

AHA-RC, salicylic acid, lactic acid combo beneficial for acne

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(HealthDay)—A combination of alpha-hydroxy acid retinoid conjugate (AHA-RC), salicylic acid, and lactic acid is efficacious for patients with acne, with improvement after four weeks of treatment, according to a study published online Oct. 30 in the *Journal of Cosmetic Dermatology*.

Zoe Draelos, M.D., from Dermatology Consulting Services in High Point, N.C., and colleagues examined the efficacy and tolerability of a twice-daily, three-product skincare regimen using AHA-RC combined with salicylic acid in patients with [acne](#). Twenty-seven women with mild-to-moderate acne used a regimen consisting of a twice-daily cleanser and topical serum (0.1 percent AHA-RA, 2 percent salicylic acid, and 10.4 percent l-[lactic acid](#)) with sunscreen as needed for eight weeks.

The researchers found that at four weeks there were statistically

significant reductions in inflammatory and non-inflammatory lesion counts ($P = 0.006$ and 0.015 , respectively). Significant reductions in both lesion counts persisted into week eight (P

"The topical combination of lactic acid, [salicylic acid](#), and AHA-RC produced acne improvement after four weeks with continuing cumulative improvement at eight weeks," the authors write. "AHA-RC represents a new molecule combining several mechanisms of action to achieve acne improvement."

The authors are employed by dermatology/cosmetic companies.

More information: [Abstract](#)
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