

HEALTH & MEDICAL

FERULIC ACID ARTICLE • CLIENT: FUSION Rx

Ferulic acid is an organic compound classified as a hydroxycinnamic acid. It is a botanical that naturally occurs within the cell walls of many and various plants such as rice, oats, and wheat as well as in the seeds of fruits and vegetables such as oranges, apples, artichokes and more. Testing has shown ferulic acid to be a powerful antioxidant, and it is sometimes recommended for anti-aging regimens because of its inherent properties that may combat free radical skin damage. Ferulic acid may be effective at decreasing or lessening under-eye wrinkles and lines and as such is a common ingredient in many skin treatments and sunscreens. Some products utilizing ferulic acid as a base ingredient may also have vitamins C and E added as studies have show that the combination of ferulic acid with these body-healthy vitamins doubles photoprotection against solar-activated irradiation.

HOW TO USE

Ferulic acid comes in various forms, most commonly serums, oils, and creams that can be applied to the skin to protect against harmful UV sun rays, to rejuvenate dry skin, and decrease damage to skin that has resulted in wrinkles and lines. Follow product-packaging instructions closely and consult with your doctor regarding usage, effects, and expectations.

STORAGE

Ferulic acid and ferulic acid products may require special handling due to the sensitive nature of the ingredients. Some products may require refrigeration; talk to your compounding pharmacist when you pick up your prescription and he or she will advise you as to whether refrigeration is necessary. At the very least, ferulic acid and ferulic acid products should be stored away from light and remain tightly sealed when not in use.

POSSIBLE SIDE EFFECTS

Side effects may be possible but most users tolerate ferulic acid well. Talk to your doctor about any known allergies and food/ingredient intolerances. Users with known allergies to grains such as wheat, barley, corn, rice, oats, etc. may have an allergic reaction to products that have ferulic acid as an ingredient. Your doctor can advise you as to whether ferulic acid products are safe for your use and can inform you about the risks of allergies, what to watch for, and steps to take if you experience an allergic reaction.

CONTRAINDICATIONS

Talk to your doctor about all possible contraindications for the use of ferulic acid and ferulic acid products.

IMPORTANT NOTE

Consult with your doctor regarding possible allergic reactions to ferulic acid if you have known allergies to grains.

WARNING

Ferulic acid and ferulic acid products could be harmful if used past their expiration dates. Always check expiration dates and dispose of any out of date prescriptions.