

Logotype Latopic

Drawing

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The first step in food allergy and atopic dermatitis (x1)

Vicious circle of atopic dermatitis (AD)

The main symptoms of atopic dermatitis are skin dryness and pruritus which, provoke scratching. This leads to mechanical damage of the *stratum corneum*, which facilitates the penetration of *Staphylococcus aureus* and irritants that exacerbate skin lesions. The result is a vicious circle of atopic dermatitis (AD).¹

Staphylococcus aureus is the most common microorganism, causing superinfection of atopic skin. It colonizes approximately 90% of people with this type of skin. This bacteria may exacerbate skin lesions and lead to characteristic honey-yellow scabs and intensified seepage from dermatitis.

In order to stop vicious circle, the causes of AD should be addressed¹.

Specialized emollients belonging to Latopic line for skin use and lactic acid bacteria contained in oral Latopic will help in this respect.

Emollients from Latopic line (Face and body cream, Body emulsion, Bath emulsion, Body and hair wash gel, Regenerative hand cream) act from the outside. **They contain *Lactobacillus* sp. metabolites, which have natural antimicrobial properties and help to prevent growth of *Staphylococcus aureus***, and thanks to the presence of other active ingredients act on 7 areas: effectively moisturize and oil the skin, quickly relieve itching and irritation, regenerate damaged skin, supplement intercellular lipids, and nourish.

Latopic is a product in the form of capsules, designed for the dietary management of food allergy and atopic dermatitis (AD). It includes 3 Polish, live and patented strains of lactic acid bacteria of the *Lactobacillus* genus, whose safety and efficacy have been confirmed in long-term studies.^{2,3} Lactic acid bacteria used in the diet act from the inside. They can contribute to increasing the integrity of the intestinal barrier, maintain microbial and immunological balance in the body and stimulate mucus secretion.^{4,5} The lactic acid bacteria can favorably affect the course of atopic dermatitis, alleviating the severity of skin lesions^{2,3}

The specialist line of Latopic emollients are applied:

- to the atopic skin in persons with AD

Atopic skin is characterised by damaged protective natural lipid barrier, which leads to increased transepidermal water loss. Atopic skin then becomes dry, rough, reddened and flakes excessively. Atopic lesions occur most often on cheeks, neck, inner elbows and behind the knees creases. Reddened patches start to appear on the face and body. In the advanced stage, they turn into vesiculopapular lesions. Additionally, numerous spots of thickened skin and lichens are visible. Especially unpleasant is the nagging itching. During scratching the epidermis is damaged, which often leads to secondary bacterial and fungal infections.

- in case of problems with dry skin

Skin becomes dry when the natural lipid barrier, which protects it against penetration of environmental factors and water loss is damaged. Dry skin is thin, rough and reddened. It loses its elasticity, becomes matte and hardened. It flakes, itches and burns, giving a stinging feeling.

- to the dry skin of infants and children

Infant skin is much thinner than adult skin. Its sebaceous glands have very little activity. The epidermal barrier is not fully formed, which causes excessive transepidermal water loss and results in dryness. Dried infant and baby skin becomes sensitive, reddened and often itches, burns and

flakes.

The basic principle of care of atopic, dry and prone to irritations skin is daily use of specialist preparations, so-called emollients.

Emollients have several properties:

- moisturisation and oiling,
- regeneration of damaged epidermal barrier and restoration of its function,
- help in water retention in the skin,
- relieving pruritus and burning sensation,
- reduction of scratching, which protects the epidermis against penetration of contaminants and microorganisms.

For improved efficacy, it is recommended to regularly use various types of emollients from one specialist line that includes preparations for bath and skin care emulsions or creams.

Latopic specialist line of emollients

Latopic emollients contain in its composition *Lactobacillus* sp. metabolites, which have natural antimicrobial properties and help to limit the growth of *Staphylococcus aureus* that may exacerbate skin lesions in patients with atopic skin. Emollients Latopic because of his rich formula work on 7 areas: effectively moisturize and oil the skin, quickly relieve itching and irritation, regenerate damaged skin, providing intercellular lipids, and nourish. They are intended for everyday care of infant, baby and adult skin.

Latopic emollients:

- can be used from the first day of life,
- have hypoallergenic properties,
- do not contain fragrances and artificial dyes,
- have been dermatologically tested.

The specialist line of Latopic emollients includes:

- Latopic Face and body cream 75 ml, 250 ml, 500 ml
- Latopic Body emulsion 200 ml, 400 ml, 1000 ml
- Latopic Bath emulsion 200 ml, 400 ml, 1000 ml
- Latopic Body and hair wash gel 400 ml, 1000 ml
- Latopic Regenerative hand cream 50 ml

Logotype **Latopic Face and body cream**

Cares for very dry and irritated skin and:

- **contains *Lactobacillus* sp. metabolites that have antimicrobial properties,**
- relieves pruritus and irritations,
- appropriately oils, softens, and improves skin elasticity,
- moisturises and prevents transepidermal water loss (TEWL),
- regenerates hydrolipid barrier of the epidermis,
- accelerates regeneration of damaged epidermis,
- protects the skin against cold and wind and relieves irritations caused by them.

Active ingredients

***Lactobacillus* sp. metabolites,** antipruritic complex (barley seed wax, argan oil, shea butter extract), polidocanol, panthenol, shea butter, lanolin, vitamin E, olive oil, allantoin, triglycerides of caprylic and

capric acids.

Instructions for use

Apply a thin layer of the cream on clean face skin and on especially dry and irritated spots. Spread gently. Avoid eye area. To achieve the best results; use at least twice a day.

Logotype Latopic Body emulsion

The emulsion is intended for care of the whole body. It spreads easily, is quickly absorbed and leaves no oily film on the skin due to its light consistency:

- **contains *Lactobacillus sp. metabolites* that have antimicrobial properties,**
- relieves pruritus and irritations,
- gently oils dry skin of the whole body, eliminates the sensation of excessively tightened and dried skin,
- creates a delicate occlusive layer, which prevents transepidermal water loss (TEWL),
- regenerates hydrolipid barrier of the epidermis.

Active ingredients

Lactobacillus sp. metabolites, antipruritic complex (barley seed wax, argan oil, shea butter extract), polidocanol, panthenol, shea butter, canola oil, cottonseed oil, allantoin, triglycerides of caprylic and capric acids.

Instructions for use

Apply a thin layer of the emulsion on clean, slightly moisturised skin of the body and spread gently. Avoid eye area. For the best results, use the cosmetic always after a bath with Latopic Bath emulsion.

Logotype Latopic Bath emulsion

Cleanses and provides comprehensive skin care during and after bath:

- **contains *Lactobacillus sp. metabolites* that have antimicrobial properties,**
- relieves pruritus and irritations,
- creates a delicate occlusive layer, which prevents from transepidermal water loss (TEWL) and skin dryness,
- regenerates hydrolipid barrier of the epidermis,
- nourishes, regenerates and oils skin for long-lasting effect.

Active ingredients

Lactobacillus sp. metabolites, antipruritic complex (barley seed wax, argan oil, shea butter extract), polidocanol, shea butter, triglycerides of caprylic and capric acids, cottonseed oil and paraffin oil.

Instructions for use

Pour 2 to 3 caps of the emulsion into a baby bath filled with water. For regular bath pour 2 to 4 caps. The bath should last approximately 10–15 minutes. Then, gently dry the skin with a towel (do not rub). It is recommended to use the Bath emulsion with other Latopic preparations: Face and body cream and Body emulsion. There is no need to use additional detergents for a bath with the emulsion.

Logotype Latopic Body and hair wash gel

Intended for everyday hygiene and care of atopic, dry and prone to irritations body skin and hair:

- **contains *Lactobacillus* sp. metabolites with antimicrobial properties**,
- gently washes and does not damage hydrolipid layer of the epidermis,
- provides long-lasting skin hydration and eliminates skin tension feeling,
- alleviates pruritus and irritations of skin of the body and head,
- softens hair and simplifies their combing.

Active ingredients

Lactobacillus sp. metabolites, SyriCalm®, AQUAXYL™, OLIVEM® 300, biolipid (Coco-Glucoside, Glycerol Oleate), polidocanol, betaine, panthenol, allantoin, glycerin.

Instructions for use

Apply a small amount of the gel on hand, spread gently on moistened skin of the body and head and on whole hair length. Rinse with water. Then carefully dry skin and hair with a towel.

Logotype Latopic Regenerative hand cream

Intensive care of atopic, dry and prone to irritations skin on hands, and also skin exposed to harmful external factors:

- **contains *Lactobacillus* sp. metabolites with antimicrobial properties**,
- alleviates pruritus and irritations,
- provides long-lasting hydration, smoothes and intensively regenerates epidermis,
- has light consistency, is perfectly absorbed, creates a delicate, protective layer on the skin,
- protects against influence of external factors, makes the skin become less susceptible to cracking and irritation,
- protects the skin against cold and wind and relieves irritations caused by them.

Active ingredients

Lactobacillus sp. metabolites, DuraQuench™ IQ, antipruritic complex (barley seed wax, argan oil, shea butter extract), polidocanol, urea, panthenol, allantoin, shea butter, canola oil, glycerin, triglycerides of caprylic and capric acids.

Instructions for use

Apply small amount of the cream on clean skin on hands and spread gently. It is recommended to use after each washing of hands.

Manufacturer

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Also available:

Logotype **Latopic**

Food for special medical purposes for infants, babies and adults with lyophilised viable lactic acid bacteria:

- *Lactobacillus casei* LOCK 0919 (formerly *Lactobacillus paracasei* LOCK 0919),
- *Lactobacillus rhamnosus* LOCK 0908 (formerly *Lactobacillus casei* LOCK 0908),

- *Lactobacillus rhamnosus* ŁOCK 0900 (formerly *Lactobacillus casei* ŁOCK 0900).

Latopic is intended for the dietary management in food allergy (e.g. to cow's milk proteins, eggs and soybeans) and in atopic dermatitis (AD). This preparation contains beneficial lactic acid bacteria, the safety and efficacy of which have been proven in extensive research*.

Lactic acid bacteria in a diet might have a beneficial influence on:

- reduction of the intestinal barrier permeability,
- maintenance of the microbiological and immunological balance,
- course of atopic dermatitis.

Does not contain milk protein and lactose. Gluten-free.

* Test results available at IBSS BIOMED S.A. for medical personnel and dietitians.

¹ Kurzawa i wsp. (2014) Poradnik dla rodziców; Atopowe zapalenie skóry: 32-33

² Cukrowska i wsp. (2008) *Pediatr. Współcz. Gastroenterol. Hepatol. Żywnienie Dziecka*; 10, 2: 15-18

³ Cukrowska i wsp. (2010) *Przeł Pediatr*; 40, 1: 21-25

⁴ Rosenfeldt V. et al. (2004) *J Pediatr*; 145: 612-6

⁵ Osborn D.A. et al. (2008) *The Cochrane Library*; Issue 4