面部抗糖化与抗衰老评价方法及糖化指标与衰老参数的相关性

Facial assessment methods for inhibiting glycation and aging effects and the correlation between glycation and aging parameters

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中文研究概述

研究采用AGE reader无创测量面部糖化终末产物相关荧光信号，并结合肤色、弹性、紧致度、毛孔与角质层含水量评价一款由贝泰妮提供的精华。7天单盲试验有8名女性完成；56天单盲试验有33名女性完成。

7天试验中面部AGEs读数较使用前下降。56天试验中，研究者记录到部分肤色及含水量指标改善；AGEs在第42、56天低于第14天。AGEs与皮肤黄度的相关性较突出，但毛孔数量未出现统计学显著变化，弹性和紧致度改善也并非在所有时间点持续显著。

护肤研发启示

这项研究的实际价值在于用面部指标直接评价护肤品，并将糖化读数与可感知的肤色、触感和保湿表现一起观察。它为抗糖化相关精华的评价设计提供方法参考；原文未给出可对应到具体上市SKU的商品名称。

English summary

Two single-blind studies assessed a Botanee-supplied serum: eight women completed seven days and 33 completed 56 days. Facial AGE readings were combined with measurements of skin tone, elasticity, firmness, pores and hydration.

Facial AGE readings fell in the short study. Longer-term results included changes in tone and hydration, while pore counts did not change significantly. AGE levels were associated most clearly with yellowness; elasticity and firmness improvements were not consistently significant at every visit.

The practical contribution is a multidimensional approach to facial skincare evaluation. The paper identifies the serum supplier but does not name a marketed SKU.

研究信息

研究方法：7天与56天单盲人体使用研究及指标相关性分析

研究对象：8名与33名完成试验的女性，以及一款贝泰妮提供的精华

结果对应场景：连续每日两次使用精华后，测量面部AGEs、肤色、弹性、紧致度、毛孔和含水量的变化。

实验范围与结果

- 作者明确指出样本量较小，参与者多样性与随访时长有限。
- 56天试验未采集第0天AGEs，长期糖化变化以第14天为比较起点。
- 毛孔数量无统计学显著改善；弹性、紧致度也不是每个随访时间点均显著改善。

出版与来源

本索引由BTN整理，不是出版商原始论文。

原始论文 PDF: https://www.nature.com/articles/s41598-025-86467-0.pdf

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