

M. Foods Corporation, Can B

Improvement effects of 'Can B', a candy containing vitamin B complex as nutritive functional food on rough skin

ABSTRACT

Objective

The purpose of this study was to verify the efficacy of a Vitamin B complex candy, 'Can B', sold by M. Foods Corporation (Tokyo, Japan), in improvement of 'rough skin'.

Methods

An open-label trial was conducted on total of 5 voluntary subjects who experience daily skin troubles, to evaluate scores of their subjective reporting before and after two weeks of ingestion.

Result

After intake of the candy for two weeks, the scores of seven items except 'acne/pimple' in the subjective reporting, 'smoothness', 'tightness', 'roughness', 'glossiness', 'tensive', 'moisture' and 'feeling improved' were significantly improved, compared to pre-intervention.

Conclusion

The result of the trial suggests that intake of a vitamin B complex candy every after meals on a daily basis improves skin condition such as, 'smoothness', 'tightness', 'roughness', 'glossiness', 'tensive', 'moisture' and 'feeling improved'.