

## Cocoa pod extract deemed effective as antiwrinkle gel

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(HealthDay)—Cocoa pod extract (CPE) can be used as an active

ingredient of antiwrinkle products, with effects seen after three weeks of application of CPE gel, according to a study published online April 4 in the *Journal of Cosmetic Dermatology*.

Azila Abdul Karim, from the Malaysian Cocoa Board in Nilai, and colleagues used liquid chromatography-mass spectrometry to screen the active compounds in CPE. The concentration of CPE needed to maintain the viability for at least 50 percent of [fibroblast cells](#) was determined (EC<sub>50</sub>). In order to examine the efficacy of CPE in [gel](#) form, the gel was tested by 12 panelists using Visioscan.

The researchers found that CPE contained malic acid, procyanidin B1, rosmarinic acid, procyanidin C1, apigenin, and [ellagic acid](#). The amount of CPE that could be incorporated into the gel to reach an effective concentration while being nontoxic was calculated using the EC<sub>50</sub> value. With application of CPE gel, skin wrinkles were reduced by  $6.38 \pm 1.23$  percent within three weeks, with further significant improvement after five weeks ( $12.39 \pm 1.59$  percent). After three weeks of CPE gel application the skin hydration increased ( $3.18 \pm 1.06$  percent).

"CPE can be used as the active ingredients in antiwrinkle products, and prolonged application may result in significant visual changes to the naked eyes," the authors write.

**More information:** [Abstract](#)  
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