



#### ABSTRACT OF LABORATORY AND CLINICAL STUDIES

Yin-Care is a combination of 14 highly concentrated herbs treasured for centuries in China for their antipathogenic properties. It has been used by millions of people over the last twenty years with remarkable effectiveness.

Yin-Care has been the subject of more than one hundred scientific studies carried out in China's medical universities and hospitals. The following abstract has been selected from a collection of 37 research papers first published in 1992 under the title:

***Yin-Care Symposium on Dermatology, Obstetrics and Gynecology.  
Chengdu. Peoples Republic of China.***

## TREATING ACNE

This study was done by the Departments of Dermatology at the two main affiliated hospitals of the Dalian Medical College.

There were a total of 73 patients with untreated acne from the outpatient departments of the two participating hospitals. The Yin-Care group was comprised of 52 subjects (male 28, female 24) , all between the ages of 15-39 years old. The control group was made up of 21 subjects (male 9, female 12), all between the ages of 19-28.

Assessment of the overall severity of acne was done using the "Samuelson nine-grade global acne scale", ranging from sparse comedones to deep cysts and/or inflammatory nodules. Before treatment, assessment of both groups were found to be statistically comparative, with no significant differences.

After topical sterilization, fat embolisms were pressed out using a sterile comedo-compressor. Each patient's acne extractions were then inoculated onto a GAM medium where they were anaerobically cultured for 72 hours. Colonies were selected. Smear staining showed they were gram-positive bacilli. Further testing revealed four distinct strains of bacteria from the propionibacterium acnes classification.

After washing their faces, the patients applied Yin-Care to the affected areas, massaging it into the skin, and finally rinsing it off thirty minutes later. The control group applied a sulfur lotion to the affected areas, massaged it into the skin, and rinsed it off after thirty minutes. Both groups also took 10mg of Vit. B2 and B6, orally, three times daily.

<b>CURATIVE EFFECTS</b>	<b>Excellent</b>	<b>Good</b>	<b>Moderate</b>	<b>None</b>	<b>Worse</b>
Yin-Care Group	16 cases /30.7%	9 /17.3%	18 /34.6%	9 /17.3%	0/0
Control Group	4 cases/19.0%	0 /0	2 /9.5%	15 /71.4%	0/0

The total effectiveness rate in the Yin-Care group was 82.7%.  
0In the control group it was 19%.

In this experiment Yin-Care was shown to strongly inhibit the growth of each strain of propionibacterium acne in the hair follicles and sebaceous glands as well as to decrease the production of pathogenic free fatty-acids.

No serious side effects were observed with external use. In a few rare cases, a slight burning sensation was reported when Yin-Care was massaged into the skin too vigorously.

**A Clinical and Experimental Study on Acne Treatment with Yin-Care.** Huang Tian et al. Department of Dermatology, Dalian Medical College. pg.3.