

BRING ON THE SUN!

DR RINKY KAPOOR

✓ Bid farewell to the days of slathering on sticky sun creams. This summer, protecting your skin from sun damage may be as simple as popping a pill.



Dr. Rinky Kapoor

Oral Sunscreen tablets are basically pills containing one or more of compounds like polypodium leucotomos (PL), beta-carotene, lycopene, red-orange extracts, vitamin C & E, green tea, nicotinamide, PABA, etc. They have robust sun protective properties. Thus one can 'eat their sunscreen'. The level of protection is not equivalent with that of a topical sunscreen. Hence, these are solid boosters to topical sunscreen, not a substitute.

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What's so different about them?

- Heliocare oral capsules are convenient to use. It is just like taking a supplement.
- There is no need for repeated applications like topical sunscreen.
- More uniform coverage of the total body surface area and deeper sun protection regardless of factors like potency of creams, amount applied, sweating, or bathing.
- Excellent safety profile.

How is it beneficial?

Reliable studies have shown that Heliocare oral capsules provide:

- Protection against ultraviolet, visible and infrared radiation
- Excellent antioxidant - reduces free radicals by up to 50%,
- Prevent pigmentation caused by UV rays.
- Protects the entire skin surface, increasing the skin's resistance to sunburn and redness by up to 300%.
- Slows down skin aging
- Repairs sun-damaged DNA in skin cells thus protecting against cancer transformation.



Picture used for representational purposes

—The writer is a Mumbai-based Dermatologist