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A Review of the Efficacy of Popular Eye Cream Ingredients

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A Review of the Safety and Efficacy of Popular Eye Cream Ingredients

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Abstract

Every year there are new products on the market advertised to preserve a youthful appearance and reduce the signs of aging. One classic example is eye cream. Due to the periorbital region's high susceptibility to damage from external factors, along with its tendency to demonstrate early signs of aging, periorbital skin is a common target for anti-aging therapy. While some of these ingredients have proven efficacious in clinical trials, others have not shown to be clinically significant. Various products contain different combinations, formulations, and doses of these ingredients. This review evaluates the efficacy of popular topical ingredients found in common eye creams, including retinoids, vitamin C, vitamin E, peptides, ceramides, hyaluronic acid, caffeine, and niacinamide.