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Intermountain West Society of Cosmetic Chemists

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“Advice to the Lab Lorn” is intended to offer advice, pertinent information or maybe just solace, for confusing, challenging or downright murderous issues facing SCC members in their labs. Send us your questions at lablorn@caliscc.org and we’ll track down an authority or two and get back to you in the next offering of the Lab Lorn. We won’t publish your name for all to see. Your secrets are safe with us.

-John Garruto – President, Free Radical Technology – Editor

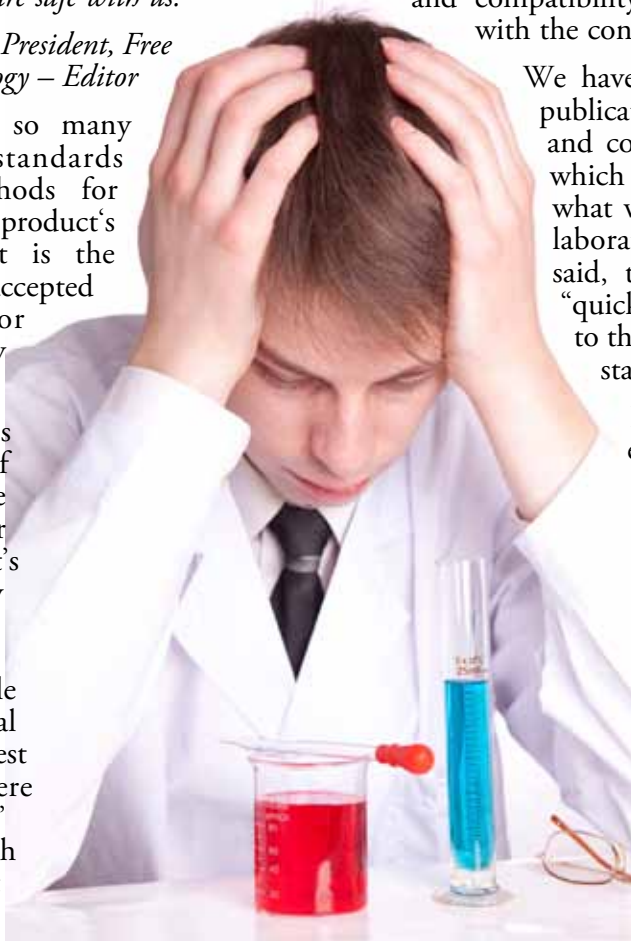
Q. There are so many different standards and test methods for determining a product’s stability. What is the best or most accepted criterion for general stability testing?

A. There is a number of acceptable criterion for testing a product’s stability under various conditions. As such, while there is general agreement on test methods, there are no “set” standards with respect to test conditions,

duration and what exactly the test results elaborate with respect to a product’s shelf life. It is important to test in real time and under accelerated conditions, to ascertain and ensure the stability and integrity of the products under appropriate conditions. These conditions will include storage, transport and consumer use as well as physical and microbiological stability, and compatibility of the contents with the container.

We have reviewed various publications and articles and compiled a synopsis which dovetails well with what we use in our own laboratory. That being said, the following is a “quick and dirty” guide to the basics of product stability testing.

Before you establish your optimum test conditions and other relevant criteria, you will need to establish which parameters are important to you to monitor. Generally your test criterion will include appearance, pH, viscosity, color, odor, (Cont. p 3)



IMWSCC Newsletter Table of Contents



Advice to the Lab Lorn
p. 1, 3



How to Reduce the Cost of a Cosmetic? p. 5, 6



IMWSCC Spotlight
p. 7



Participate in IMWSCC and win! p. 8



Big Chemist on Campus
p. 10



February Meeting Review
p. 12, 13



News from National
p. 15



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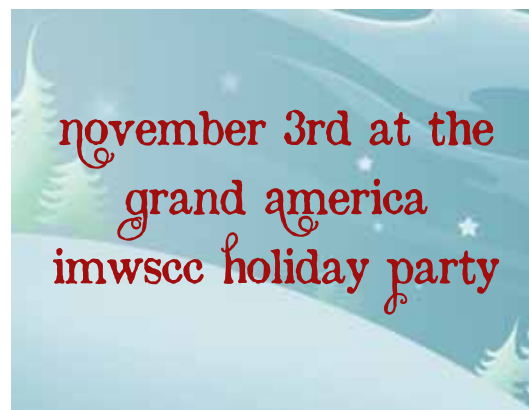


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Advice to the Lab Lorn Continued:

specific gravity as well as microbial stability and possibly analytical evaluations for key components or drug actives. It will be necessary to create a large lab sample to fill your test containers whether they are standard laboratory glass containers or actual packaging components or preferably both. Often it is a good practice to run stability testing from a pilot batch to replicate actual production conditions, equipment and blending dynamics.

Products are routinely tested at various temperatures which can include 25°C, 37°C, 40°C, 45°C and 50°C. You should always store products at 25°C for a minimum of one year, preferably for two or three years, if possible. There is no perfect substitute for room temperature storage and the longer you can observe a product at ambient use temperature, the better you will understand the true shelf life over time. Additional testing at higher temperatures is also essential. I prefer testing at 40°C for three months along with one month at 50°C. Occasionally 50°C may be too high for some products but for most products you will gain critical data in a very short period of time, especially for color/odor degradation and product syneresis. It is also advisable to store samples at 4°C as occasionally some products can exhibit turbidity or other changes at this temperature.

Products should be tested at regular and consistent intervals. It is usually advisable when running a 3-month evaluation, to test weekly for one month, after two months and finally at the three month interval. If testing at 50°C for one month, the testing should be done on a weekly basis. You will not only record various readings for appearance, pH, viscosity, specific gravity, etc. but also monitor whether there is any syneresis or product separation at the top or bottom of the container, precipitation, turbidity or other unacceptable consequences of testing under various storage conditions.

It is also essential to perform freeze/thaw testing for two reasons. First, you are able to place a product under abnormal stress conditions to demonstrate whether your system is truly robust, and secondly, you are able to replicate shipping and storage conditions for various locales and climates. Generally a product is stored at -10°C for 24 hours and then removed and allowed to thaw to 25°C. Test the sample and record the details. It is always a good idea to freeze three samples for a 3-cycle freeze/thaw test in order to properly examine and test the product after each cycle. As such three samples are frozen and then thawed, one is tested and the other two are stored again for 24 hours at -10°C and the process is repeated until the last sample that has been cycled three times is tested and recorded. If a product can withstand 3-cycle freeze/thaw testing, one month at 50°C and three months at 40°C, you can be reasonably assured that your product will be rigorous enough to be sold in

the marketplace for 18-24 months. If additional shelf life is required, the duration of the test may extend up to 6 months at 40°C, which could reasonably be expected to demonstrate 30 month stability assuming all test criteria including microbial stability are met.

Additional test criteria may include light testing as light may significantly alter the color and odor of a product and lead to the degradation of formulation ingredients. In conducting the study, the light source can be sunlight captured through glass panels...a window with good sun exposure will work quite nicely for this or lamps that have an emission spectrum similar to that of the sun, such as xenon lamps. Ultraviolet light sources can also be employed.

Lastly, you will always need to perform some type of package stability/compatibility testing. Often times you may not have the final, decorated package when you are ready to conduct all of your stability testing. In this scenario, you might test in laboratory glass containers and run a simultaneous test in packaging that is equivalent in composition (PE, PP, PET, PS, PVC, etc) and of similar geometry and closure. Once the final packaging arrives, it is advisable to rerun the stability testing if time allows or perform an accelerated package stability test at 45°C or 50°C for one month. You should monitor the samples weekly for various criteria which will include the adherence to physical stability standards as well as weight loss, appearance and functionality of the package, product dispensing and any interaction or migration of components between package and product. Product should also be applied to the package decoration (silkscreen/litho, label, etc.) to determine that the package decoration will withstand exposure to the product. It is advisable to apply the product to the decorated area of the package and insert it into a plastic bag and place in an oven at 40°C for 1 week to test for any degradation of the package decoration. ■

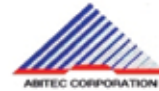




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How to Reduce the Cost of a Cosmetic Formula

In your career as a cosmetic chemist, you will undoubtedly have the following experience. After months of prototyping and testing you create the most inspired, most incredible cosmetic formulation of your career. You present it to your marketing group and they absolutely LOVE IT! The project starts to move forward and everything is going great, but then they make a simple request.

“We love it, but can you make it less expensive?”

While your first inclination will be to answer “No” this is not always an option in the world of the cosmetic industry. But fret not, there are certain strategies you can follow to turn your excellent, expensive formula into an adequate, reasonably priced formula. Here are 5 tricks you can try.

Reduce the fragrance level

In most formulas, the fragrance is the most costly ingredient. It's also often put in at a level that is much higher than required. To get a quick cost savings, you can cut the fragrance level in half and see if a panel of users can tell a difference. You will be surprised how few people will notice even a 50% reduction. If people do notice a difference, try lowering it by only 10 or 20%. You probably have more fragrance than necessary and when you're looking for a quick cost savings, that's the first place you should start.

Reduce the level of Claims ingredients

Another source of a cost savings is the claims ingredients that you've put in your formula for the marketing story. These natural ingredients are frequently more expensive additions than standard ingredients so you can save a relatively high amount of money by reducing the levels. If you are using an extract at 0.5% or even more, you're probably wasting money. Verify it yourself by doing a knock-out experiment. On a blinded-basis, see if you can pick out the one that is missing the extract. If you can't, then you can reduce the level to almost nothing. For example, using a level of 0.01% of an extract in the formula is not unreasonable when you're looking to cut costs.

Eliminate unnecessary ingredients

Speaking of reducing ingredients, there may be some ingredients that are completely unnecessary. These represent a great cost savings not only in terms of formula cost but in terms of storage costs for additional raw materials. To figure out if an ingredient isn't necessary, you should do a knockout experiment and compare the formula with and without the ingredient. If you can't tell whether a missing raw material is in the formula or not, you don't need it.

Find less-expensive alternative ingredients

While you may love your specialty emulsifier or ultra soft emollient, you may be able to replace them with a less-expensive but approximately equal alternative. It is surprising how few differences non-trained beauty product consumers notice. I once created a two-in-one shampoo formula and compared it to a basic shampoo formula that looked and smelled the same. 14 out of 15 panelists didn't notice any difference. To me, the differences were night and day. So, remember, just because you can tell a difference, your audience may not.

Water it down

The last strategy to reducing the cost of a formula is to just add water. This only works for aqueous formulas, however, that is the majority of personal care products. When you add water, you reduce the overall concentration of all the other ingredients. This reduces the cost of the entire formula. Depending on the formula, you can add up to 5% more water and not notice any difference. This could be a significant cost reduction. A word of caution with this approach however, be sure not to decrease the level of preservative. Adding more water increases the chance of microbial contamination so you want to maintain a good level of preservation. (Note: For anhydrous formulas you can use mineral oil or propylene glycol as the less expensive diluent).



How to Reduce the Cost of a Cosmetic Formula Continued:

Cost saving and the cosmetic chemist

Reducing cost is all part of being a cosmetic chemist and if you can find hundreds of thousands of dollars in cost savings, you will be a company hero. When you first develop formulas, don't worry so much about optimizing them. When the product is successful, your business partners will no doubt ask you for a less expensive alternative. If you've already optimized it up front, it will be much more difficult to optimize it later. ■



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Spotlight on: Dzung Le

Dzung has served as IMWSSC chair and is now serving as the treasurer, but here are a few things you might not know about him.

Where were you born?

An Giang, Vietnam

What was your favorite subject in grade school?

Math

As a child, what did you want to be when you grew up?

FBI Agent

Favorite Hobbies?

Cooking and Gardening

Favorite TV Show?

Amazing Race on CBS

Favorite Movie?

My Big Fat Greek Wedding

On the weekend, you will most likely be found...

Cooking

Any nicknames we should know about?

Charlie

What is the most adventurous thing you've ever done?

Joined the United States Army

What was your last vacation?

Orlando, FL

The last time you laughed out loud:

A little while ago

If you could have a super-power what would it be?

I would have the ability to speak all languages on earth

What is your favorite quote?

We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.
-Carlos Castaneda

What are you most proud of?

My parents

What is your New Years' Resolution?

Learn something new




Participate in the IMWSCC and Win!

IMWSCC announces it's latest contest - best picture! Here's how you enter: Take a picture with your cell phone or digital camera at an IMWSCC event and email it to apeterson@nuskin.com. The winner of the best photo will win a \$25 gift card at the next meeting and have the photo featured in the next newsletter. So start snapping some pictures!

If you like taking pictures the IMWSCC would love someone to volunteer to take pictures at the meetings. If you're interested email one of the board members (their emails are on the front page).


Do you love the newsletter? Do you read it cover to cover? We have the perfect contest for you! Somewhere in the newsletter we've hidden the IMWSCC

favicon symbol it looks like this - . Spot it and email Aaron the page number and place where it is and you'll be entered in a drawing to win a \$25 gift card at the next meeting.

Why not write an article for the newsletter? Being published in a trade publication is a great addition to any resume. Articles can be any length. If you are interested in submitting contact Aaron (apeterson@nuskin.com) and pitch him your idea. ■

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Big Chemist on Campus

The IMWSCC board kicked off 2011 by beginning a state wide campus tour. “Our goal is to inform students of the opportunities that are available to them within the field of cosmetic chemistry, and to let them know the IMWSCC is a resource that is available to them,” said Chair Aaron Peterson. Also presenting are Co-Chair Ryan Roberts and Secretary Rachel Sabin.

The presentation covers the various aspects of cosmetic science, and how the SCC can assist in enhancing education and contacts in the industry. It also includes a practical demonstration of what a cosmetic chemist does by mixing a batch of lotion in front of the science students.

In addition to presenting to students, the IMWSCC began sponsoring students to attend meetings in 2011. “It’s great that IMWSCC is now strong enough to mentor the next generation of chemists. We hope to make these sponsorships and presentations to colleges a

permanent part of the IMWSCC calendar.” said Peterson.

The IMWSCC board has lectured at UVU, and BYU. It plans to add U of U to the list later in the year. ■



Chair Elect Ryan Roberts Presents to UVU students.



Chair Aaron Peterson is making a sample batch of lotion with the help of a BYU Student.



A UVU student mixes a batch with Aaron Peterson.



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February Meeting Review



Speaker
Dr. Steve
O'Connor

*Sulfate Free Personal
Cleansing Products:
Chemistry &
Formulation Science*

Over the last several years there has been a growing interest in the market to move away from personal cleansing products containing alkyl sulfate and alkyl ether sulfate surfactants. Originally this “sulfate free” movement was primarily focused in niche applications, but it now has grown into much broader, mainstream areas including hair shampoos, body washes, skin and facial cleansers and related personal cleansing formulations. From a formulation standpoint this creates challenges for formulators who are trying to create high performance, aesthetically attractive systems to compete with the more traditional sulfate based products. This presentation will review the “sulfate free” market and present alternative chemistries and formulation techniques to meet these challenges.

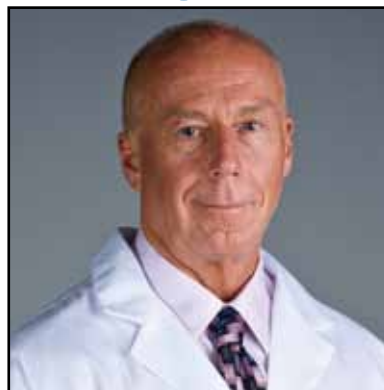
Bio

Steve O'Connor, PhD

R&D Manager

Innospec, Inc.

Steve O'Connor is currently manager of the formulations and applications laboratory in the personal care business of Innospec, Inc. In this role he is responsible for technical service and new application development. Previously he was managing the North American application lab for Clariant. Steve began his career in the personal care industry with Unilever as a scientist in skin care and conditioning. He has a PhD in Chemical Engineering. ■



Speaker
Dr. Bryan
B. Fuller

*The Role of
Inflammation in
Skin Aging: Targeting
Inflammatory Pathways
with Topical “Actives”*

Inflammation is a primary factor underlying all skin problems, including skin aging. During the aging process, “smoldering inflammation” causes the skin to undergo a gradual switch from a matrix building phenotype to a matrix eroding phenotype. Chronic exposure of the skin to solar UV radiation accelerates this switch and results in a rapid and marked erosion of the dermal matrix. Many inflammatory mediators produced in the skin, including TNF-alpha, IL-1 and PGE-2, activate signaling pathways that lead to altered gene expression in both keratinocytes and dermal fibroblasts. For example, genes for collagen I and III, and hyaluronic acid synthase are inhibited by these inflammatory mediators, while genes for matrix eroding enzymes, MMPs, are elevated.

For any topical anti-aging product to be effective, it must contain “bioactives” which can suppress ongoing skin inflammation and switch gene expression back to a matrix building phenotype. Simply developing a product that contains an ingredient that boosts collagen production but which does not address “smoldering inflammation” will fail to produce visible and long-lasting anti-aging benefits. Approaches for identifying natural anti-inflammatory “actives” and their incorporation into topical products will be discussed.

Bio

Dr. Bryan B. Fuller received his B.S. degree from The University of Michigan and his Ph.D. in Cell Biology and Biochemistry from the University of Arizona specializing in molecular endocrinology. Dr. Fuller was a professor in the Department of Biochemistry and Molecular Biology at the University of Oklahoma Health Science Center for over 20 years until recently retiring to form

Speaker Dr. Bryan B. Fuller Continued:

Therametics, a biopharmaceutical company focused on the discovery of botanically-derived anti-inflammatory and anti-aging chemical compounds for use in topical dermatology products. The successful identification of several "bioactive" compounds led to the formation of DermaMedics Pharmaceuticals, a subsidiary of Therametics that develops and markets topical anti-inflammatory and anti-aging skin therapeutics exclusively to skin care to treat such skin conditions as psoriasis, rosacea, eczema, and acne as well as prevent radiation burns in cancer patients. Dr. Fuller still retains an Adjunct Professor position at OUHSC and continues to teach medical students.

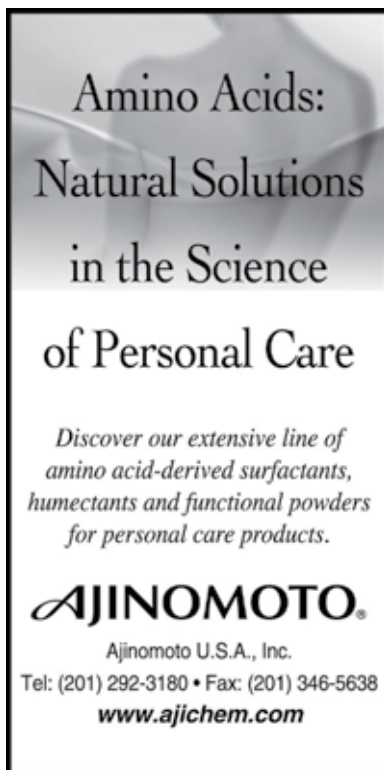
For over 25 years, Dr. Fuller has conducted research on the structure and function of human skin. He is one of the leaders in the field of human skin pigmentation and has done extensive research to determine how hormones and sunlight alter the growth and pigmentation in both normal human skin melanocytes and in melanoma, a deadly form of skin cancer. His discovery of hormones and hormone-like chemicals that can stimulate pigment synthesis in human skin and those that can inhibit pigmentation and therefore lighten skin has resulted in the issuance of 11 U.S. patents as well as 5 additional patent applications and additional international patents.

In addition to his research on human pigmentation, Dr. Fuller has spent many years investigating the cellular events involved in skin inflammation and inflammatory diseases. Research in his laboratory has focused on utilizing a rigorous molecular based drug screening program to identify novel botanically-derived chemicals for use in topical therapeutics to treat inflammatory skin conditions. This work has led to the development and commercialization of over 20 different topical products containing proprietary actives that have prescription drug efficacy in treating inflammation-based skin problems.

He has conducted research and has served as a consultant to many skin care companies including Johnson & Johnson, Procter and Gamble, Unilever, Upjohn, and Wella. His research has received support

from the NIH, NSF, Procter and Gamble, Johnson & Johnson, OCAST, Wella, and AG. Dr. Fuller has authored numerous peer-reviewed scientific articles on pigmentation and inflammation, as well as additional articles and reviews on the development of topical products for regulating pigmentation and controlling inflammation. He sits on the Editorial Board of the Journal of Cosmetic Dermatology, is an active member of 5 professional societies including the American Academy of Dermatology, the American Society for Biochemistry and Molecular Biology, the Society of Investigative Dermatology, the American Society for Cell Biology, the PanAmerican Society for Pigment Cell Research, and the Endocrine Society.

Dr. Fuller also serves on the Scientific Advisory Board of Nu Skin Enterprises, a major international skin care company. He also has served as scientific advisor Playtex, the parent company of Hawaiian Tropic and Banana Boat sun care products. He is frequently invited to present lectures on skincare to audiences around the world, and continues to provide consulting and research services to major international skincare companies. ■



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News From National: SCC News Update

JOURNAL ARCHIVE

The Society of Cosmetic Chemists announced earlier this year the opening of our new digital archive. All SCC Journal issues going back to the very first issue have been digitized and are online and fully searchable.

You can access the archive here: journal.sconline.org

While most of the archive is available to the public, only members can access issues from 2008 forward. To access the member-only issues, you will need the following information:

User Name: Your first initial and last name all lower case

Password: SCC Member ID# found on your SCC Membership Card

If you are a newly elected member (January through June 2009) your membership information will be interfaced with the Archive system in July. An email confirmation will be sent. Members elected in July through December will be updated in January 2010.

CALL FOR MANUSCRIPTS JOURNAL OF COSMETIC SCIENCE

The Official Journal of the Society of Cosmetic Chemists

The Society of Cosmetic Chemists is soliciting scientific manuscripts concerned with cosmetics or the sciences underlying cosmetics, as well as

papers of interest to the cosmetic industry for publication in the Journal of Cosmetic Science, The Official Journal of the Society of Cosmetic Chemists.

The JOURNAL will consider manuscripts for publication in the following categories, providing they are prepared in proper scientific style and adequately referenced:

- Original Articles
- Review Articles
- Technical Notes
- General Articles
- Preliminary Communications
- Letters to the Editor

SUBMISSION OF MANUSCRIPTS

Manuscripts submitted for publication should include a cover letter addressed to the EDITOR and sent to:

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