

The Oh Yes! List of Ingredients to include in your skincare

THE GOOD BASICS FOR YOUR SKIN:

VITAMINS, MINERAL, SALTS, CO-FACTORS, ANTIOXIDANTS & OTHER NUTRIENTS:

- Ascorbic acid (vit. C), carotenoids (pro vit. A), phytonadione (vit. K) are present in sufficient concentration in selected plant seed extracts - do not need to be added to formulations ●●●
- Niacinamide (vit. B3) ●●●
- Tocopherol (vit. E) ●●●
- Polyphenols (from bark extracts) ●●●
- Flavonoids (from plant extracts) ●●●
- Selenium, zinc, iron, copper, magnesium, silicon (from ferments or inorganic) ●●●
- Lactic acid ●●●

SUGARS/POLYSACCHARIDES:

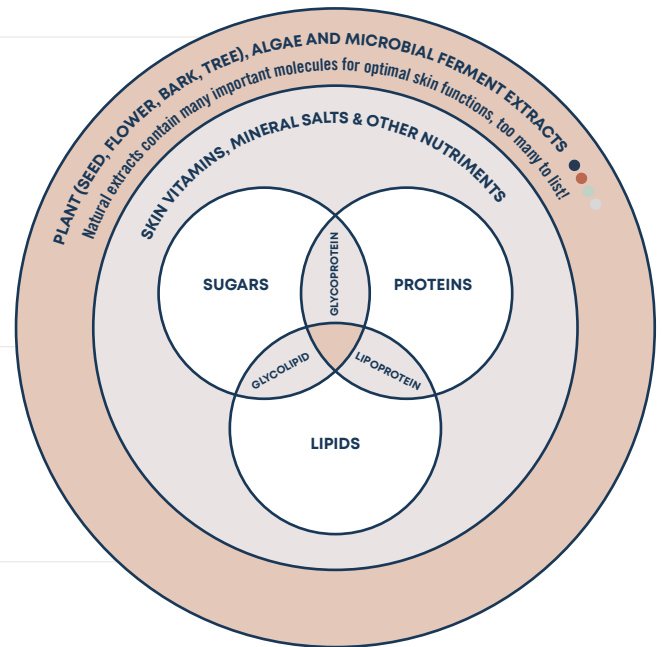
- Fructooligosaccharide (FOS) ●●●
- Galactooligosaccharide (GOS) ●●●
- Hyaluronic acid/sodium hyaluronate ●●●
- Gluconolactone ●●●
- Maple sugar ●●●
- Saccharide isomerate ●●●
- Glycerin ●●●
- Glycoprotein (also a protein) ●●●

PROTEINS/PEPTIDES/AMINO ACIDS & DERIVATIVES:

- Amino acids: alanine, arginine, glycine, proline, serine, threonine ●●●
- Pyroglutamic acid or pyrrolidone carboxylic acid (PCA) ●●●
- β-defensin ●●●
- Inactive Lactobacillus (casei, acidophilus) ●●●
- Glycoprotein (also a sugar) ●●●

LIPIDS/EMOLLIENTS:

- Ceramids ●●●
- Oleosomes & phytosterol (plant cholesterol) ●●●
- Plant triglycerides and fatty acids (FA) of varying lengths ●●●
- Plant oils - chosen based on vitamin, squalene and antioxidant content and FA profile, like Camelina sativa seed oil with 40% Omega-3 (α-linolenic acid) ●●●



THE UNNECESSARY NOT BAD JUST WASTEFUL:

- Vitamin A, C, D - unnecessary on your skin but MUST in your diet... for your skin!
- Collagen - a protein produced using the right co-factors but that the skin cannot benefit directly
- Exfoliating products/ingredients - beware some might be irritating & bad for the skin balance

THE BAD AVOID ABSOLUTELY:

Don't forget to refer to our NONO list of ingredients to avoid! You will find it on vgambiome.ca

LEGEND (properties)

Oil Balance & Water Hydration

Humectant molecules, captures water in the skin & optimizes skin functions, anti-acne & refines pores

Premature Aging Protection

Anti-aging properties, boosts collagen and/or elastin & antioxidants protects against UV & free radical damages

Healthy Skin Microbiome Barrier

Pre- & post-biotics promote healthy and balanced skin flora which protects against acne, rosacea, eczema, premature aging

Anti-Inflammatory & Skin Brightening

Soothing & calming molecules, for sensitive skin. Decreases flares, inflammation & hyperpigmentation