EVALUATION OF THE SLIMMING EFFECT OF GUAM FANGOCREMA NOTTE MUD-BASED CREAM

The test was carried out by the Institute of Pharmacology of a major Italian University on 20 female volunteers aged between 18 and 45, selected according to the following inclusion criteria:

- good health
- presence of localised adiposity
- no skin pathologies
- no pharmacological treatments underway
- subjects undertake not to change their normal daily routine
- no case history of atopy

The tested product was applied to the skin of thighs, buttocks and abdomen once a day before going to bed for 60 consecutive days.
Checks following the use of the product were carried out by a dermatologist after 2, 4, 6 and 8 weeks.

The study included both instrumental and clinical evaluations. In addition, the volunteers were asked to express their personal opinion at the end of the study (self-evaluation).
The instrumental evaluations carried out are:

Skinfold test (measurement of the thickness of the skinfold using calipers; this method provides numerical data on the subcutaneous fat layer; the abdomen skinfold, thigh skinfold and waist skinfold were measured).
Circumference (the circumference of the waist, hips, buttocks and thighs were evaluated).
Impedance analysis (the measurement of body impedance is a reliable index of the total amount of water and adipose tissue in the body).

The clinical evaluations carried out by the dermatologist are the following:

- skin compactness
- skin tolerance

In particular the following parameters of reference were evaluated:

- reduction of the circumference of waist, hips, buttocks and thighs
- reduction of the subcutaneous fat layer
- reduction of adipose tissue
- improvement of skin compactness
- tolerability
- self-evaluation

Conclusions:

On the basis of the results obtained it can be stated that the product GUAM FANGOCREMA NOTTE (GUAM NIGHT MUDCREAM) positively influenced, in the period of treatment, the parameters evaluated on the volunteers tested. In particular:

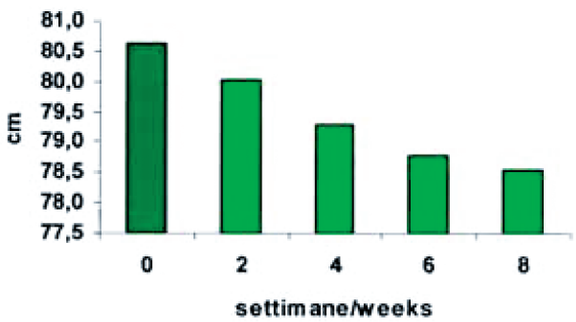
a reduction of the circumference of waist, hips, buttocks and thighs was registered as well as a reduction in the thickness of the abdomen skinfold, thigh skinfold and skinfold above the iliac crest; these results prove that the product positively influences the reduction of the uneven distribution of the subcutaneous fat layer in the areas tested.
improves skin tone leaving the skin compact
reduced extracellular water (water retention).

In addition the product was rated as well tolerated, effective and pleasant to use.

• Please find below some graphs that summarise the trend of the results. •

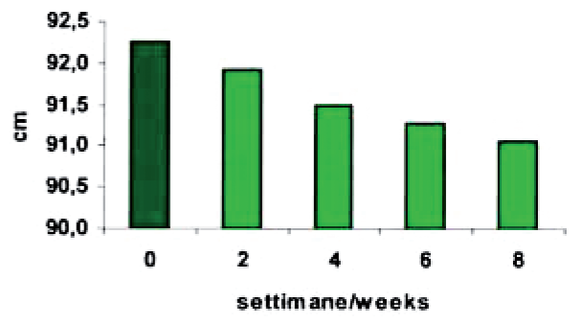
WAIST CIRCUMFERENCE

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



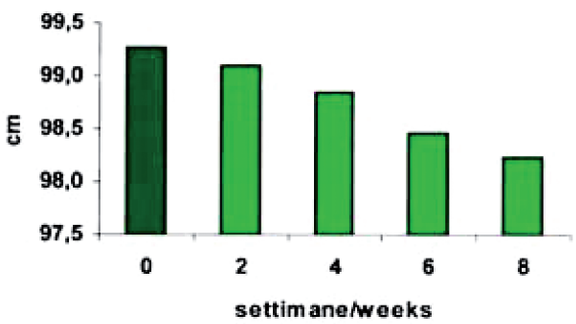
HIPS CIRCUMFERENCE

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



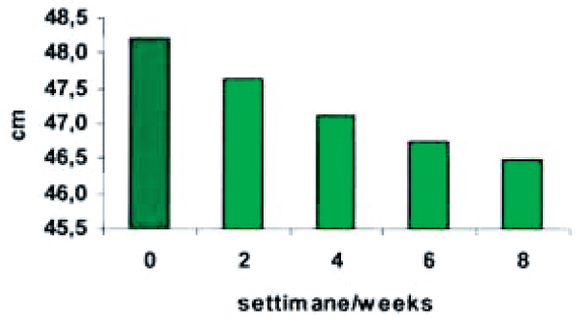
BUTTOCKS CIRCUMFERENCE

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



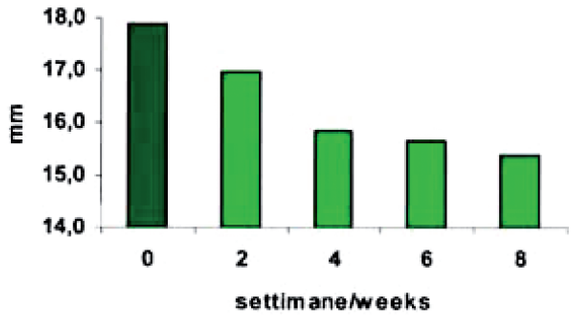
THIGH CIRCUMFERENCE

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



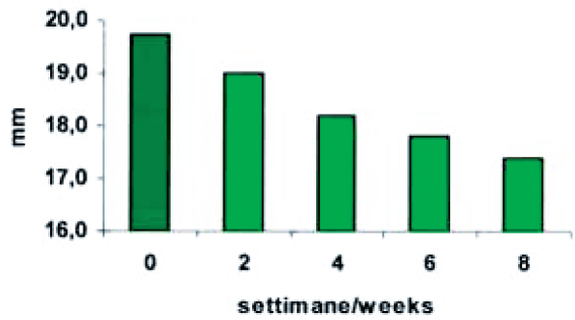
ABDOMINAL SKINFOLD

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



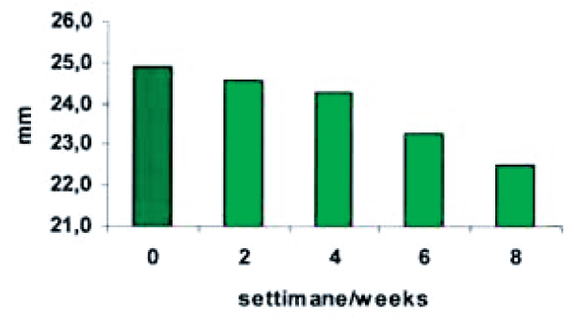
SUPRAILIAC SKINFOLD

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



THIGH SKINFOLD

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.



EXTRACELLULAR WATER

As you can see from the graph the treatment with the product leads to a reduction of the parameter analysed which is statistically significant.