

# Freshlook Gel

## Adapalene + Benzoyl peroxide

### Composition

Each gram gel contains Adapalene INN 0.1% w/w and Benzoyl peroxide BP 2.5% w/w in an aqueous based gel.

### Pharmacology

Freshlook gel contains two active ingredients, Adapalene and Benzoyl peroxide, both of which are used to treat acne. Adapalene is a chemically stable compound with retinoid-like pharmacological activity. Adapalene is a potent modulator of cellular differentiation, keratinization and inflammatory processes, all of which represent important features in the pathology of acne vulgaris.

Adapalene binds to specific retinoic acid nuclear receptors but unlike tretinoin, does not bind to the cytosolic receptor protein. Although the exact mode of action of adapalene is unknown current evidence suggests that topical Adapalene normalizes the differentiation of follicular epithelial cells resulting in decrease of microcomedone formation. It also inhibits the metabolism of arachidonic acid by lipoxidation, to inflammatory mediators.

Benzoyl peroxide is a type of medicine known as keratolytic. This means that it works by breaking down keratin, a protein which forms part of the skin structure. Benzoyl peroxide causes the top layer of skin cells to break down and shed. This helps break down of comedones (blackheads and whiteheads) and unblocks the sebaceous glands. It also helps to prevent the formation of new comedones.

Benzoyl peroxide also has an antibacterial action and directly kills bacteria on the skin, as well as reducing their numbers by decreasing the production of sebum (the food supply of the bacteria) by the sebaceous glands.

These two medicines are combined in this gel to have a complementary effect on acne. Benzoyl peroxide reduces the oiliness of the skin immediately, but it may take four to six weeks of treatment before the desired effect of both medicines on the acne is seen.

### Indications

Topical treatment of acne vulgaris in patients with the age of 12 years and older.

### Dosage and Administration

Apply a thin film of gel on the affected areas of the face and/or trunk once daily after washing. Use a pea-sized amount for each area of the face (e.g. forehead, chin, each cheek). Avoid the eyes, lips and mucous membranes. This gel is not for oral, ophthalmic, or intravaginal use.

### Contraindications

Not to be used if the patient is allergic to any ingredient used in this preparation.

### Precautions

Use with caution in sensitive skin.

*Ultraviolet light and environmental exposure:* Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided.

### Side-effects

Erythema, scaling, dryness, and stinging/burning may occur during use of this gel. Other most commonly reported adverse events treated with this preparation were dry skin, contact dermatitis, burning & irritation on application site.

### Drug interactions

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid in combination with this preparation. Concomitant topical acne therapy should be used with caution because a possible cumulative irritancy effect may occur, especially with the use of peeling, desquamating, or abrasive agents.

### Pregnancy and Lactation

*Pregnancy:* The safety of this medicine in pregnancy has not been established. It should therefore be used with caution during pregnancy, and only if the benefits to the mother outweigh any risk to the foetus. Seek medical advice from your doctor.

*Lactation:* It is not known whether Adapalene or Benzoyl peroxide is excreted in human milk following use of this combined gel. Because many drugs are excreted in human milk, caution should be exercised when this preparation is administered to a nursing woman.

### Storage

Store in a cool and dry place, protect from light. **Do not freeze.** Keep out of reach of children.

### Packaging

Each carton contains a tube of 10 gm gel, an insert and a usage guideline leaflet.

Manufactured by



**Ziska Pharmaceuticals Ltd.**

Kaliakoir, Gazipur, Bangladesh