



Clear Future®

Collection Focus Guide

DID YOU KNOW?

Acne is the leading cause for visits to a dermatologist. Approximately 70%–87% of adolescents experience some acne, and it can frequently continue into adulthood. Although specific reasons are unclear, the number of people experiencing acne appears to be increasing.

The following content is for educational purposes only. It is not intended to make health claims regarding our products.

Acne is a skin condition characterized by whiteheads, blackheads, and red pimples or lesions. It occurs when pores become clogged from increased sebum or oil production, along with decreased cellular turnover. Pores can get clogged when cellular turnover is slowed due to excess oil or an imbalance in bacteria on the skin surface, as well as inflammatory effects from hormone fluctuations or dietary choices.

Almost everyone experiences some clogged pores and pimples in their lives, especially during adolescence. Various grades of acne, depending on severity, can be experienced throughout adolescence and adulthood:

- **Mild Acne:** Minor pimples appear, but they are small, appear only very occasionally, and in small numbers. Blackheads and milia, which are small white or yellow bumps, will appear, sometimes in large numbers, without redness or swelling. Mild acne can become more severe if left untreated.
- **Moderate Acne:** Blackheads and milia generally appear in greater numbers. Papules, or small red bumps, and the formation of pustules or whiteheads will develop in this stage. These symptoms appear

with greater frequency, and general breakout activity will be more obvious. Slight inflammation of the skin is now apparent.

- **Severe Acne:** Blackheads and milia generally appear in large numbers. Papules, or small red bumps, and the formation of pustules or whiteheads are well-developed and widespread in this stage. These symptoms appear continuously, and breakout activity is apparent along with more severe skin inflammation.

In teen years, acne will often progress from the nose and forehead to other facial areas. Acne may start to spread to the chest and shoulders, with occasional breakouts on the back, especially in males. Adult women may find greater breakout activity in the cheek, chin, and jawline areas, especially just before and during the menstrual cycle.

Healthy skin is balanced, smooth, clear and glowing, with controlled oil production and small, even, unclogged pores. Supporting healthy, balanced skin starts with better understanding the needs, function and regulation of the skin's ecosystem.

In a healthy-skin ecosystem, dead skin cells rise to the skin's surface to be shed. When the skin produces excess sebum or oil, dead skin cells can stick together and become trapped inside the pores. These trapped cells clog the pores, and acne begins to appear.

Bacteria known as *Propionibacterium acnes* (*P. acnes*) live on the skin's surface, and can sometimes get inside a clogged pore. The oily, or sebaceous, glands of the head, neck, and chest or back secrete a

mixture of lipids, called sebum, which is dominated by the Propionibacterium species, including P. acnes. A clogged pore can become inflamed and red when P. acnes get inside it, which can trigger an acne pimples formation. Keeping the skin's ecosystem in balance, including sebum production and P. acnes, can help minimize and prevent future acne formation.

Myths about acne and how to best manage it are as common as this skin problem. One common myth is to let acne run its course. Dermatologists believe that this is not always the best advice:

- Without adequate treatment, dark spots and permanent scars can appear after acne clears.
- Treating acne often boosts self-esteem.
- Many effective treatments are available and can help improve skin's appearance more rapidly than if left alone.

Nutrition

Skincare products are one critical step to achieving a balanced skin ecosystem, but they are not the only area to consider. To achieve glowing, clear, balanced skin you also need to focus from the inside out with the right nutrition.

Tips for supporting skin from the inside out:

- **Optimize digestion:** The body's overall health is connected to how foods are digested. Good digestion helps the body absorb nutrients from foods; improper or unbalanced digestion can lead to mineral or vitamin deficiencies.
 - **Boost good bacteria with probiotics:** The digestive system naturally has billions of bacteria, like the skin. Digestive health can be supported by promoting growth of good bacteria, along with lowering the amount of harmful bacteria. Probiotics provide strains of good bacteria to help replenish and support the digestive tract. These good bacteria help support the immune system from the inside out.
 - **Supplement your diet with digestive enzymes:** This helps the body process foods more effectively and the digestive system function optimally. Digestive enzyme levels decline with age, so a supplement can be necessary to support good function.
 - **Get plenty of nutritious fibre:** Fibre helps keep things moving in the digestive tract and sweeps out toxins. The average Canadian only consumes about half of the fibre recommended daily. Fibre

When skin is viewed under a microscope, you can see it has its own ecosystem, or biological community of interacting organisms, similar to a rainforest. It has many diverse sections and layers, as well as both good and harmful bacteria. The skin's primary function is to serve as a physical barrier to protect our body from harmful foreign organisms or toxic substances. Four barriers help regulate and keep the skin's ecosystem in balance:

- **Microbiological or ecoflora:** Skin's natural defense to protect against undesirable bacteria
- **Physical barrier or stratum corneum:** Functions as the wall to protect and allow exchanges of molecules from inside and outside the skin
- **Biological barrier or epidermis:** Physical structure of the skin
- **Hair barrier:** Protects against external aggressors such as UV light

supplements can help support the toxin elimination from the body.

- **Add healthy fats to your diet:** Research demonstrates most people aren't consuming the needed levels of essential fatty acids, such as omega-3.
 - Minimize trans fats and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin.
 - Include plenty of healthy fats such as olive oil; coconut oil; avocados; nuts and omega-3-rich seeds; and fatty fish such as salmon, tuna or white fish.
 - Take an omega-3 supplement to help balance essential fatty acid levels in your diet.
- **Boost key vitamins and minerals:**
 - **Vitamin A:** Shown in studies to reduce sebum production and support skin health on the surface.
 - **B vitamins:** High doses of vitamin B5, also known as pantothenic acid, supported healthier, more balanced skin and decreased pore size, according to a published study.
 - **Vitamin C:** Important for tissue growth, repair, and collagen production. It has also been shown to minimize free radical damage.
 - **Zinc:** Helps balance oil gland production, helps support collagen and healthier skin, and helps prevent free radical damage.

Since most people have used antibiotics to kill pathogenic or “bad” microorganisms, the idea of “good” microorganisms may be difficult to understand. However, more beneficial microorganisms live in the human body than harmful ones. Probiotics support the body’s immune system, which, in turn, helps support overall healthy skin balance. This balance can be restored and maintained by supporting the growth of good microorganisms, resulting in fewer harmful microorganisms.

Prebiotics like oligosaccharides are made of linked sugar molecules and, when taken orally, help stimulate the growth of beneficial microorganisms. Oligosaccharides, when in abundance, are an easily digestible food source for skin’s beneficial microflora.

In the presence of good and harmful bacteria, supplementing with probiotics and prebiotics results in more good bacteria and a reduction of harmful bacteria.

The Clear Future® Story

Clear Future acne products were developed as a complete system to help keep skin clear as well as reduce and help prevent acne pimples. The acne formulas are powered with salicylic acid, along with a unique blend of efficacious botanicals, to calm and soothe skin. Daily, consistent use as a regimen helps skin appear more even-toned and clear. The system is clinically proven to deliver faster results with key ingredients, including:

- **Salicylic acid:** Potent exfoliant known for its anti-bacterial properties
- **Alpha-glucan oligosaccharide:** Skin-conditioning agent derived from bio-fermentation and natural sugars, helps mattify and moisturize skin
- **Exopolysaccharide (Saccharide isomerate):** Skin-conditioning agent humectant derived from marine algae, helps mattify skin and control sebum by absorbing it at the skin’s surface
- **Naturally derived polysaccharide, humectant rhamnose, skin-conditioning agent glucose and pH adjuster glucuronic acid:** Derived from bio-fermentation and natural sugars, protect the skin’s moisture barrier

The Clear Future Collection Includes:

- Deep Pore Acne Cleanser
- Corrective Acne Treatment Pads
- Mattifying Acne Treatment Lotion
- Intensive Acne Spot Treatment
- Soothing Overnight Mask



Clinical Grading Results

Based on an independent lab study of 30 participants using the Clear Future daily regimen of Deep Pore Acne Cleanser, Corrective Treatment Pads, and Mattifying Acne Treatment Lotion

After 3 days

- 38% showed a reduction in acne pimples
- 100% showed improvement in moisturization

After 1 week

- 79% showed a reduction in acne pimples

After 4 weeks

- 84% showed a reduction in acne pimples

Results are based on clinical observation, compared to baseline

Before



After



Perception Results

Based on an independent lab study of 30 participants using the Clear Future daily regimen of Deep Pore Acne Cleanser, Corrective Treatment Pads, and Mattifying Acne Treatment Lotion

After 4 weeks

- 91% would recommend the products to a friend or family member
- 84% would replace their existing acne products with these products
- 91% reported an improvement in clogged pores
- 94% reported a reduction in oiliness and shine



DEEP PORE ACNE CLEANSER

Features

- Strong enough to deliver a thorough cleansing of dirt, oil and debris
- Gentle enough to leave skin feeling soft, fresh and clean without stripping it of natural moisture
- Exfoliates and penetrates pores to help control or reduce acne pimples
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract, and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal the next layer of skin



How to Use

Morning and evening, apply to damp face, massaging in circular motions while concentrating on areas of congestion and oiliness. Avoid eye area. Rinse thoroughly with warm water and pat dry. 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.

CORRECTIVE ACNE TREATMENT PADS

Features

- Exfoliates and refines pores
- Removes dead skin cells and impurities
- Penetrates pores to clear up acne pimples
- Provides extra clarifying benefits when used after cleansing
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
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How to Use

Cleanse the skin thoroughly before applying this product. Apply presoaked pad to entire face or cover the entire affected area with a thin layer 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.

MATTIFYING ACNE TREATMENT LOTION

Features

- Lightweight, non-oily hydrator provides essential moisture without shine
- Absorbs oil while soothing skin and preventing dryness
- Dries and helps clear up acne pimples
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
- Arbonne proprietary blend — including sea buckthorn (*Hippophae rhamnoides*) oil and olive (*Olea europaea*) fruit oil — a natural source of omega-9, -6, -3, and -7 fatty acids, maintains skin's barrier function
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- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal next layer of skin



How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer 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.

INTENSIVE ACNE SPOT TREATMENT

Features

- Strong enough to immediately target acne pimples with a fast-acting formula, yet gentle enough not to over-dry skin
- Penetrates pores to help control (reduce) acne pimples
- Helps improve the appearance of skin tone
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

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- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
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How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer 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.

SOOTHING OVERNIGHT MASK

Features

- Provides cooling comfort to soothe and calm skin
- Delivers beneficial, non-greasy hydration for soft, smooth skin
- Helps prevent impurities from settling into and clogging pores
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
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- Arbonne proprietary blend — including sea buckthorn (*Hippophae rhamnoides*) oil and olive (*Olea europaea*) fruit oil — a natural source of omega-9, -6, -3, and -7 fatty acids, maintains skin's barrier function



How to Use

Apply evenly over clean face. Wait until completely dry and go to sleep. Rinse thoroughly in the morning and continue with daily Clear Future acne regimen. Apply two to three times a week or as often as needed.

