



## A good team - Lactic acid and skin homeostasis

For a long time it was thought that lactic acid, and in particular the anion of lactic acid, which is known as lactate, was just an unimportant metabolic by-product that is produced when glucose is broken down without oxygen. However, in recent years it has been shown that lactate fulfils important functions in the metabolism, e.g. lactate is also an important source of energy for many cells. But lactates can do even more. At the beginning of 2025, a review paper was published on the diverse functions of lactate for the skin. Many skin cells can actively produce lactate and release it into the extracellular space, where it is involved in balancing the skin pH, wound healing and supporting the skin barrier. It is also important for the skin's immune system. Furthermore, lactate acts as a natural moisturising factor for the skin, as lactate can absorb moisture from the environment and bind it in the skin (1). Lactate is therefore a true all-rounder!

In many skin diseases, there is a disturbance in the skin's lactate metabolism. Excessive formation of lactate in the skin can trigger a pro-inflammatory immune reaction, which can be the basis for the development of a skin disease. The balance is therefore crucial.

### **SANUVIS® - Lactic acid as a medicinal product**

SANUVIS® contains the homeopathic preparation of dextrorotatory lactic acid. Experience has shown that SANUVIS® has long been used to support skin diseases and hyperacidified tissue. The above-mentioned study results now provide an initial insight into the mechanisms of action of lactate for the maintenance of skin homeostasis. The pH value of the skin is of particular importance here. This can be additionally supported by alkaline compresses with ALKALA® 'N' in the case of hyperacidity. Alkaline compresses support the deacidification of the tissue and can also be used to treat muscle and joint complaints. To do this, add one measuring spoon of ALKALA® 'N' to approx. ½ litre of water, soak cloths (e.g. linen) with the solution and wrap the affected area. Then leave to rest for 45 minutes, preferably in a warm blanket.

## Trading forms

### **SANUVIS® drops**

100 ml (also available in other dosage forms)

### **Recommended dosage:**

Adults and adolescents aged 12 years and over: take 3 x 60 drops (= approx. 1 teaspoon or ½ tablespoon) daily before meals.



### **ALKALA® “N” Powder**

150 g Can

#### **Recommended dosage**

**Adults:** Dissolve 1x 3 grams (one level measuring spoon) daily in ½ glass of warm water and drink in sips, if necessary spread throughout the day.

**NEW TO ALKALA® ‘N’ POWDER:** In order to protect the hydrophobic ALKALA® ‘N’ powder in the can from clumping due to humidity, the cans will contain an additional sealing disc in future (from 05/2025).

For further product information, please refer to the respective instructions for use.