



Clear
FACTOR
BY PHYSICIANS SKIN SOLUTIONS

Treats with Science. Soothes with Nature.SM

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CLEAR FACTS FOR CLEAR SKIN

By Ted A. Schiff, M.D.

Clear
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Dr. Ted Schiff, Board Certified in both Dermatology and Dermatopathology, is dedicated to treating skin problems of all kinds. Among Dr. Schiff's specialties is the treatment of acne.



Ted A. Schiff, M.D.

Dr. Schiff graduated with honors from New York University Medical School. He performed his internship in Internal Medicine and his residency in Dermatology at New York University Medical Center. He also practiced medicine at Bellevue Medical Center and the Manhattan VA Hospital.

Dr. Schiff added a second medical specialization at Jefferson Medical College in Philadelphia where he completed a fellowship in Dermatopathology. Dr. Schiff also completed a fellowship in Dermatological surgery and laser surgery at the Marshfield Clinic in Marshfield, Wisconsin.

Dr. Schiff founded and is Medical Director of Water's Edge Dermatology, a practice with five state-of-the-art clinics, treating over 35,000 patients a year in southeast Florida.

The Clear Factor® System is the culmination of years of research Dr. Schiff has conducted in the treatment of acne. Dr. Schiff developed each product in this advanced skin care line to combine scientific therapy with the soothing comfort of nature.

Physicians Skin Solutions, the distributor of Clear Factor, is a group of committed health care professionals, including dermatologists, aestheticians, physician's assistants and chemists, all of whom have dedicated themselves to the development of effective skin care products which can help you look and feel your best.



Treats with Science. Soothes with Nature.™

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WHAT EXACTLY IS ACNE?

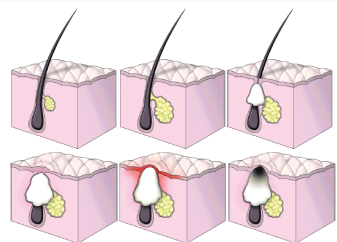
Acne is one of the most common of all skin problems. Studies show that 80% of all teens get acne, as well as 20% of adults in their twenties to forties, most commonly women. In fact, over 70 million American teens and adults suffer from this embarrassing and frustrating problem, a problem that can cause stress and lower self-esteem.



Resulting from the action of hormones on the skin's oil glands, acne is a skin disorder which leads to plugged pores and the formation of blackheads, white heads, pimples and, in some cases, cysts. Acne most commonly occurs on the face but can also appear on the back, chest, shoulders and neck. Although not life threatening, acne can be extremely upsetting and disfiguring. Left untreated, it can also lead to serious and permanent scarring.

HOW AND WHY DO I GET ACNE?

Acne generally begins around puberty, when both boys and girls experience an increase in the production of hormones. These hormones regulate the activity of the oil-producing glands also known as sebaceous glands. These oil glands are connected to a tube-like structure called a follicle that contains a fine hair. The sebaceous glands make an oily substance called sebum that normally empties onto the skin surface through an opening of the follicle, commonly called a pore. Under the influence of increasing levels of hormones, the oil glands become larger and more active in the areas where acne will occur.

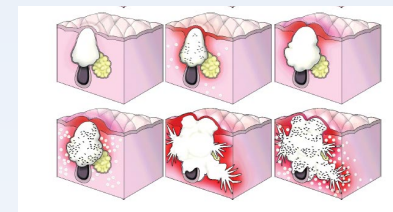


As the sebum travels through the hair follicle to the surface of the skin, the lining of the hair follicle continuously sheds dead skin cells. Some individual's dead skin

cells are sometimes too sticky. These sticky skin cells may combine with the sebum to form a plug. When the follicle gets

clogged, it plugs up the pore at the surface of the skin, forming a comedone, which is the starting point from which all types of acne will develop.

This cork-like plug in the pore traps more and more oil in the follicle, which begins to swell as the sebaceous glands continue to produce more oil. Your own body will naturally attempt to fight the infection and clean out the plug by sending white blood cells to invade the follicle and kill the bacteria. However, in



this battle, the wall of the follicle may weaken and burst, emptying its contents, including the oil, bacteria and dead skin cells, into the surrounding skin. When this occurs, swelling, redness and sometimes pus can develop around the ruptured follicle, resulting in the larger bumps or pimples that are characteristic of acne. These papules and pustules can sometimes cause permanent scarring and "pock marks."

From its earliest beginning until its disappearance, the life cycle of a pimple takes approximately 8 weeks to run its course. The dark spots left by some acne can take even longer, sometimes months, to fade completely. This discoloration is not considered scarring; it is called post-inflammatory hyperpigmentation. Using Clear Factor EvenTone Skin Brightening Lotion along with sunscreen will help them improve faster.

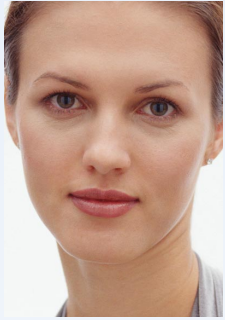


The basic aim of the Clear Factor® System is to unclog the pores and keep them clear, kill the bacteria that infects the follicles and reduce the inflammation which causes the embarrassing redness and swelling. In our experience, the advanced formulations of Clear Factor are a highly effective way to fight and prevent acne, while pampering and conditioning the skin with natural Botanicals.

THERE ARE TWO TYPES OF ACNE. WHICH DO YOU HAVE?

1. NONINFLAMMATORY ACNE

The majority of individuals with acne have the milder non-inflammatory type that consists of a combination of whiteheads and blackheads. All acne starts with a microcomedo, which lies just beneath the surface of the skin. As the microcomedo grows larger, it will turn into one of two types of comedones, a whitehead or a blackhead.



The whitehead, or open comedo, is a plugged follicle that stays below the surface of the skin. If the plug enlarges and partially pops out of the pore it is called a blackhead or closed comedo. The blackhead is visible as an enlarged pore with a dark plug in its center.

The dark color of a blackhead is not dirt but is thought to be due to exposure of the plug to air as well as an accumulation of melanin, the dark pigment in the skin. This type of non-inflammatory acne can be successfully treated with the topical medications from Clear Factor.

2. INFLAMMATORY ACNE

When non-inflammatory acne progresses, the whiteheads and blackheads become infected with bacteria. The infected comedones become inflamed, swell and turn bright red, resulting in the larger bumps or pimples. This is characteristic of inflammatory acne. These papules and pustules may, at times, result in scarring. This type of acne may also be treated with Clear Factor. Very severe inflammatory acne can progress to form a large painful nodule deep beneath the skin called nodular acne, a condition that may result in severe scarring. This most severe form of acne is generally treated with prescription drugs such as oral antibiotics and, at times, Accutane®.

WHO GETS ACNE?

Acne does not discriminate - everyone is susceptible. However, it is most common in adolescents and young adults. Nearly 80% of individuals between the ages of 12 and 24 develop it. Acne can

start between the ages of 10 and 13 and usually lasts from five to ten years. With luck, it will resolve itself sometime in the early twenties. However, acne can persist into adulthood, and even begin in adulthood.

Acne affects both men and women equally, but with some differences. Men are more likely than women to experience acne's more severe forms, while women are more likely to have intermittent acne due to hormonal changes associated with their menstrual cycle. This special kind of acne may follow young women well into their twenties, thirties and even forties! Women are also more likely to suffer from acne caused by certain types of cosmetics.

THE FAMILY FACTOR

Another significant factor in the development of acne is heredity. It's now well known that the tendency to develop acne runs in families. If your parents had no acne, or very mild acne, the chances are very good that yours will be mild as well. In contrast, if one or both of your parents had severe acne, yours is likely to be more severe. Additionally, individuals that develop acne at a very early age are more likely to have their acne increase in severity as they grow older.



Studies of acne in identical twins have found that both twins are usually affected to the same degree. Slight differences sometimes occur between twins based on environmental factors such as the climate where the individuals live or the type of activities in which they participate.

WOMEN AND ACNE

During a woman's menstrual cycle or during pregnancy, changes in hormones can influence the severity and appearance of acne. Certain prescribed hormones can be used in treating more severe types of acne, but generally, hormone therapy is used only after other treatments have failed.

The interaction between the menstrual cycle, pregnancy and acne is the result of the shifting balance between female and male hormones. During pregnancy, there is often an improvement in an individual's acne. But studies of menstruating women have shown that acne generally becomes more pronounced in the week before menstruation and generally remains so for about one week.



DO SOME MEDICATIONS CAUSE ACNE?

The answer is yes. There are a number of prescription medications that can cause acne or worsen pre-existing acne. These include illegal use of prescription drugs such as the anabolic steroids often abused by athletes and body builders.

Prescription medications that may also cause regular acne include hormones such as testosterone, gonadotrophin, and corticosteroids and other drugs such as anti-seizure drugs, Lithium, Cyclosporine, and drugs that contain high amounts of iodine or bromine.

ARE COSMETICS BAD FOR ACNE?

Some skin and hair care preparations including makeup, foundation, night creams, cleansers and moisturizers can cause outbreaks of "cosmetic acne." You can reduce your chances of an outbreak by looking for products that are oil-free, water based and are labeled as "non-comedogenic." That means the cosmetic has been tested and should not clog pores. Make sure you gently remove all cosmetics nightly with a mild cleanser.



A skin-toned spot treatment such as Blemish Repair Plus from Clear Factor, is a good alternative to makeup to conceal and treat blemishes while it moisturizes and helps heal your skin.

ACNE CAN ALSO LEAVE EMOTIONAL SCARS

The physical affects of acne on the skin are easy for you to see. However, the emotional affects of acne, especially on teenagers, are not as well known. Acne is more than just a phase or rite of passage for many teenagers. Acne can also have a significant and sometimes severe impact on their emotional well being. Acne has been associated with such psychological conditions as depression, eating disorders and anxiety, all of which may have long-lasting consequences. The emotional impact of acne doesn't always relate to how severe the acne may actually be. What really matters is how severe the individual perceives it to be. Even in cases of mild acne, studies have shown the emotional effects on teenagers can be significant and enduring. Research has also shown that when acne of any severity is properly treated and improves, there is generally a very positive effect on a teenager's or young adult's emotional well-being. That's the good news.

IT'S TRULY NOT YOUR FAULT

As physicians, we often hear "Why me? Is there something I am doing wrong that causes my skin to break out?" The truth is, acne is not your fault.



No matter what you have heard, pimples are not caused by bad hygiene, chocolate, eating French fries or worrying about next week's term paper. If anyone tells you there is no way to control acne, "so just live with it until you grow out of it," they are just plain wrong. Today, there is a lot you can do to control and, most importantly, prevent this problem!

WHAT CAN YOU DO TO HELP YOURSELF?

There are a lot of things you can do everyday to help yourself achieve the clear healthy skin you want. Knowing, and more importantly, avoiding the situations which can potentially worsen your acne is very important, and in your control.

Protect yourself from the sun.

Although small amounts of sunlight can temporarily improve acne, it can also lead to dark hyperpigmented spots on your skin that may take months to fade. Since sunlight will age the skin, cause wrinkles and may lead to skin cancer, always use a sunscreen when exposed to sunlight. Select a sunscreen of SPF 15 or higher that is oil free and protects you from both UVA and UVB ultraviolet rays.

Take your daily vitamins.

Taking a multivitamin and eating a balanced diet will contribute to healthy skin. However, avoid supplements with greater than the Recommended Daily Allowance (150 micrograms) of iodine. Small amounts of iodine have not been shown to result in acne. However, large amounts, greater than the RDA requirement have worsened acne in some cases.

Don't over wash.

Contrary to myth, acne is not caused by dirt. If you wash too frequently or too vigorously, you can actually make your acne worse. Wash your face no more than two or three times a day with a gentle cleanser and warm water.



Resist the temptation to pick at your skin.

We know it's hard to resist, but squeezing or picking acne can often make the situation worse. Squeezing the pimple can often cause the contents of the pimple to end up deep within the skin causing greater redness, inflammation and even infection. Picking most certainly increases the risk of scarring.

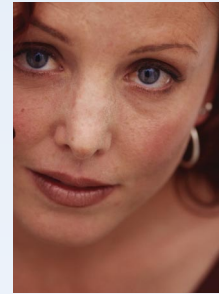
Keep your hands off, please.

Try to keep your hands off your face at all times, including resting your chin on your hands as you think or read. If you wash your hands frequently it will help keep your skin free of substances that can aggravate acne.

Only use quality non-comedogenic cosmetics.

Look for skin care products that are oil free and described as

“non-comedogenic.” Avoid heavy foundation makeup, and remove your cosmetics each night with a gentle cleanser and warm water before going to bed.



Don't wear cosmetics when you exercise.

To minimize the chance of breaking out, do not wear any cosmetics - even non-comedogenic makeup - when exercising. When you perspire the cosmetics can clog your pores and lead to breakouts. It is also a good idea to use clean, loose-fitting, all-cotton clothing when exercising to keep perspiration to a minimum.

Cultivate a healthy lifestyle.

Eating a balanced diet, drinking lots of water and getting adequate sleep and exercise will allow your skin to look its best.

Be patient.

Although many people see improvement in just 2-3 weeks, it sometimes takes longer for acne treatments such as Clear Factor to really start working. It may take up to 2 or 3 months to see the final expected results. There are no short cuts or miracles in acne treatment, so be patient and keep up your treatments whether or not you see immediate improvement. Don't give up!



THE BALANCED THERAPY APPROACH TO ACNE TREATMENT

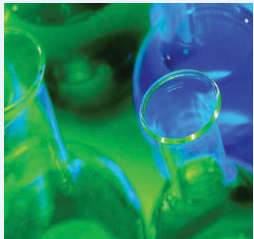
Now that you know how acne develops, you will be able to understand how medications are chosen to treat and prevent it. The combination of ingredients in Clear Factor makes it one of the most effective acne products available today without a prescription. These ingredients have been found to be safe for teenagers and even younger users. Acne that is treated earlier is easier to reduce and control than that which has been left untreated for many years. Early use of Clear Factor can help prevent minor breakouts from becoming a larger problem that may be more difficult to treat and may leave you scarred for life.

THERE ARE THREE COMPONENTS TO BALANCED, EFFECTIVE ACNE TREATMENT

1. Remove dead skin cells to prevent them from clogging pores.
2. Kill the bacteria that cause infections in acne lesions.
3. Reduce the inflammation associated with acne.

BREAKTHROUGH TECHNOLOGY IS HERE!

Until recently, the choice of effective acne preparations was limited. While many of these medications, including antibiotic pills, topical creams and lotions are beneficial, they often produce unwanted side effects such as redness, excessive dryness and irritation. Today, after years of clinical work with his patients and after evaluating numerous acne treatments, Dr. Schiff has developed a truly advanced approach to the control of acne, the Clear Factor Balanced Therapy System. No longer do teens and adults have to suffer the embarrassment and loss of confidence associated with acne. No longer will acne cause them to want to avoid social situations, become anxious when meeting new people, or miss important opportunities. The Clear Factor Solution is simple - **Treat your acne with Science and Soothe your Skin with Nature.**



ADVANCED TREATMENTS FOR THE CONTROL OF ACNE

Medical science is now well aware that the best way of controlling acne is through prevention. The goal for all topical acne medications is to block the formation of new pimples and to treat those that already exist by reducing the tendency of skin cells to form a plug in the follicle, reducing the number of acne causing bacteria, and reducing inflammation. Among topical treatments believed to be effective in the control of acne are:

Benzoyl Peroxide. This compound works by killing acne-causing bacteria.

Salicylic Acid. When used on the skin, Salicylic Acid helps to correct the abnormal stickiness of shed skin cells within the follicle, thereby unclogging pores and preventing new lesions from occurring.

Sulfur. This effective acne treatment has been used for many years. Sulfur is often combined with other topical medications and is well known for both its anti-inflammatory and oil-absorbing properties.

Glycolic Acid. This ingredient is considered an Alpha Hydroxy Acid, similar to Salicylic Acid, which is a Beta Hydroxy Acid. It also helps unclog pores to resolve and prevent lesions.

Zinc. Zinc has been studied and is believed to be anti-inflammatory when used in topical acne preparations.



The Clear Factor line of products has been specifically designed to incorporate the most effective topical medications available without a prescription. It's a unique system that helps heal the blemishes you have now and prevent new ones from occurring in the future.

WHY THE CLEAR FACTOR BALANCED THERAPY WORKS SO WELL

No acne system today offers the beautifully balanced blend of science and nature that we do. Clear Factor uses strong ingredients to effectively clear existing acne and prevent new pimples from occurring by fighting acne at its source. Alpha Hydroxy Acids help cleanse and exfoliate the skin, Salicylic Acid penetrates deep into the pores to remove impurities that can clog them, and Benzoyl Peroxide attacks and kills acne-causing bacteria. Then we balance out the powerful therapy by providing the ultimate moisturizing and healing agents. Zinc is believed to help reduce redness and Sulfur absorbs excess oil. Soothing Botanicals such as Grape Extract, Calendula and Sage help to heal, hydrate and soothe inflamed skin.



Many of Dr. Schiff's patients have commented that not only is the Clear Factor System effective and simple to use, but unlike other products they had tried, it is also gentle enough to use every day. The Clear Factor products, when used together, provide a sensible and balanced approach in the treatment of acne.

It is important to remember that, even after your acne has improved and your skin is looking soft and clear, you should continue to use Clear Factor on a regular basis to prevent future breakouts.



THREE EASY STEPS TO STOPPING ACNE

Clear Factor was developed as an easy-to-use, three-step system. The products and the medicines they contain work together to bring you clear, blemish-free skin – that's balanced therapy!

STEP ONE - Restoring Cleanser.

This oil free formula contains Salicylic Acid in combination with a mild cleanser that thoroughly but gently cleans the skin. Salicylic Acid penetrates deep into pores to remove potentially clogging impurities and dead skin cells. Additional important ingredients in the Restoring Cleanser include skin-soothing Zinc, exfoliating Alpha Hydroxy Acids, and soothing Botanicals.



Key active ingredient: Salicylic Acid 2.0% - this ingredient is used to unclog pores. Salicylic Acid penetrates deep into the follicle to remove impurities as well as dead skin cells.

Other important ingredients include: Zinc - this mineral is believed to calm irritated skin and help in the healing process. Alpha Hydroxy Acids - derived from naturally occurring fruit acids this ingredient helps exfoliate the skin. Grapefruit Seed Extract - this Botanical extract is known for its soothing and calming properties.

STEP TWO - Clarifying Toner.

This refreshing formula, containing naturally occurring Alpha Hydroxy Acids and soothing Botanicals helps to restore and balance skin tone while gently exfoliating dead skin cells. It also helps to remove excessive oil.

Important ingredients include: Witch Hazel Extract - this soothing Botanical freshens the skin. Naturally occurring Alpha Hydroxy Acids - these fruit extracts gently exfoliate the top layers of dead skin. Calendula - this Botanical is known for its soothing properties. Aloe Vera - this ingredient is well known for its skin soothing ability.



STEP THREE - Correcting Lotion.

The Benzoyl Peroxide contained in this light lotion has been formulated to the appropriate concentration to effectively kill acne-causing bacteria with minimal irritation to your skin. This special formulation also contains naturally occurring Alpha Hydroxy Acids, Zinc, and soothing Botanicals.

Key active ingredients include: Benzoyl Peroxide - this is one of the most potent antibacterial agents used to treat acne. The optimized 2.5% strength is highly effective, yet it is gentler on your skin than higher concentrations.

Other important ingredients include: Naturally occurring Alpha Hydroxy Acids - these fruit extracts gently exfoliate the top layers of dead skin. Sage - this is well known for its soothing qualities. Grapefruit Seed Extract - this Botanical extract is known for its soothing and calming properties. Zinc - this mineral is believed to help calm irritated skin and aid in the healing process.



Although there is no cure for acne, existing lesions can easily be treated and new lesions can be prevented with Clear Factor. It's important to remember that even after your acne has improved, you should continue to use the proper combination of medications to keep new lesions from forming.

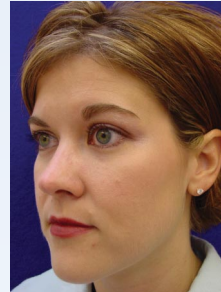
THE CLEAR FACTOR SYSTEM REALLY WORKS!

"The oiliness has gone away. It makes the skin and the whole entire complexion and the whole feel of the face just much better and much smoother."

Kimberly Vitek
Age 31



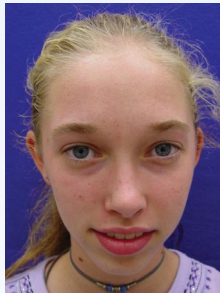
BEFORE



AFTER



BEFORE



AFTER

"It's really nice having people talk to me instead of making fun of me. This one really works."

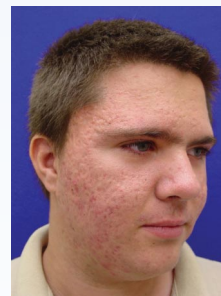
Emily Sturm
Age 12

"I feel fantastic! Now girls are actually talking to me instead of making fun of me."

Christopher Heady
Age 15



BEFORE

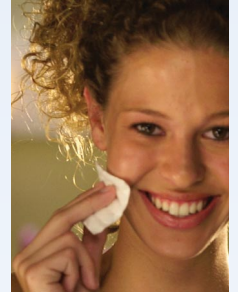


AFTER

THE CLEAR FACTOR BALANCED THERAPY SYSTEM IS A POWERFUL NEW WEAPON IN THE FIGHT AGAINST ACNE!

TIPS ON APPLYING MAKEUP

Don't over do it. Thick, cakey makeup will only confirm that you're hiding something. It can even make your pimples look darker. Use a light touch by gently dabbing your concealer on top of your foundation for better coverage. Gently blend the edges out and set lightly with pressed powder.



Avoid brushes. Brushes and sponges can further irritate skin and may harbor bacteria if not cared for properly. It is better to apply makeup with clean fingers instead. Avoid red and pink shades, which can draw attention to irritated skin. Instead, try to keep it neutral with peachy tones, golden tones and warm browns. Try green tinted makeup. Many people find that mixing a bit of green tinted makeup with their regular foundation can effectively conceal redness.

Accentuate your best feature. A great color or perhaps a little shimmer on your lips will draw attention away from pimples elsewhere on the face. Pretty, defined eyes will keep the focus off the chin.

CLEAR ANSWERS TO IMPORTANT QUESTIONS

Q: My acne looks different from my friend's. We both have pimples, but his face is much worse than mine. Do we have different conditions?

A: Common acne can be very mild or it can be quite severe. Mild acne generally appears as blackheads and whiteheads and can affect the face, back and chest. As the severity of acne increases, papules "red bumps" and pustules "white centered bumps" appear. In very severe acne there will be many pustules and papules as well as nodules.

Q: How do I know if the Clear Factor System will work for me?

A: The Clear Factor System has been shown to be an effective

treatment for acne. Based on Dr. Schiff's experience, many patients with mild to moderate acne will see significant improvement in their skin. Some results are visible in as little as two weeks; however, a four- to eight-week period may be necessary to obtain optimal results.

Q: Is Clear Factor tested on animals?

A: No, Clear Factor products have never been tested on animals.

Q: Is the Clear Factor System safe to use during pregnancy?

A: It is important to consult your health care provider before using any medication either topical or oral during pregnancy.



Q: Can the Clear Factor System be used on areas other than the face?

A: Yes, Clear Factor is designed to use on any acne prone area including the chest, back and buttocks.

Q: Can makeup be used when using the Clear Factor System?

A: Yes. However, it is best to use an oil free, non-comedogenic makeup. Of course, you should completely remove all makeup before sleeping or exercising.



Q: What if I develop some redness or irritation while using the Clear Factor System?

A: A very small number of patients, most with very sensitive skin, may develop some slight irritation or redness when first using the Clear Factor System. These individuals may be sensitive to Benzoyl Peroxide, the active ingredient in the Correcting Lotion. If this happens, you should discontinue use of the

Correcting Lotion for a few days and restart it once every other day. This often allows you to build a tolerance for Benzoyl Peroxide. Gradually you can increase your use to once or twice daily. If irritation persists, you should stop use and see your doctor.

Q: I know that cigarette smoking is bad for your health, but does it cause acne?

A: Cigarette smoking does indeed have adverse effects on the skin over a period of years. Chemicals that are absorbed into the body from cigarette smoke may cause damage to the connective tissue that underlie and support the skin. This damage may deform the connective tissue and allow a wrinkle to form prematurely. Many long-term cigarette smokers can be identified by their prematurely damaged skin. To the best of our knowledge, tobacco smoking has no known effect on causing acne. However, it will most certainly contribute to the deterioration in your skin's overall appearance. A smoker should seriously consider stopping as part of an overall program of skin improvement.



Q: Can the Clear Factor System be used with other medications?

A: The following chart will show you how the System works with other medications you may be taking.

CLEAR FACTOR SYSTEM MEDICATION INTERACTION CHART		
<small>(This chart is intended as a guide only – please consult your physician if you are using any of the medications described below.)</small>		
Medication	Safe to use with Clear Factor?	Comments
MetroGel® MetroLotion® MetroCream®	Yes	Use MetroGel, MetroLotion and MetroCream in the morning and the Clear Factor System at night.
Birth Control Pills	Yes	The Clear Factor System can be used while taking birth control pills or other hormonal types of birth control.
Glycolic Acid Products	Yes	Other Glycolic Acid products have been used in combination with the Clear Factor System. However, they should be used sparingly and discontinued if irritation develops.
Prescription topical antibiotics such as Clindamycin or Erythromycin	Yes	If you are using prescription topical antibiotics use the Restoring Cleanser and the Clarifying Toner and use the topical antibiotic instead of the Blemish Repair Gel.
Accutane®	No	Accutane is an extremely potent and effective prescription medication, and no other treatments are needed while on this medication.
Retin A™ and Differin®	Yes	Use the Clear Factor System in the morning and Differin or Retin A at night. In the evening you can still utilize the Restoring Cleanser to wash your face before applying these prescription medications.

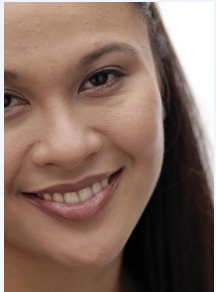
SEPARATING ACNE MYTHS FROM ACNE FACTS

Many patients in our clinics come to us with a lot of misconceptions regarding acne. Let's clarify them for you.

Myth: Acne is the result of poor hygiene.

Fact: The result of this myth is that people tend to over wash their skin, scrubbing hard with abrasive cleansers. Acne is not caused by dirt or ordinary surface oil, and cleaning the skin too often may actually aggravate acne and cause flare-ups. Hand wash your skin twice or at the most three times a day with a gentle cleanser, pat dry and then apply the appropriate acne medication.

Myth: Poor diet, especially certain foods like chocolate and French fries make acne worse.



Fact: Numerous scientific studies have found no connection between diet and acne. Eating pizza, chocolate, French fries or potato chips will not result in a breakout. However, some people may note that certain foods affect their acne. In that case, avoid these foods. Of course, it's always a good idea to eat a balanced diet, especially one low in fats.

Myth: You have to let acne run its course and simply grow out of it.

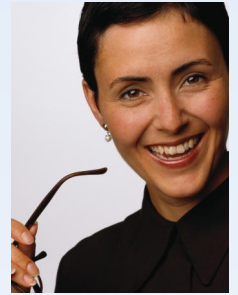
Fact: Acne is a treatable condition. Although it cannot be cured, it can easily be controlled. There's no need to wait for the skin to clear up on its own. In fact, the longer you wait, the more likely you'll have permanent scarring.

Myth: Stress causes acne.

Fact: The ordinary stresses of day-to-day life are not generally an important factor in acne. However, severe and long-standing stress may raise the level of hormones, which can worsen acne. This may be particularly true in adult women.

Myth: Acne is simply a cosmetic problem and does not need to be treated.

Fact: While it is true that acne is a skin disease that poses no serious threats to one's health, it can result in permanent scars that adversely affect the way people feel about themselves.



Myth: Everyone outgrows acne.

Fact: While it is true that acne is most prevalent in young adults and teenagers, it is a condition that also affects many men and women into adulthood. For some, it is a life-long condition. There is no need to wait for acne to disappear on its own. It can and should be treated.

Myth: Acne affects teenage males and females at the same rate.

Fact: Acne affects teenage boys at a higher rate than girls because of the production of the male hormones called androgens. Young men are more likely than young women to have more severe, longer lasting types of acne. In contrast, young women are more likely to have intermittent acne due to hormonal changes associated with their menstrual cycle, and acne caused by cosmetics. These kinds of acne may follow young women well into adulthood.

Myth: Blackheads are dirt.

Fact: Blackheads are caused by the build up of oil and dead skin in the pores, which turn black when exposed to the air. Some studies also suggest that blackheads are black due to the accumulation of melanin within the plug. They are not dirt, so frequent face washing will not make them go away.

REMEMBER THE CAUSES OF ACNE

1. Improper skin cell exfoliation. Normal skin cells slough off evenly. In acne-prone skin, cells slough off in clumps. The excess oils and skin cells bind to form plugs, which block pores.

2. Bacteria growth. Once the pore is blocked bacteria begin to flourish in this oil-rich, oxygen-free environment.

3. Inflammation. The body's immune system responds to the bacteria and irritation by sending white blood cells to the blemish site. This leads to an inflamed acne lesion that can ultimately damage the surrounding tissue and potentially form a scar.



ACNE GLOSSARY

1. Acne – A skin disorder which leads to the occlusion, or plugging, of hair follicles with dead skin cells and oil and the formation of blackheads, white heads, pimples and in some cases cysts. While acne most commonly affects the face, it can also appear on the back, chest, shoulders and neck. Acne occurs frequently in adolescence but also affects many adults, especially women.

2. Sebaceous glands – Glands in the skin that produce an oily substance that is called sebum. These glands are the sites of acne lesions. Sebaceous glands are attached to hair follicles and are found mostly on the face, neck, chest and back.

3. Follicles – The tiny shaft in the skin through which the hair grows and sebum is excreted from the sebaceous glands to the surface of the skin.

4. Comedo (plural: comedones) – An acne lesion, which describes both white heads and black heads, develops when dead skin cells combine with sebum to form a plug that gets trapped in the opening of the follicle. This is called a comedo. All acne lesions originate from this initial comedo. A comedo acts like a cork in a bottle, which traps sebum and bacteria behind it inside the follicle, eventually resulting in an acne lesion.

5. Comedogenic – Substances that are likely to clog your pores and cause comedones.

6. Non-comedogenic – Substances that are not likely to clog your pores and cause comedones.

7. Non-inflammatory – In acne, comedones (pimples) that are not associated with redness of the skin such as whiteheads and blackheads.

8. Whitehead – A closed noninflammatory comedo (pimple) with a characteristic white center. In this case, the sebum plug is completely beneath the surface of the skin and is visible as a small white bump. In acne, white blood cells, responding to the bacteria and sebum cause the pimples to become red, swollen and at times painful.

9. Blackhead – An open non-inflammatory comedo (pimple) with a characteristic dark center. The dark plug is not due to dirt, but rather a darkening of the plug when exposed to air as well as a build up of melanin on the top of the plug.

10. Inflammatory – A word that means causing inflammation. In acne, inflammatory is usually used to describe lesions that are infected. Inflamed lesions are generally red and swollen, caused either by chemical reaction or bacteria trapped and multiplying in clogged follicles.

11. Lesion – Another word for acne blemishes or pimples.

12. Balanced Therapy – Clear Factor's advanced, scientific approach to acne treatment that:

- Removes dead skin cells to prevent them from clogging pores.
- Kills the bacteria that cause infections in acne lesions.
- Reduces the inflammation associated with acne.

Clear Factor products and the medicines they contain work together effectively to block the formation of new pimples and to treat those that already exist by removing excessive oil, reducing the tendency of skin cells to form a plug in the follicle, reducing the number of acne causing bacteria, and reducing inflammation.

13. Benzoyl peroxide – One of the most effective acne fighting medications that is found in both over the counter and prescription treatments. Benzoyl Peroxide works by killing the bacteria (*P. acnes*) that is one of the causes of acne. Benzoyl Peroxide works by releasing oxygen on the skin and within the hair follicles that kills the bacteria. Unlike oral and topical antibiotics, bacteria have not been able to develop resistance to this product.

14. Salicylic Acid – An effective acne fighter that works by breaking up existing comedones and preventing others from forming. Salicylic Acid is a keratolytic agent that helps in the removal of old, dead skin cells and the opening of plugged follicles.

15. Sulfur – An effective acne treatment that is often combined with other topical medications and is well known for oil-absorbing properties.

16. Zinc – A mineral that has been studied and is believed to soothe the skin when used in topical acne preparations.

TAKE THE ACNE TEST

Many factors play a role both in improving and aggravating acne. Take the following test to help you understand what triggers your acne flare-ups.

What factors seem to make your acne flare?

- Stress Lack of sleep Food
 Menstrual cycle Heat and humidity

Many studies have shown that diet including chocolate and fried foods do not cause acne. However, if you notice that your acne flares or you develop a rash after you eat a specific type of food, use common sense and avoid that product as much as possible. It has also been shown that stress, lack of sleep, high heat and humidity as well as the fluctuation of hormones during the menstrual cycle may be associated with acne flares.

Do you have a family history of acne?

- Yes No

It has long been known that heredity and genetics play a significant role in the development of acne. If a parent, especially both parents, have had severe acne, it is more likely you will develop severe acne, and possibly at an early age. Clear Factor has been shown to successfully treat existing acne while helping to prevent further breakouts.

What medications do you take? Do you take birth control pills?

- Anti-seizure medications Birth control pills
 Lithium Topical cortisones

Birth control pills can both help and worsen acne. Specific birth control pills can be taken both to improve acne and to provide oral contraception. Have your health care provider help to choose the best one for your specific situation. Other medications such as anti-seizure medications, certain medications prescribed by psychiatrists, and long-term use of topical cortisones can often cause breakouts. Alternative medications may be available that may be of benefit to your skin.

Do you use anabolic steroids?

- Yes No

Illegal uses of anabolic steroids, mainly by athletes wishing to improve their performance, have a wide range of adverse effects on the body. The sudden onset of acne, sometimes severe, over the face and especially the chest and back can be caused by the use of anabolic steroids. After these drugs are discontinued, the acne generally improves.

Do you wear makeup?

- Yes No

Makeup can be used in a limited fashion with acne. However, make sure all the cosmetics that you purchase are oil-free and labeled non-comedogenic. Non-comedogenic means the product will not clog your pores. All cosmetics should be removed nightly with a cleanser such as Clear Factor Restoring Cleanser.

Do you break out just before your period?

- Yes No

Fluctuations in hormones in the week preceding menstruation often cause acne to flare. Using the Clear Factor System on a regular basis will lessen this flare.



Do you use multiple acne care products other than Clear Factor?

Yes No

Using too many acne medications, and ones which are too strong, may cause significant irritation to your skin. Clear Factor was designed to be a complete system with the proper combination of active ingredients to treat your skin gently, improve your acne, give you a healthy, clear complexion, and produce little or no irritation.

Have you developed acne in your twenties, thirties or forties for the first time, or experienced recurrence of your acne that has been dormant since your teenage years?

Yes No

It is not uncommon to develop acne in adulthood, especially in women. Acne developing at this age is generally related to significant and long-standing stress as well as changes in hormones. Clear Factor has proven successful in treating acne in these circumstances.

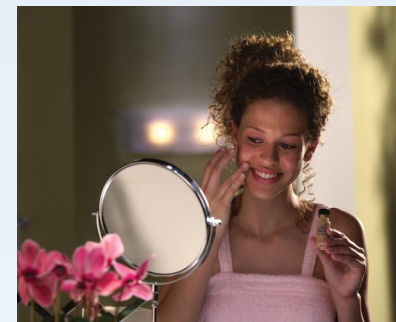
HERE'S WHAT OUR EXPERTS RECOMMEND

Our patients often ask us for our recommendations about the many skin and hair care products that are available. Additionally, we are often asked questions regarding which cosmetics and sunscreens to use. We've put together some simple guidelines to help you chose the products that are right for you.



Cosmetics. All the cosmetics that you buy should be labeled as non-comedogenic and oil-free. However, even makeup labeled as non-comedogenic should be removed nightly. As a general rule, cosmetics should not be used at all during vigorous exercising.

Fragrances. While most fragrances do not cause allergic reactions, there are some that can cause problems for certain individuals. Fragrance-free products are a safe bet for patients that have demonstrated sensitivity to these compounds. If in doubt, you can test the product for an allergic reaction by applying a small portion to your forearm for a few days. If there is no redness it is probably safe to use the product over a larger area. All Clear Factor products are fragrance-free.



Eye creams and facial moisturizers. Heavy eye creams or facial moisturizers of any kind can, at times, aggravate acne. Again, it is important to buy products labeled as non-comedogenic and even these should be used in moderation.

Dandruff and dandruff shampoos. Patients with acne or oily skin often have dandruff. If your scalp is flaky, with red blotches, and seems oily, you may have a skin condition known as seborrheic dermatitis. This condition is most commonly referred to as dandruff. Using a dandruff shampoo that contains Zinc or Salicylic Acid would be in order. Clear Factor's Anti Dandruff Shampoo with Zinc is a particularly effective treatment.

Hair care products. Most hair care products including mousses and gels do not cause acne. However, if you do notice more acne developing on your temples and forehead where these products may be getting onto your skin, consider using a different brand and try to minimize the amount of product that remains on your skin.

Birth control pills. Birth control pills can either improve or worsen acne. There are specific formulations and types of birth control pills available that will generally improve hormonally induced acne. Birth control pills of this type will minimize hormonal fluctuations during the menstrual cycle that cause breakouts in some individuals. Please contact your health care provider to see which type of birth control pills would be the most appropriate for your own situation.

Facial cleansers. Since acne is not caused by dirt, vigorous and frequent face washing is not recommended. In fact, over washing your facial skin may even aggravate the problem. A gentle cleanser such as Clear Factor Restoring Cleanser used twice daily is recommended.

SOME SPECIAL WARNINGS

The Clear Factor System can be used while taking birth control pills or other hormonal types of birth control.

Other Glycolic Acid products can be used in combination with the Clear Factor System. However, they should be used sparingly and discontinued if irritation develops.

If you are using prescription topical antibiotics, use the Restoring Cleanser and Clarifying Toner. But use the topical antibiotic instead of the Correcting Lotion.

Accutane® is an extremely potent and effective prescription medication and no other treatments are needed while on this medication.

If your physician has prescribed Differin® or Retin A,™ the Clear Factor System should be used in the morning and the Differin or Retin A at night. In the evening you can still utilize the Restoring Cleanser to wash your face before applying these prescription medications.



CLEAR FACTOR COMPLETE PRODUCT DIRECTIONS, INGREDIENTS AND WARNINGS

Restoring Cleanser

This oil free formula developed by a Dermatologist contains Salicylic Acid in combination with a mild cleanser that thoroughly

but gently cleans the skin. Salicylic Acid penetrates deep into the pores to remove potentially clogging impurities and dead skin cells. Additional important ingredients include skin-soothing Zinc, exfoliating Alpha Hydroxy Acids and Soothing Botanicals.

Indications: For the treatment of acne.

Directions: Pour a small amount onto hand and apply to dampened face and neck. Massage gently for 1 to 2 minutes. Rinse thoroughly with warm water and pat dry. Start with one application daily then increase to two times daily after one week. If bothersome dryness or peeling occurs, rinse off cleanser sooner or reduce usage to once a day. Use Clarifying Toner after cleansing.

Warnings: For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Using other topical acne medications at the same time or immediately following use of this product may increase dryness or irritation of the skin. If this occurs, only one medication should be used unless directed by a physician. Keep out of reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Salicylic Acid 2.0%

Other ingredients: Deionized Water, Triethanolamine Lauryl Sulfate, Cetyl Alcohol, Disodium Cocoamphodiacetate, Propylene Glycol USP, Glycol Stearate, Glycerine USP, Stearyl Alcohol, PEG-7 Glyceryl Cocoate, Extracts of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Grapefruit Seed Extract, Titanium Dioxide USP, Passionflower Extract, Grape Extract, Pineapple Extract, Zinc Lactate, Citric Acid USP.



Clarifying Toner

This refreshing formula, containing naturally occurring Alpha Hydroxy Acids and soothing Botanicals, helps to restore and balance the skin tone while gently exfoliating dead skin cells.

Developed by a Dermatologist, Clarifying Toner also helps to remove excessive oil.



Directions: Moisten cotton ball or pad with toner and apply to cleansed skin with gentle upward strokes. Avoid eye contact. Use once or twice daily. Allow Clarifying Toner to dry and then apply the Correcting Lotion. If bothersome dryness occurs, reduce application to once a day. Be sure to use a sunscreen of at least SPF 15 before sun exposure.

Warnings: For external use only. Avoid contact with eyes. If contact occurs,

flush thoroughly with water. Keep out of reach of children. If swallowed, seek medical help or contact a poison control center right away.

Ingredients: Deionized Water, Witch Hazel (Hamamelis), Isopropanol, Propylene Glycol USP, Passionflower Extract, Grape Extract, Pineapple Extract, Citric Acid USP, Salicylic Acid USP, Polysorbate 20, Sodium Borate, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Aloe Vera, Grapefruit Seed Extract, Kola Nut Extract, Zinc Lactate, Menthol USP.

Correcting Lotion

The Benzoyl Peroxide contained in this lotion has been optimized to the appropriate concentration to effectively kill acne causing bacteria with minimal irritation to the skin. This special formulation developed by a Dermatologist also contains naturally occurring Alpha Hydroxy Acids, skin-soothing Zinc and gentle Botanicals.

Indications: For the treatment of acne.

Directions: After thoroughly cleansing with the Restoring Cleanser and applying the Clarifying Toner, spread a thin layer of the Correcting Lotion on the affected area using a circular motion with your fingertips. Start with one application of Correcting Lotion daily and increase to twice daily after one to two weeks. If bothersome dryness occurs, reduce applications to once a day or every other day. If going outside, use a sunscreen of at least SPF 15. Allow the Correcting Lotion to dry, and then follow directions in the sunscreen labeling. If irritation or sensitivity develops, discontinue use of both products and consult a doctor.



Warnings: When using this product, avoid unnecessary sun exposure and use a sunscreen of at least SPF 15. For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Using other topical acne medications at the same time or immediately following use of this product may increase dryness or irritation of the skin. If this occurs, only one medication should be used unless directed by a physician. Do not use this product if you are sensitive to Benzoyl Peroxide. This product may cause irritation. Mild irritation may be reduced by using the product less frequently. If irritation becomes severe, discontinue use of this product and consult a doctor. This product may bleach colored or dyed fabrics and hair. Keep out of the reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Benzoyl Peroxide 2.5%

Other ingredients: Deionized Water, Glyceryl Stearate, Stearoamidopropyl Dimethylamine, Passionflower Extract, Grape Extract, Pineapple Extract, Citric Acid USP, Salicylic Acid USP, Propylene Glycol USP, Squalane (from olives), Poloxamer, Isopropyl Palmitate, Sunflower Seed Oil, Octyl Palmitate, Hydroxyethylcellulose, Stearyl Alcohol, Extract of Lappa, Lemon,

Hops, Hypericum, Sage, Calendula and Saponaria, Emulsifying Wax, N.F., Cetyl Alcohol, Glycerine USP, d-alpha Tocopheryl Acetate USP, Grapefruit Seed Extract, Aloe Vera, Zinc Lactate, and Ascorbic Acid USP.

Revitalizing Mask

A therapeutic, deep-cleaning mask which utilizes very fine Colloidal Sulfur particles to remove impurities and dead skin cells from clogged pores. It absorbs excess oil and revitalizes skin for a clean, clear complexion. The Red Marine Algae contained in this mask is a seaweed harvested in the water surrounding the Hawaiian Islands, with many essential minerals, vitamins and moisture-carrying ingredients beneficial to the skin.



Directions: Apply to cleansed face, leave on for 5-10 minutes and rinse thoroughly with warm water. Use 2-3 times weekly.

Warnings: When using this product avoid unnecessary sun exposure and use a sunscreen of at least SPF 15. For

external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Keep out of reach of children. If swallowed, get medical help or contact a poison control center right away. Do not use this product if you are sensitive to Sulfur. This product may cause irritation. Mild irritation may be reduced by using the product less frequently. If irritation becomes severe, discontinue use of this product and consult a doctor.



Ingredients: Deionized Water, Bentonite, Colloidal Sulfur, Titanium Dioxide USP, Talc USP, Kaolin USP, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben, Propylparaben, Extract Of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Red Marine Algae.

Blemish Repair Plus

An effective addition to the Clear Factor System, Blemish Repair Plus is an extraordinary, medicated, tinted spot treatment designed to conceal while it dries unsightly blemishes. This product, designed by a Dermatologist, combines the excellent drying powers of Zinc Oxide, Sulfur, Talc and Camphor. Many blemishes will improve noticeably after just a day or two of use.



Directions: Shake bottle well before each use.

Apply sparingly to blemishes, using applicator cap. Allow 10-15 seconds for the product to dry slightly on each blemish. Pat gently to blend into the skin. Makeup may then be applied if desired. Repeat application twice daily or as needed.

Warnings: When using this product, avoid unnecessary sun exposure and use a sunscreen of at least SPF 15. This product may cause irritation. Mild irritation may be reduced by using this product less frequently. If irritation becomes severe, discontinue use of this product and consult a doctor. For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Keep out of the reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Colloidal Sulfur 5.0%

Other Ingredients: Isopropyl Alcohol, Deionized Water, Zinc Oxide USP, Propylene Glycol USP, Camphor USP, Lo Micron Talc, Sodium Laureth Sulfate, Titanium Dioxide USP, Salicylic Acid USP, Zinc Lactate, Diazolidinyl Urea, Methylparaben, Propylparaben. May contain Iron Oxides.



Renewing Moisturizer

Clear Factor's noncomedogenic, oil-free Renewing Moisturizer contains an Alpha and Beta Hydroxy Acid complex, soothing Botanicals and Red Marine Algae, a superb moisturizer rich in vitamins and minerals. As an added benefit, this Dermatologist-developed moisturizer contains the potent skin-soothing mineral Zinc.



Directions: After cleansing, toning and applying the Correcting Lotion, apply several drops of Renewing Moisturizer to the fingertips and then gently pat skin until absorbed. When using this product, apply a sunscreen of at least SPF 15 prior to sun exposure.

Warnings: For external use only. Discontinue use if signs of irritation develop. Keep out of the reach of children. If swallowed, get medical help or contact a poison control center right away.

Ingredients: Deionized Water, Methyl Gluceth-20, Propylene Glycol USP, Hydroxyethylcellulose, Sodium PCA, Glycerine USP, Polysorbate 20, Extract of Lappa Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Grapefruit Seed Extract, Red Marine Algae, Zinc Lactate, Dimethicone, Aloe Vera, Glycolic, Lactic, Malic, and Tartaric Acids (Alpha Hydroxy Acid Complex), Kola Nut Extract, Green Tea Extract, Citric Acid USP (Beta Hydroxy Acid), Glycosaminoglycans, EDTA.

Blemish Repair Gel

Attack blemishes with this fast-acting spot treatment. Dermatologist-developed Blemish Repair Gel delivers a concentrated dose of Benzoyl Peroxide for intense blemish-fighting power.

Indications: For the treatment of acne.

Directions: Cleanse the skin thoroughly before applying the Blemish Repair Gel. Cover the blemish 1-2 times daily. Because drying of the skin may occur, start with one application daily and then increase to 2 times daily if needed. If bothersome dryness occurs, reduce the application to once a day or every other day.



Warnings: When using this product, avoid unnecessary sun exposure and use a sunscreen of at least SPF 15. For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Using other topical acne medications at the same time or immediately following use of this product may increase dryness or irritation of the skin. If this occurs, only one medication should be used unless directed by a physician. Do not use this product if you are sensitive to Benzoyl Peroxide. This product may cause irritation. Mild irritation may be reduced by using the product less frequently. If irritation becomes severe, discontinue use of this product and consult a doctor. This product may bleach colored or dyed fabrics and hair. Keep out of the reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Benzoyl Peroxide 3.0%



Other ingredients: Deionized Water, Glycerine USP, SDA 40 Alcohol, Colloidal Sulfur Triethanolamine, Salicylic Acid, Propylene Glycol USP, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Diazolidinyl Urea, Methylparaben, Propylparaben, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Zinc Lactate.

Oil Control Lotion

A remarkable breakthrough for oily skin, this unique formula helps absorb excess oil throughout the day. This Dermatologist-

developed product will minimize shininess and prevent makeup from streaking. As an added benefit, this lotion contains soothing Botanicals such as Sage, Calendula and Hops.

Directions: Using a circular motion, apply Oil Control Lotion to entire face with fingertips. The product may be used after the Clarifying Toner and can be worn under the Correcting Lotion.

Warnings: For external use only. Discontinue use if signs of irritation develop. Keep out of the reach of children.

Ingredients: Deionized Water, Sodium PCA, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben, Carbomer, Triethanolamine, Dimethicone, Zinc Oxide USP, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria.

Clarifying Body Wash

Clarifying Body Wash was specifically formulated to deep clean pores anywhere on the body that is acne prone. This product, which contains Salicylic Acid, Alpha Hydroxy Acids and gentle cleansers, will unclog pores, reduce oiliness and protect oily or acne-prone skin of all ages from further breakouts while leaving your skin feeling clean.



Indications: For the treatment of acne.

Directions: Use in the shower or bath once or twice daily and work up a lather concentrating on areas prone to breakouts. Rinse thoroughly with warm water and pat dry. If bothersome dryness occurs, reduce usage to once a day.

Warnings: For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Using other topical acne medications at the same time or immediately following use of this product may increase dryness or irritation of the skin. If this occurs, only one medication should be used unless directed

by a physician. Keep out of reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Salicylic Acid 2.0%.

Other ingredients: Deionized Water, Ammonium Lauryl Sulfate, SDA 40 Alcohol, Potassium Coconut Oil Soap, Glycolic, Lactic, Malic, and Tartaric Acids (Alpha Hydroxy Acid Complex), Salicylic Acid USP, Glycerine USP, Hydroxyethylcellulose, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Grapefruit Seed Extract, Polysorbate 20, Fragrance.

Purifying Body Spray

This Dermatologist-developed, anti-acne body spray will control breakouts in hard to reach areas. This easy-to-use, convenient formula contains Salicylic Acid, skin-soothing Zinc and Witch Hazel Extract.

Indications: For the treatment of acne.

Directions: Cleanse the skin thoroughly before applying this product. Cover the entire affected area one to three times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day.

Warnings: For external use only. Avoid contact with eyes. If contact occurs, flush thoroughly with water. Using other topical acne medications at the same time or immediately following use of this product may increase dryness or irritation of the skin. If this occurs, only one medication should be used unless directed by physician. Keep out of reach of children. If swallowed, get medical help or contact a poison control center right away.



Active ingredient: Salicylic Acid 1.0%

Other ingredients: Deionized Water, Witch Hazel (Hamamelis), Propylene Glycol USP, SDA 40 Alcohol, Diazolidinyl Urea, Methylparaben, Propylparaben, Sodium PCA, Aminomethyl Propanol, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Glycerin USP, Zinc Lactate, EDTA.

Moisturizing Shave Cream

A moisturizing shave cream containing skin-soothing Zinc and Aloe Vera. This formula was specifically designed for individuals who suffer from razor bumps as well as acne.



Directions: Wet face, apply and work into a rich lather. After shaving, wash thoroughly with warm water and pat dry.

Warnings: For external use only. Avoid contact with the eyes. If contact occurs, flush thoroughly with water. Discontinue use if signs of irritation develop. Keep out of reach of children.

Ingredients: Deionized Water, Stearic Acid, Propylene Glycol Stearate, Mineral Oil, Ethylene/Propylene/Styrene Copolymer, Butylene/Ethylene/Styrene Copolymer, Glycerine USP,

Triethanolamine, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben, Propylparaben, Salicylic Acid, Zinc Lactate, d-alpha Tocopheryl Acetate USP, Ascorbyl Palmitate USP, Aloe Vera, EDTA, Fragrance.

Purifying Exfoliant Scrub

The oil-free formula of the Purifying Exfoliant Scrub gently strips away dead skin cells and dulling impurities while soothing the skin with Aloe Vera. This scrub encourages your skin's natural renewal process and leaves your face silky smooth.

Directions: Apply with your fingertips to dampened skin. Gently scrub in a circular motion. Wash thoroughly with warm water and pat dry. This product can be used on both the face and body. It is generally used 2-3 times weekly. If bothersome dryness occurs, reduce the frequency of use.

Warnings: For external use only. Avoid contact with the eyes. If contact occurs, flush thoroughly with water. Discontinue use if signs of irritation develop. Keep out of reach of children.

Ingredients: Deionized Water, Disodium Cocoamphodiacetate, Sodium Lauryl Sulfate, Hexylene Glycol, Glyceryl Stearate SE, PEG-100 Stearate, Polyethelene, Salicylic Acid USP, Butylene Glycol, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben, Propylparaben, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Oleth-10, Magnesium Aluminum Silicate, EDTA, Citric Acid, Aloe Vera, Azulene, FD&C Blue # 1, Fragrance.



Anti-Dandruff Shampoo, Medicated Formula



This balanced formula readily controls dandruff and the itching and flaking associated with it. Unlike many other dandruff shampoos, the Anti-Dandruff Shampoo formula is gentle and mild enough to use daily.

Indications: Controls the symptoms of dandruff and seborrheic dermatitis of the scalp.

Directions: Shake well before using. Apply a liberal amount of Anti-Dandruff Shampoo, Medicated Formula to wet hair and

work into a lather while massaging into scalp and around hairline. Allow lather to remain on scalp for several minutes. Rinse thoroughly with warm water and repeat application. For best results, the Anti-Dandruff Shampoo, Medicated Formula should be used at least twice weekly or as directed by a physician. Follow with Moisturizing Botanical Conditioner.

Warnings: For external use only. Avoid contact with the eyes. If contact occurs, rinse eyes thoroughly with water. If condition worsens or does not improve after regular use of this product as directed, consult a physician. Keep out of reach of children. If swallowed, get medical help or contact a poison control center right away.

Active ingredient: Zinc Pyrithione 2.0.%.

Other ingredients: Deionized Water, Ammonium Lauryl Sulfate, Cocamidopropyl Hydroxysultaine, Cocodimonium Hydroxypropyl, Hydrolyzed Wheat Protein, Propylene Glycol USP, Cocamide DEA, Magnesium Aluminum Silicate, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Xanthan Gum, PEG-150, Pentaerythrityl Tetrastearate, PEG-6, Capric/Caprylic Glycerides, Diazolidinyl Urea, Methylparaben, Propylparaben, Panthenol USP, Fragrance, FD&C Blue #1.



Moisturizing Botanical Conditioner

Designed to be used along with the balanced Anti-Dandruff Shampoo. This pH-adjusted formula conditions, moisturizes and easily detangles hair. Panthenol has been included for its superb moisturizing properties.

Directions: Shampoo hair with Anti-Dandruff Shampoo, Medicated Formula and rinse thoroughly. Apply a small amount of the

Moisturizing Botanical Conditioner and work gently through the hair. Rinse thoroughly with warm water.

Warnings: For external use only. Avoid contact with the eyes. If contact occurs, flush thoroughly with water. Keep out of reach of children. If swallowed, seek medical help or contact a poison control center right away.

Ingredients: Deionized water, Cetearyl Alcohol, PEG-40 Castor Oil, Stearalkonium Chloride, Hydrolyzed Wheat Protein, Wheat Oligosaccharides, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben, Propylparaben, Kola Nut Extract, Green Tea Extract, d-Alpha Tocopheryl Acetate USP, Panthenol USP, Fragrance.

Broad Spectrum Oil Free Sunscreen SPF 15

This oil-free sunblock, developed by a Dermatologist specifically for acne-prone skin, provides broad-spectrum UVA/UVB protection while preventing the signs of premature aging. This Sunscreen achieves the highest level of water and sweat resistance using criteria established by the Food and Drug Administration. This sunscreen can also be used over the Correcting Lotion.

Indications: Helps prevent sunburn. Higher SPF gives more sunburn protection. Retains SPF after 80 minutes of activity in the water/sweating.

Directions: Apply generously and evenly before sun exposure and as needed. Consult a doctor before using on children below 6 months of age. Reapply as needed or after towel drying, swimming or perspiring.

Warnings: For external use only. Avoid contact with eyes. If contact occurs, flush eyes thoroughly with water. Stop using this product and consult a doctor if rash or irritation develops and lasts. Keep out of the reach of children. If swallowed, seek medical help or contact a poison control center right away.

Active ingredients: Octinoxate 7.5%, Benzophenone-3 5.0%, Octisalate 5.0 %, Meradimate 5.0%

Other ingredients: Deionized Water, Polyacrylamide, C13-14



Isoparaffin, Laureth-7, Meradimate, PVP/Hexadecene Copolymer, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben and Propylparaben.

EvenTone Skin Brightening Lotion

This powerful blend of brighteners have proven effective for reducing the appearance of residual dark spots even after the acne is gone. Left untreated these areas of dark pigmentation will take months to disappear. This effective formula will improve the appearance of dark patches and discoloration left by acne, sun exposure, age, pregnancy and birth control pills as it evens the skin's tone.



Directions: Apply a thin layer with fingertips to the affected area twice daily.

Warnings: For external use only. Avoid contact with the eyes. If contact occurs, flush thoroughly with water. Some users of this product may experience mild skin irritation. If skin irritation becomes severe stop use and consult a doctor. Not to be used on children under 12 years of age. Keep out of reach of children. If swallowed, seek medical help or contact a poison control center right away. This product is not for use in the prevention of sunburn and may bleach hair or dyed fabrics.

Ingredients: Deionized water, Arnica Oil, Mineral Oil, Emu Oil, Hydroquinone, Kojic Acid Dipalmitate, PEG-100, Stearate, d-alpha Tocopheryl Acetate USP, Japanese Green Tea Extract, Chamomile Extract, Cyclomethicone, Dimethiconol, Cetyl Alcohol, Triethanolamine, Extract of Lappa, Lemon, Hops, Hypericum, Sage, Calendula and Saponaria, Borage, Amidopropyl Phosphatidyl, PG-Dimonium Chloride, Stearic Acid, Sodium Sulfite, Sodium Metabisulfite, Propylene Glycol USP, Diazolidinyl Urea, Methylparaben, Propylparaben.

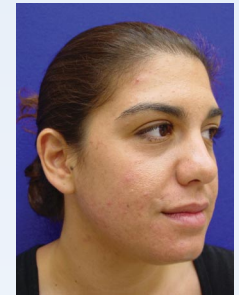
THE CLEAR FACTOR SYSTEM REALLY WORKS!

"I've tried almost every product that there is. Clear Factor is the only thing that I found that's worked for me. It's wonderful."

Claudette Cerami
Age 25



BEFORE



AFTER



BEFORE



AFTER

"When I use Clear Factor I didn't have any drying. My skin felt moist and nice. It was a cleaner fresher look, the Clear Factor."

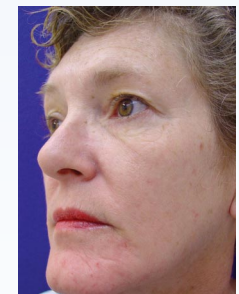
Michelle McIntosh
Age 38

"Everyone has noticed that my face has cleared up. I feel great about it. This definitely works, definitely."

Carol Hutton
Age 54



BEFORE



AFTER