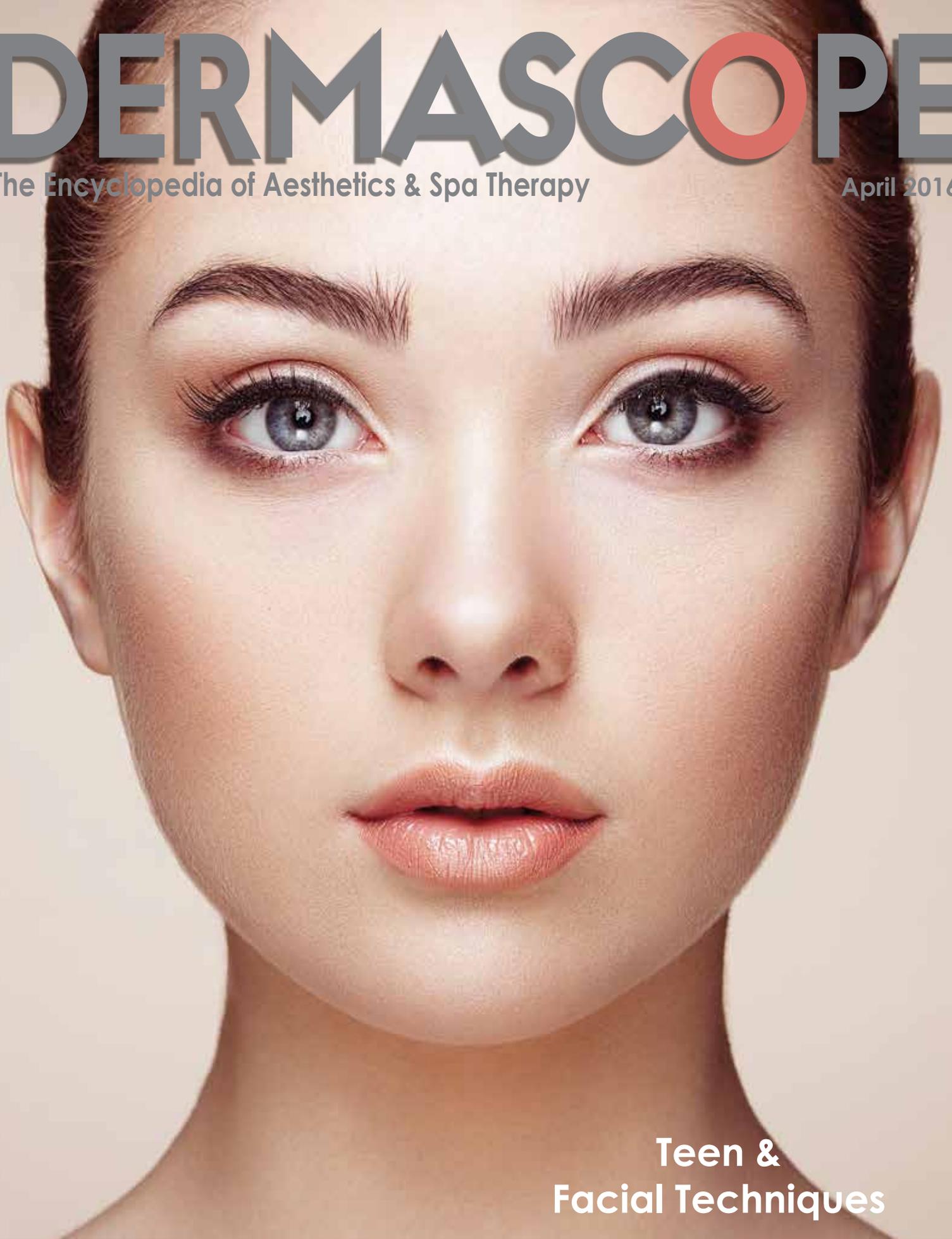


# DERMASCOPE

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**What is Lactic Acid?**

L-lactic acid is a keratolytic alpha hydroxy acid that is also known as 'milk acid.' It is gentler than glycolic acid and provides exfoliation without provoking irritation. It also softens the skin, increases desquamation, stimulates cell regeneration, improves the skin's texture, and has natural brightening abilities.

Lactic acid is also chiral in that it contains two optimal isomers. Essentially it has two parts: a left-handed part and a right-handed part. This is why lactic acid is often accompanied by an 'L.' This letter denotes the chirally-correct molecule of the acid is being used. The 'L' form is absorbed more easily by the skin and increases the overall performance.

The body naturally produces lactic acid during normal metabolism and exercise. When the demand for energy spikes in the body, such as during strenuous or power workouts, glucose is broken down and oxidized to pyruvate, which then stimulates the production of lactate. This process is beneficial because it helps ensure energy production is maintained.<sup>1</sup>

Even during rest, lactate continues to be produced as a result of metabolism in red blood cells that lack mitochondria. Some research has even shown lactate to play an important role in early-stage development for brain metabolism and as an energy source for the brain in the metabolism of neurons.<sup>2</sup>

L-lactic acid is an important alpha hydroxy acid that may be used in peels, facials, and homecare regimens to help correct the signs of aging, hyperpigmentation, some acne and acne scarring, uneven tone and texture, and more. While many alpha hydroxy acids are derived from fruit, lactic acid is most-commonly derived from fermented milk or sugar and is considered a non-toxic, active, and organic substance.

**Common Uses for Lactic Acid**

Although L-lactic acid may be used to help correct numerous skin issues, it is particularly beneficial in the treatment

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