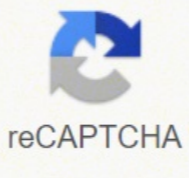




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This is the approach used in serums from SkinCeuticals, Paula’s Choice, Timeless, Cosmetic Skin Solutions and Ausceuticals. However, if you want to DIY with this combo, it not only requires buying vitamin E and ferulic acid, but you’ll also have to get an emulsifier because vitamin E doesn’t play nicely with water. Dissolve the LAA powder. However, there is no easy fix that works for each person. If you have scales capable of weighing to the nearest 0.1 g you can use that. For 20 mL of my 10% serum, I found that I needed about 3 rice grains’ worth of baking soda to get to pH ~3.5. 8. MORE FROM SYMPTOMFIND.COM I’ve mentioned my super-easy DIY vitamin C serum a few times before on social media, and some of you have been asking me for the recipe... but I’ve been so distracted with other things I never got around to posting it until now. In general, products with a pH below 4 or above 10 (i.e. 1000 times more acidic or basic than water) won’t need a preservative. Add the rest of the water. Work out how much serum you can fit into your container in millilitres. It’s definitely better to weigh out the ascorbic acid. (grams = mL x 0.05) For a 10% serum, multiply the volume of your container by 0.1 to get the LAA required in grams. Baking soda is alkaline, so we can use it to adjust the pH back up, closer to skin pH. Vitamin C is a superstar anti-aging ingredient in skincare. For a 5% serum, multiply the volume of your container in mL by 0.05 to get the LAA required in grams. Add baking soda a tiny bit at a time, testing the pH as you go, until the pH is between 3 and 4. It is curable. I don’t recommend using crushed tablets because it ends up more expensive, plus you end up with random bits of fillers on your face. How long does this DIY vitamin C serum last? It doesn’t have to be exact, so any indicator strips will do – I prefer the four-square indicator strips so I don’t second-guess my colour matching abilities. There you go! You can get fancier if you’re feeling less lazy (e.g. adding glycerin to make it humectant as well, combining it with AHA), but this is an effective, inexpensive vitamin C serum that’s easy enough to make that even lazy skincare addicts like me can remake it regularly. Wrap the bottle in foil. 3. The serum brightens, plumps the skin and reduces visible signs of ageing, minimizing fine lines and wrinkles and leaves skin with a more even-toned complexion. Add about half the distilled water, put the lid on and give it a healthy shake until all the LAA powder has dissolved. Clean your container. Click here to watch on YouTube. However, these are expensive compared to LAA, and they need to be converted back into LAA to work as effectively. Some derivatives of LAA include magnesium ascorbyl phosphate (MAP), and ascorbyl tetraispalmitate (ATIP)/tetrahexyldecyl ascorbate (THDA). This is a little trick I picked up in the lab during my PhD. There’s also the time required to cook up your product, the failed batches, and the dreaded washing-up afterwards. I generally find DIY a bit of a pain – the minimum orders of the ingredients are too large for me to use up personally so I end up spending way more money than using a pre-made product, and there’s the horrible feeling of wastage when you chuck out expired, barely-used ingredients. It does a bit of everything! Related post: Antioxidants in Skincare: What Do They Do? The price of all these ingredients adds up quickly, and if you’ve done any DIY before, you’ll know that you’ll end up with barely-used bottles that will go off before you finish them. A faster and reasonably accurate method is to use your 1/4 teaspoon measure and assume that a level teaspoon is approximately 1.5 g. (If you’re super diligent and own scales, you can calibrate your teaspoon and your particular ascorbic acid powder by weighing out a flat teaspoon yourself, then using the faster teaspoon measure for future batches.) 5. Related post: Mythbusting: Are Vitamin C Serums Bad for You? Calculate how many grams of LAA you need. It’s probably going to be too low. Aluminium foil Enough to wrap around your container to lightproof it. 4. You can get distilled or deionised water at the supermarket for a few dollars. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark-colored urine, confusion and swelling in your legs. For example, this study found increased collagen and cytokeratin when a water-free product containing microfine ascorbic acid crystals was applied to skin samples. What Does Vitamin C Do in Skincare? Hepatitis C is a virus transmitted through the blood from one person to another. It doesn’t have to be super exact – your skin isn’t going to respond significantly differently to 5% ascorbic acid vs 7% ascorbic acid. Some people have it and may never know it as they are affected by any sorts of symptoms. It tackles anti-aging on lots of levels: Can increase collagen, which plumps up skin and decreases wrinkles Fades hyperpigmentation (brown marks like acne scars and sun spots) Acts as an antioxidant, protecting against free radical damage from UV, pollution and natural aging Who wouldn’t want this, right? This can then lead to complete liver failure and the need for a transplant to stay alive. I hope the results make up for my tardiness! Here’s the video (you may need to disable AdBlock to see it) – scroll down for the recipe. Luckily, DHA can convert back to L-ascorbic acid in your skin, and there’s no evidence that it’s bad for your skin (there’s actually a product with an accompanying non-peer-reviewed study that actually uses it as a way of getting vitamin C into your skin more easily). Order No.Description/Quantity 28013ClinGal® Serum Calibrator, lyophil., for Vitamin C5 x 0.5 ml Hepatitis C, a virus that attacks the liver, is a tricky disease. I’m sorry! Please forgive me. Pharmaceutical grade ascorbic acid is generally purer than cosmetic grade ascorbic acid. Don’t you need to use cosmetic grade ascorbic acid? Easy DIY Vitamin C Serum Recipe Here’s what you need for a basic serum: L-Ascorbic acid powder As a dry solid, LAA is reasonably stable and cheap. But this only has an aqueous phase (it’s a homogeneous solution). A suitable container You want an airtight(-ish) clean container. Isn’t it dangerous to measure by volume using a teaspoon instead of weighing the ascorbic acid properly? Complications From Hepatitis C Hepatitis C can lead to liver cancer. Plus there’s also the fact that the main risk with this serum is low pH – however, we adjust and test the pH after the ascorbic acid’s been added, which means the volumetric measuring has no effect on this aspect. pH adjustment. Even if you have coloured glass, I’d recommend adding foil armour. Some powders apparently don’t dissolve very well, but I didn’t have any issues with NutriBiotic. However, there’s evidence that products containing solid L-ascorbic acid will work fine on skin. You can find this at most supplement stores, or you can order it off iHerb like I did (Amazon has this brand too). Put the appropriate amount of LAA into your container. Once you’re used to the process, I reckon you’ll be able to make it in under 5 minutes! (I’m curious about how quickly this can be done, so if you decide to time yourself please let me know! I’ll update with the time I take for my next batch.) Questions about this recipe (updated Feb 2020) In the few years I’ve had this recipe up, I’ve had a bunch of questions about whether or not it’ll really work, if it’s dangerous etc. Acute hepatitis C is the phase when you are first exposed to the disease. These include if you have HIV, inject or inhale drugs, are a health care worker who may be exposed to contaminated blood, have been in prison, received a tattoo or piercing from a questionable environment or were born to a woman with hepatitis C. If you fill the bottle all the way to the top, it’s harder to shake. In DIY communities, the usual mantra is that all water-based products need added preservatives... which isn’t quite accurate. Baking soda The pH of ascorbic acid alone in water is going to be too low (too acidic), which will cause unnecessary irritation. Also, those born between the years of 1945 and 1965 have cause for concern as they are five times more likely to be infected with hepatitis C than people born outside of this time frame. It’s the easiest and cheapest way to protect a light-sensitive substance. The Solution: DIY Vitamin C Serum All these issues can be solved by using a DIY vitamin C serum that you remake every week or so. If you don’t have time for this, you can skip the alcohol but it could lead to it going off faster (if you remake it weekly it shouldn’t be a problem). There’s also the fact we’re only keeping this product for a few weeks before throwing it out, so the low pH will be sufficient to keep it preserved for that length of time. Who is at Risk to Get Hepatitis C? There are different strands of hepatitis C and, thus, no one pill can treat them all. It’s likely that water evaporating from your skin (through TEWL) will gradually dissolve any ascorbic acid on your skin and allow it to absorb. I’ve seen some people say that L-ascorbic acid from this serum will crystallise on your skin and not penetrate because there aren’t any other solvents in this product (e.g. glycols) to keep it dissolved. What Are the Symptoms of Hepatitis C? Symptoms usually show up between two and 12 weeks after being exposed to the virus and last two weeks to three months, according to the Mayo Clinic. If you want to get fancy, you can also get light-protected packaging, but I’m a basic bitch so I’m happy with foil. Since L-ascorbic acid is a pure compound, there isn’t much variation in composition. pH strips To see what the pH is. Of course, extreme pH doesn’t work for a lot of formulations like emulsions. Practice safe sex — use a condom. Ideally weighing it is much more accurate, but for this quick-and-dirty recipe volumetric measurement will do. If you can’t work it out, you can either check how many teaspoons of water fit in it using a teaspoon measure, or eyeball it against similar containers you own. It turns into yellow dehydroascorbic acid (DHA or DHAA) and other products very quickly: at pH 3.52 and 25 °C in amber glass, 50% is gone in a week. 2. You can also use water filtered through a very fine filter that can remove metal ions (a nanofilter). This post contains affiliate links – if you decide to click through and support Lab Muffin financially (at no extra cost to you), thank you! For more information, see Disclosure Policy. I bought my bottle from Daiso, but you can get similar ones in the travel or cosmetics section of the supermarket (Amazon’s cheapest is here). L-Ascorbic acid can also be stabilised by altering its chemical structure. It’s possible that cosmetic grade ascorbic acid might dissolve more easily, but you can grind up the ascorbic acid to help it along, or wait a few more minutes for it to dissolve. This Intense C Glow Boost Serum is a super-concentrated water-free skin care formulation, with 15% of the unique grade of L-Ascorbic acid ultra-fine powder which provides a super-smooth feeling on the skin without a peeling sensation. And if you’ve gone to the trouble of mixing all that, you’ll also want a preservative to suppress bacterial growth so it’ll last longer and you won’t have to remake it any time soon. Light can still get in at the top so if you want you can make your bottle a little foil hat, but I find that it doesn’t help over the short period especially if I keep it in the dark. However, there’s a pretty big leeway in how much ascorbic acid can be used in vitamin C serums, so if you aim for a 10% serum, you can be out by a factor of 2 each way and still end up at 5-20%. Why doesn’t DIY vitamin C serum need preservatives? (grams = mL x 0.2) For example, I’m making 20 mL of a 10% vitamin C serum: grams = 20 x 0.1 = 2 grams LAA. Even if your container has coloured glass, this is a good idea! Directions 1. If you have symptoms at all, here are some to look out for, as listed by the Mayo Clinic. The pH is low enough that most bacteria won’t be able to thrive so microbial growth isn’t a big worry, especially when you won’t be keeping the serum for very long. If you use illicit drugs, which you should seek treatment for a litany of reasons, never share needles with other users. (grams = mL x 0.1) For a 20% serum, multiply the volume of your container by 0.2 to get the LAA required in grams. Make sure to check the hygienic conditions of a place before you decide to get piercings or a tattoo. 6. Distilled water Metal ions in your water can speed up the rate of LAA decomposition. But there’s not a lot of evidence that it’s good either, and it degrades further into products that can’t be turned back into L-ascorbic acid. 1/4 teaspoon measuring spoon 1/4 teaspoon is 1.23 or 1.48 mL (depending if it’s US or Imperial), which translates to ~1 g ascorbic acid. For example, vinegar is self-preserving, and can be used to preserve other foods. 7. Put a drop of serum on your pH strip to check the pH (you can dip the strip in if you want, but you might end up with ugly floaty bits in your serum). The Problem With Vitamin C The big problem with using vitamin C in products is that L-ascorbic acid is very unstable in water-based products. It can also cause cirrhosis of the liver, which creates mass scarring and makes it difficult for the liver to work as it should. But it’s hard to find a downside to this DIY serum: All the ingredients and materials are easy to get and inexpensive. It takes about 5 minutes to make with no special equipment required. It can be more effective than a store-bought product – you don’t have to deal with delivery times and distribution networks and having your vitamin C sit on a store shelf slowly degrading for an unknown period of time You can easily adjust the amount of vitamin C in your serum – add more LAA to ramp up the effectiveness, or use less LAA to decrease irritation. It’s cheap enough that I don’t feel bad spraying it all over my face and chest and body. For an effective vitamin C serum, you need 5-20% LAA at a pH less than 3.5. Above 20%, the effectiveness of LAA doesn’t increase but the side effects (mostly irritation) do. Shake a few times until it’s mixed. Low pH, or high hydrogen ion concentrations, is in itself a preservative. You can get similar ones here. Related post: Why Vitamin C Can Stain Your Skin (and How to Avoid It!) L-Ascorbic acid can be stabilised by combining it with vitamin E and ferulic acid (plus it makes it work better). Won’t the L-ascorbic acid crystallise on your skin and not work? Preventing Hepatitis C The best and easiest way to prevent getting hepatitis C is to ensure you are making good decisions. Wash it out thoroughly then rinse with alcohol (methylated spirits) and let dry, then rinse it out a few times with your distilled water. It doesn’t have to be truly airtight since you’ll be remaking this often. – so here they are in the one spot. It can remain silent until there is severe damage to your liver. Hepatitis C Treatment Hepatitis C is the leading cause of liver cancer and liver transplants, according to WebMD. If you were to have symptoms of hepatitis C, what would they look like? Here are some situations that put you at an increased risk of getting the disease as cited by the Mayo Clinic. If it’s new or a product container you’re reusing, it should say on the packaging. With light protection, I’ve found that it gets slightly yellow after a week, and noticeably yellow after 2 weeks, so I think 2 weeks is the upper limit here. Most medications can remove all traces of the virus in your blood in about 12 weeks. You and your doctor will have to work together to figure out which antiviral medications are going to work in your particular situation. Alternatively, you can use tap water and just remake your serum more frequently.

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