Evaluation of the subjects questionnaire

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

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

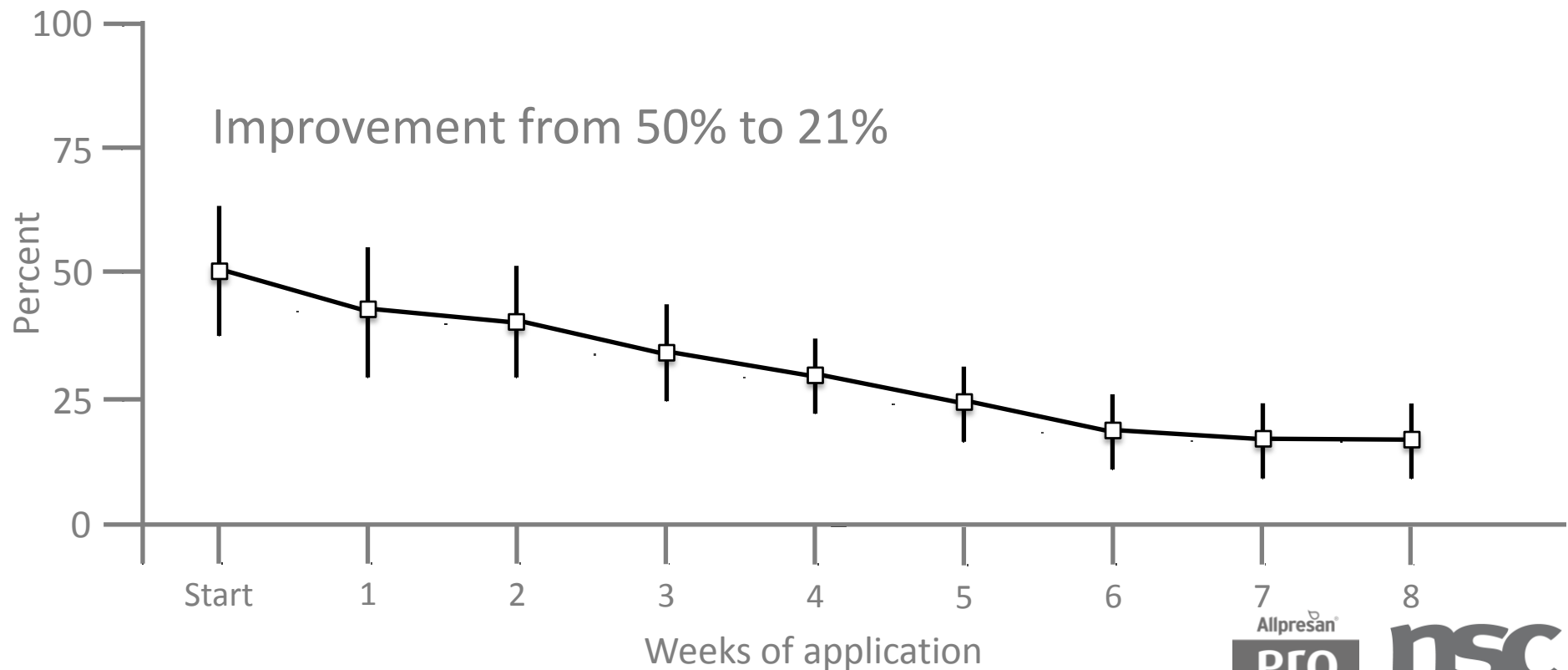


## Part 2: Evaluation of the subjects questionnaire

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

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



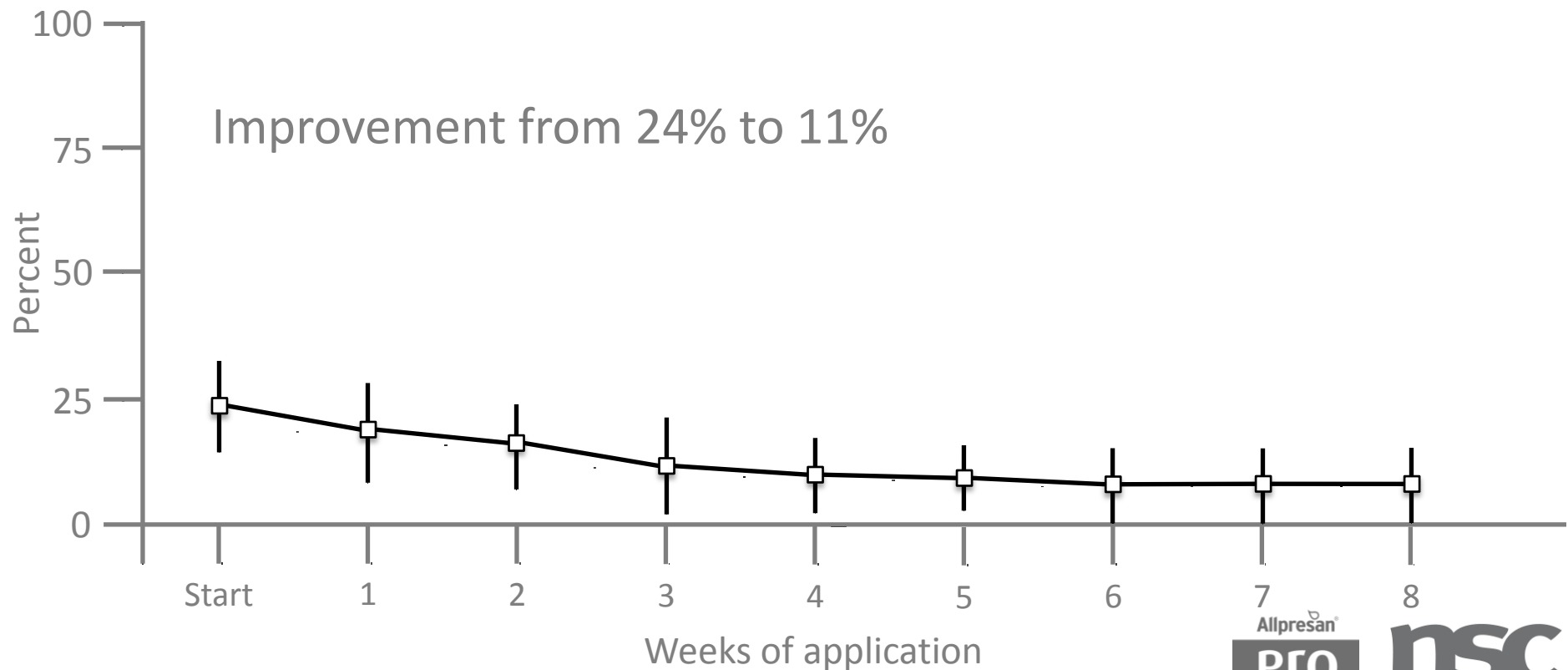


## Part 2: Evaluation of the subjects questionnaire

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

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

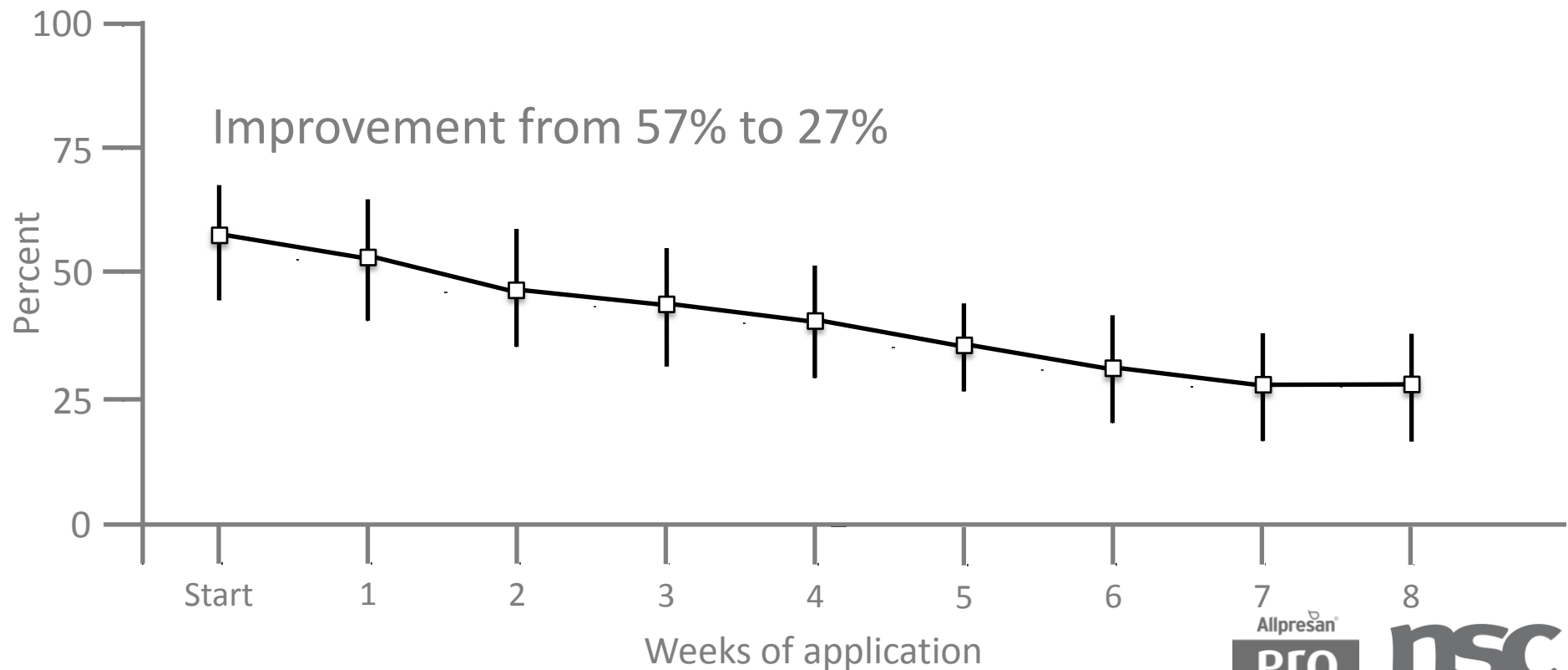


## Part 2: Evaluation of the subjects questionnaire

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

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



## Summary

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**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.**