

RETUNE

ANTI-AGE FACE LOTION

TWIBRIGHT

LABORATORIES

Important information

Twibright Retune is an Open-Source Do-It-Yourself cosmeceutical. The developer, Twibright Labs, who publishes the recipe for free, doesn't have any official safety assessment on it. Before use I recommend to show this leaflet to your doctor and ask him if you can use Retune without worries. But of course I tried to make Retune safe to my best knowledge.

What is Twibright Retune and when is it used?

Retune is an open-source anti-aging and mildly exfoliating face lotion. It is meant to be used once a day, best in the evening. Recommended to use sunscreen when going to the sun, because the AHA contained is exfoliating and this causes a small increase in sensitivity to UV radiation.[2]

Ingredients

Deionized Water 63%, Sodium L-Ascorbate 10%, Cetearyl Alcohol 4.6%, Polydimethylsiloxane 3.2%, Dexpanthenol 3%, Lactic Acid 3%, Polysorbate 80 2.2%, Urea 2%, Paraffin Wax 2%, Fish Sauce Extract

1.5%, Apricot Kernel Oil 1.3%, Sodium Carbonate Anhydrous 1.3%, Sandalwood Oil 1%, Olive Oil Extra Vergine 0.93%, Lecithin 0.41%, Ubiquinone 0.3% (with Refined Soy Bean Oil (not genetically altered), Glycerin, Water, Iron Oxide (E172)), Tocopheryl Acetate 0.28%.

pH of Twibright Retune is 5.0. Some of the inactive ingredients may vary when Coenzyme Q10 from different manufacturer is used.

When Retune cannot be used?

When you are allergic to some ingredient. If you are not sure I recommend to put a bit on your forearm and if it's OK try a bit on your face. I also don't know if Retune can be used for injured skin so I wouldn't put it on wounds.

If you get allergic reaction only in combination with sun exposure, it might be photoallergy to sandalwood oil. [18] In that case I recommend to try the cream without the sandalwood oil.

Interactions

Using Retune together with a peeling product or

treatment might be too much exfoliating action and irritate the skin. I recommend to not use Retune with a peeling product at the same time and discuss Retune with the specialist when receiving a peeling treatment.

Storage

Recommended to be stored closed in dark place away from heat or in a fridge (without freezing). If it starts smelling, throw away.

Package

40 ml of Retune is packed in two 20 ml syringes hermetically[43] sealed by a cap on a tensioned rubber band. They shield the cream from both outside air and trapped air. That prevents degradation by oxygen.

Contact

Homepage at <http://ronja.twibright.com/retune.php>

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Active Ingredients

Active Ingredient	Conc. [w/w]	Function and Safety
Vitamin C	8.9%	Nutrition for healthy skin: antioxidant that regulates collagen synthesis, forms barrier lipids, regenerates vitamin E, and provides photoprotection.[50]
Cetearyl Alcohol	4.6%	Moisturizer.[37] Thickener. Non-irritating, non-sensitizing. Permitted even for addition to food by U. S. FDA. Safe for use in cosmetics according to CIR Expert Panel. Allowed in cosmetics by European Union.[3]
Polydimethylsiloxane	3.2%	(PDMS, a type of silicone oil.) Slows the loss of water from the skin by forming a barrier on the skin's surface. Temporarily protects injured or exposed skin from harmful or annoying stimuli. Antifoaming agent. Safe to use in cosmetics according to CIR Expert Panel. Allowed in cosmetics by European Union. [4] Approved by U. S. FDA in concentration 1-30%.[33]
Dexpanthenol	3%	Panthenol – provitamin B5 - accelerates and improves healing of skin wounds. Reduces inflammation, itching and moisturizes.[47] On U. S. FDA list of vitamins as Generally Recognized As Safe. Concluded by the CIF Expert Panel to be safe for use in cosmetics. Allowed for use in cosmetics by European Union.[8]
Lactic Acid	3%	A type of AHA – Alpha Hydroxy Acid. Increases production of collagen and increases skin thickness of photodamaged skin without detectable inflammation. Profound effect on formation of new stratum corneum (upper layer of skin). Promotes exfoliation, which makes skin smoother. Found in sour milk.[35] Helps reduce the appearance of skin wrinkling, even skin tones and soften and smoothe the skin. Elevates the hydration of skin. Occurs in sour milk, fruits. Have been safely used since ancient Egypt. Generally Recognized As Safe in foods by U. S. FDA. Safe for use in cosmetics up to 10% and pH at least 3.5% when directions for use include the daily use of sun protection, according to the CIR Expert Panel. May be used in cosmetics in European Union without restriction. Permitted in Canada at concentration <= 10%,pH >= 3.5 with a cautionary statement. No increase in skin cancer was found in products with AHA.[2]
Urea	2%	Humectant.[13] Absorbs moisture from the air.[54] Naturally occurring compound and normal metabolic constituent in organisms.[13] Concluded to be safe by CIF Expert Panel. Allowed in cosmetics by European Union. In Canada allowed in cosmetics up to 10%. Allowed even in chewing gums up to 3% by United Nations.[11] Doesn't irritate rabbit eyes. No skin sensitizing potential. Has been used up to 10% for treating dry skin. Non-allergenic and virtually free of side effects.[23]
Paraffin wax	2%	Moisturizer.[15] Thickener. Products with paraffin produce no skin irritation and are not phototoxic. Concluded to be safe in cosmetics by CIR Expert Panel. Approved by U.S. FDA even for putting into the eyes.[9]
Fish sauce extract	1.5%	Substantial parts of fish contain large amounts of collagen.[31] During fermentation of whole fish into fish sauce, proteins are broken down into amino acids and small peptides (oligopeptides).[24][45] Fish sauce oligopeptides form 20% of the total nitrogen content.[17] Collagen peptides are believed to increase collagen and elastin production in skin.[22] Drinking collagen peptide drink increases facial skin elasticity.[16] Ingested collagen peptides accumulate in the skin of mice.[29] Collagen peptides enhances the appearance of dry or damaged skin by reducing flaking and restoring suppleness. Nonsensitizing. Minimally irritating to the eyes even when undiluted.

Active Ingredient	Conc. [w/w]	Function and Safety
		Produced no skin irritation or indication of phototoxicity. Safe as cosmetic ingredient according to CIR Expert Panel. Allowed in cosmetics by European Union.[5]
Apricot Kernel Oil	1.3%	Softens skin.[36] Forms a layer against drying out of skin.[21][19]
Sandalwood Oil	1%	Against cancer from sun and chemicals, protective for sun exposure.[32] Antimicrobial. Can be used to clear skin of blackheads and spots.[49] Possibly inhibits viruses. Relaxing[30] (stress causes release of cortisol[53] which destroys collagen in skin[39]). Widely used in cosmetic industry.[49] Prevents skin papillomas (benign tumors). Generally considered nonirritating to human skin.[27]
Olive Oil Extra Vergine	0.93%	Prevents skin cancer after sun exposure in mice.[1][20] Contained Oleuropein is powerful antioxidant.[44] Slows the loss of water from the skin by forming a barrier on the skin's surface. Allowed for use in cosmetics by European Union.[7] Unlikely to cause allergy.[46] Allergic reactions are rare.[12]
Lecithin	0.41%	Enhance the appearance of dry or damaged skin by reducing flaking and restoring suppleness.[6] Moisturizer. Emulgator to hold oily and watery part of the lotion together.[14] Naturally occurs in egg, soybean and all organisms. Non-toxic when eaten. Used in foods.[42] Safe for use up to 15% concentration in leave-on cosmetics according to CIR Expert Panel. Allowed in cosmetics by European Union.[6]
Coenzyme Q10 (Ubiquinone)	0.30%	<p>Vitamin-like substance present in cells participating in generation of 95% of body's energy. Aging over 20 and UV exposure reduces levels.[38] Inhibits collagenase (enzyme that breaks down collagen) expression in UV-irradiated human fibroblasts (cells from the skin). Powerful free radical inhibitor.[26]</p> <p>Applied topically in 0.3% concentration, acts as antioxidant in skin. Level of antioxidants in skin decreases between ages 30 and 80. Topical 0.3% of CoQ10 applied daily around eyes of elderly individuals for 6 months visibly reduces depth of deep wrinkles by 27% and their area by 26%. Deep wrinkles are caused by photoaging, as opposed to fine wrinkles, caused by chronological aging.</p> <p>Fine lines and dry and scaly skin may develop as increase in area of corneocytes, which increases from 1020 μm^2 at age 18 to 1080 μm^2 at age 38. After daily treatment of forearm with 0.3% CoQ10 for 24 weeks, corneocyte area decreases from value typical for 38 year old to value for 18 years old.</p> <p>CoQ10 demonstrated no toxicity to skin cells even at limit of solubility. CoQ10 had no irritancy potential and could be tolerated even by people with sensitive skin who suffer from stinging around nose from certain cosmetics. CoQ10 is stable against UV radiation and pressurized oxygen.</p> <p>In the dermal matrix of aged skin there is an decrease in the level of collagen I and III. There is also an increase in collagenase expression which further reduce the level of collagen. [25]</p> <div style="text-align: center;"> </div> <p>Illustration 1: 0.3% of CoQ10 applied daily reduces the depth of wrinkles in the area around the eyes of elderly individuals over a 6 month period of use. Picture from [25].</p>
Vitamin E	0.28%	Nutrition for healthy skin: an antioxidant that protects against oxidative damage and also provides protection against harmful UV rays.[50]

Inactive Ingredients

Inactive Ingredient	Concentration [w/w]	Function and Safety
Water	63%	Dissolves water-soluble active ingredients: vitamin C, panthenol, lactic acid, urea, and fish sauce extract. Thins to lotion consistency. Reduces concentration of active ingredients.
Polysorbate 80	3.5%	Emulgator – holds watery and oily part of the lotion together.[48] Approved by U.S. FDA even for putting into the eyes.[10]
Sodium Carbonate Anhydrous	1.3%	Reduces the acidity (pH)[51] of the lotion from lactic acid. Too little pH irritates my skin. The lotion has pH of 5.0.
Iron Oxide		Food Colorant (E172)[34] from the Coenzyme Q10 capsules.[28] Widespread in nature.[41]

Inactive Ingredient	Concentration [w/w]	Function and Safety
Soy Bean Oil		Carrier from Coenzyme Q10 capsules.[28] One of the most widely consumed cooking oils.[52]
Glycerin		Carrier from Coenzyme Q10 capsules.[28] Part of human metabolism, used in foods (E422).[40]

Comparison of Active Ingredients with Some Commercial Products

Product	Vit. C	Cetyl Alcohol	PDMS	Dexpanthenol	Coenzyme Q10	Lactic Acid	Urea	Paraffin Wax	Fish sauce extract	Apricot Kernel Oil	Sandalwood Oil	Olive Oil	Lecithin	Vit. E
Twibright Retune Anti-Age Face Lotion	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Bepanthol Hand Cream		Yes	!	Panthenol				!	!				!	
Bepanthol Body Lotion			!	Panthenol				!	!				!	
Bepanthol Intensive Body Lotion		Yes	!	Panthenol		Yes	Yes	!	!				!	
Estée Lauder Re-Nutriv Intensive Lifting Cream for Throat and Décolletage (170,- CHF/50 ml)		Tetrahexyldecyl Ascorbate	!					!	!	Yes	Extract	Yes	!	
Estée Lauder Re-Nutriv Ultimate Lift Age-Correcting Cream Rich (365,- CHF/50 ml)		Yes	!					!	!			Extract	!	Yes
Estée Lauder Re-Nutriv Ultimate Youth Cream (355,- CHF/50 ml)	Ascorbyl Tocopheryl Maleate ?	Cetyl Alcohol	!					!	!	Yes		Extract	!	Ascorbyl Tocopheryl Maleate ?
I am Face Q10+ Anti-Aging Day Cream		Yes	!	Panthenol	Yes			!	!				!	Yes
L'ORÉAL Dermo-Expertise AGE RE-PERFECT Eye and Lip Contour Care		Yes	!					!	!				!	
L'ORÉAL Dermo-Expertise AGE RE-PERFECT Night		Yes	!					!	!				!	Yes
L'ORÉAL Dermo-Expertise REVITALIFT Double Lifting Eyes		Yes	!					!	!				!	Yes
L'ORÉAL Dermo-Expertise REVITALIFT Regenerating Night Care		Yes	!					!	!	Yes			!	
Lab Series Age Rescue (70,- CHF/50 ml)		Yes	!					!	!		Extract		!	Yes
Lab Series Max LS Age-Less Face Cream (106,- CHF/50 ml)	Ascorbyl Tocopheryl Maleate ?		!					!	!				!	Yes
Nivea Visage Q10 Plus Anti-Wrinkle Toned Day Cream		Yes	!		Yes			!	!				!	Yes
Nivea Visage DNAge Day Cream		Yes	!					!	!				!	Yes
Nivea Visage Expert Lift Day Cream		Yes	!					!	!				!	Yes
Nivea Visage Expert Lift Night Cream		Yes	!	Panthenol				!	!				!	Yes
Nivea Visage Expert Lift Skin-Tone Perfection		Yes	!					!	!				!	Yes
Nivea Visage Natural Beauty Day Cream			Yes						!					
Nivea Visage Q10 Anti-Wrinkle Night Cream		Yes	!	Panthenol	Yes			!	!				!	
Nivea Visage Q10 Anti-Wrinkle Light Day Cream			!		Yes			!	!				!	
Nivea Visage Vital Night Cream		Yes	!	Panthenol				!	!				!	
sherteme Hyaluron 5250 GEL (250,- CHF/30 ml)			!	Panthenol				!	!				!	

Product	Vit. C	Cetearyl Alcohol	PDMS	Dexpanthenol	Coenzyme Q10	Lactic Acid	Urea	Paraffin Wax	Fish sauce extract	Apricot Kernel Oil	Sandalwood Oil	Olive Oil	Lecithin	Vit. E
Spirig Lipoderm Omega Lipolotion			!			Myristyl Lactate		!	!				!	
StriVectin WF Instant Deep Wrinkle Filler (110,- CHF/23.07 ml)		Yes	!					!	!				!	
StriVectin-SD Eye Concentrate for Wrinkles (111,- CHF/40 ml)		Yes	!	Panthenol			Yes	!	!				!	
StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles (142,- CHF/50 ml)			!	Panthenol			Yes	!	!				!	
Vichy Cellébiotic Regenerating Night Cream (47,- CHF/50 ml)		Yes	!					!	!				!	Yes
ZOÉ Effect Night Renewal Booster			!	Panthenol				!	!				!	Yes
ZOÉ Revital Anti-Aging Double Effect			!	Panthenol		Sodium Lactate		!	!				!	Yes
ZOÉ Revital Anti-Wrinkle Day Cream Q10+		Yes	!	Panthenol	Yes	Yes		!	!				!	Yes
ZOÉ Revital Defining Day Cream		Yes	!	Panthenol	Yes			!	!				!	Yes
ZOÉ Revital Defining Night Cream		Yes	!	Panthenol	Yes			!	!				!	Yes
ZOÉ Ultra Sensitive Anti-Age System Night Cream		Yes	!	Panthenol		Yes		!	!				!	Yes
ZOÉ Ultra Sensitive SOS Capsules			!					!	!				!	Yes

Comparison of Inactive Ingredients with Some Commercial Products

Product	Water	Polysorbate 80	Glycerin	Sodium Carbonate Anhydrous	Iron Oxide	Soy Bean Oil
Twibright Retune Anti-Age Face Lotion	Yes	Yes	Yes	Yes	Yes	Yes
Bepanthol Hand Cream						
Bepanthol Body Lotion				Sodium		
Bepanthol Intensive Body Lotion			Yes	Sodium Chloride		
Estée Lauder Re-Nutriv Intensive Lifting Cream for Throat and Décolletage (170,- CHF/50 ml)		Yes		Sodium		
Estée Lauder Re-Nutriv Ultimate Lift Age-Correcting Cream Rich (365,- CHF/50 ml)		Yes	Yes	Sodium		
Estée Lauder Re-Nutriv Ultimate Youth Cream (355,- CHF/50 ml)			Yes	Sodium		
I am Face Q10+ Anti-Aging Day Cream	Yes		Yes	Sodium		
L'ORÉAL Dermo-Expertise AGE RE-PERFECT Eye and Lip Contour Care	Yes		Yes	Potassium		
L'ORÉAL Dermo-Expertise AGE RE-PERFECT Night	Yes	Yes	Yes	Sodium Hydroxide		
L'ORÉAL Dermo-Expertise REVITALIFT Double Lifting Eyes	Yes	Yes	Yes	Sodium Hydroxide		
L'ORÉAL Dermo-Expertise REVITALIFT Regenerating Night Care Anti-Wrinkle	Yes	Yes	Yes	Sodium		
Lab Series Age Rescue (70,- CHF/50 ml)		60	Yes	Sodium		
Lab Series Max LS Age-Less Face Cream (106,- CHF/50 ml)	Yes		Yes	Sodium		
Nivea Visage Q10 Plus Anti-Wrinkle Toned Day Cream	Yes		Yes	Sodium	Yes	
Nivea Visage DNAge Day Cream	Yes		Yes	Sodium		
Nivea Visage Expert Lift Day Cream	Yes		Yes	Sodium		
Nivea Visage Expert Lift Night Cream	Yes		Yes	Sodium		
Nivea Visage Expert Lift Skin-Tone Perfection	Yes		Yes	Sodium	Yes	

Product	Water	Polysorbate 80	Glycerin	Sodium Carbonate Anhydrous	Iron Oxide	Soy Bean Oil
Nivea Visage Natural Beauty Day Cream	Yes		Yes	Sodium		
Nivea Visage Q10 Anti-Wrinkle Night Cream	Yes		Yes	Sodium		
Nivea Visage Q10 Anti-Wrinkle Light Day Cream	Yes		Yes	Sodium		
Nivea Visage Vital Night Cream	Yes		Yes	Sodium		Soy
sherteme Hyaluron 5250 GEL (250,- CHF/30 ml)	Yes		Yes	Sodium		
Spirig Lipoderm Omega Lipolotion	Yes			Sodium		Yes
StriVectin-SD Eye Concentrate for Wrinkles (111,- CHF/40 ml)	Yes	Yes	Yes	Sodium	Yes	
StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles (142,- CHF/50 ml)	Yes	Yes	Yes	Sodium	Yes	
StriVectin-WF Instant Deep Wrinkle Filler (110,- CHF/23.07 ml)	Yes		Yes	Sodium		
Vichy Cellébiotic Regenerating Night Cream (47,- CHF/50 ml)	Yes	Yes	Yes	Sodium		
ZOÉ Effect Night Renewal Booster	Yes		Yes			
ZOÉ Revital Anti-Aging Double Effect	Yes		Yes	Sodium		
ZOÉ Revital Anti-Wrinkle Day Cream Q10+	Yes		Yes	Sodium		
ZOÉ Revital Defining Day Cream	Yes		Yes	Sodium		
ZOÉ Revital Defining Night Cream	Yes		Yes	Sodium		
ZOÉ Ultra Sensitive Anti-Age System Night Cream	Yes		Yes	Sodium		
ZOÉ Ultra Sensitive SOS Capsules						

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