

How effective is ingestible sunscreen?



Please can you explain the concept of ingestible sunscreen to me? I've heard that it's not as effective as a regular SPF cream, is this true? Are there any brands available locally that you would recommend?

Dr Maureen Allem from Skin & Body Renewal responds:

"This is such a great question, but to be perfectly honest, for me to really give it the best answer, I would need to point you to some very amazing studies done on oral sun protection products. To give you the very short version, there are many products on the market, but only a few of them come with the necessary proven clinical data. Like there are some good topical SPF's and some not so good ones...

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/how-effective-is-ingestible-sunscreen>