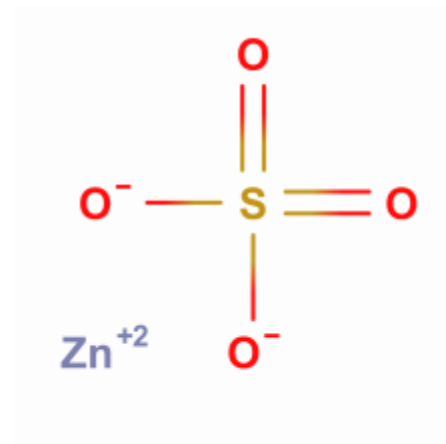


Zinc Sulfate



What Is It?

Zinc Sulfate is a colorless crystalline compound. In cosmetics and personal care products, Zinc Sulfate is used in the formulation of bath products, skin fresheners and cleansers and skin care products.

Why is it used in cosmetics and personal care products?

Zinc Sulfate functions as a [cosmetic astringent](#), a [cosmetic biocide](#)

Zinc Sulfate (ZnSO₄) is an excellent source of Zinc²⁺ ions that have an essential role in the metabolism of epidermal proteins and the generation of natural moisturizing factors. It is also a potent sunscreen reflecting UV rays from the surface of the skin.

Zinc Sulphate acts as an astringent and is helpful in the healing of the tissue, preventing scarring, as well as being anti-inflammatory.

Treatment with Zinc Sulfate significantly increases the proliferation of fibroblasts and keratinocytes, improving skin barrier function and elasticity. It also has a remarkable antibacterial effect on harmful bacteria and stimulates the wound healing process.

ZnSO₄ is used for treating several skin conditions like Melasma (type of hyperpigmentation), Herpes, and Leishmaniasis.

Zinc Sulphate for Acne

Zinc sulphate is the zinc that is most widely used in skincare treatments. It is also the form of zinc that is most effective in cases of severe zinc-deficiency. This is the most recommended form of zinc for the treatment of acne, and is easily accessible within a myriad of products.

In addition to its anti-inflammatory properties, topical zinc **may help clear acne-causing bacteria from the skin and reduce oil production.** The form

you use ultimately depends on the severity of your acne, your skin type, and your current dietary habits.

Acne is a common condition that affects the surface of the skin. Acne often occurs during [puberty](#), although people of all ages can develop it.

[Zinc](#) is a common mineral, which the body uses for many important processes.

In this article, we will look at the role of zinc in treating acne. We will also look at the risks and benefits of using zinc for this purpose.

Does it work?



Many topical treatments for acne contain zinc.

Zinc is an essential mineral that the body needs to perform some important functions. The [National Institutes of Health \(NIH\) Trusted Source](#) note that zinc is essential for the following bodily processes:

- growth during childhood and adolescence
- wound healing
- enzyme activity
- immune system functioning

- cell division
- DNA and protein synthesis

Zinc can also treat acne, a common skin condition.

Acne occurs as a result of the overproduction of sebum, an oily secretion of the skin. As one [article Trusted Source](#) explains, the overproduction of sebum can lead to [inflammation](#) and clogged pores, causing lesions to form on the skin.

Common symptoms of acne include:

- **Papules:** Small red bumps.
- **Pustules:** Small red bumps with a white, [pus](#)-filled tip.
- **Nodules:** Large lumps that build up under the surface of the skin.
- **Blackheads:** Black marks at the surface of the skin.
- **Whiteheads:** Small white bumps at the surface of the skin.

You can find out more about acne and its symptoms [here](#).

A [2014 review](#) notes that zinc's anti-inflammatory properties make it well-suited to treating inflammatory skin conditions. The type of acne that causes pustules, nodules, and cysts is inflammatory.

Researchers also believe that zinc might help treat acne by suppressing the production of sebum and fighting acne-causing bacteria. These effects would allow it to treat noninflammatory acne, too.

How to use zinc for acne

Doctors can prescribe medication that contains zinc to treat acne. A person can take this orally or apply it topically.

A person can also increase their intake of zinc by altering or supplementing their diet. [Learn about foods high in zinc here.](#)

Topical medication

Topical treatments often take the form of pastes, gels, or creams. A person can apply them directly to the parts of the skin that acne affects.

Some common topical zinc-based medications include:

- zinc sulfate
- zinc acetate
- zinc octoate

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