

# AHA Fruits Complex

the garden of  
**naturalsolution**  
[www.naturalsolution.co.kr](http://www.naturalsolution.co.kr)



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# AHA Fruits Complex

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•• Fresh

Composed of fresh and vibrant ingredients from fruits

•• Natural

Ingredients from nature

•• Healthy

Ingredients from nature

## Alpha Hydroxy Acids (AHAs)

AHAs, or Alpha Hydroxy Acids, are a class of carboxylic acids with a hydroxyl group on the adjacent carbon. Well-known AHAs in cosmetic industry are **glycolic acid, lactic acid, citric acids, malic acid, and tartaric acid**, which can be found in sugarcane, milk, citrus fruits, apples and grapes.

The main benefit of AHAs is its ability to exfoliate the skin. They loosen the ionic bonding between the cells when it's applied on the skin, resulting in exfoliation of dead cells in the stratum corneum. By effectively removing the top, rough layer of skin, AHAs promote cellular renewal and help new, smooth, brighter skin grow, which results in the promotion of softer young skin and fading out of wrinkles and age spots. AHAs help give the skin **improved texture and a youthful glow**.



## 5 Fruits in AHA Fruits Complex

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⦿ Grape



⦿ Lime



⦿ Lemon



⦿ Apple



⦿ Orange

AHA Fruits Complex is a mixture of natural extracts from 5 fruits, which are well-known for the beneficial effects on skin. The anti-oxidant and anti-aging compounds found in 5 fruits of AHA Fruits Complex help skin look pure and young.

# Fruit #1: Grape

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- 🍷 **INCI Name:** Vitis Vinifera (Grape) Fruit Extract
- 🍷 **2021 Chinese INCI Name:** Vitis Vinifera (Grape) Fruit Extract

**Grapes** are the fruits widely harvested in the world for both medicinal and nutritional purposes for thousands of years. Grapes have been shown to be good sources of phenolic anti-oxidants, which are also the important contributors to color, stability, and sensory characteristics.

The most well-known compound of grapes is resveratrol, which is a naturally occurring anti-oxidant polyphenol with various biological activities, such as **anti-aging, anti-inflammatory and anti-oxidant activities**. Grapes also contain sugars, vitamins and minerals, which provide nutrition to skin. Tartaric acid, malic acid, and citric acid, or collectively AHAs, found in grapes help skin cell renewal resulting **fresh, young and lively skin**.



## Fruit #2: Lime

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🍋 **INCI Name:** Citrus Aurantifolia (Lime) Fruit Extract

🍋 **2021 Chinese INCI Name:** Citrus Aurantifolia (Lime) Fruit Extract

**Lime** is a the green colored fleshy fruit with sour taste, originated in Southeast Asia. Lime is low in calories and fat, and is widely used for the juice, peels, and oil, which is an excellent source of vitamin C. The juice of limes is used as flavoring ingredient in cooking.

The limes exhibit bioactive activities for cold fever, sore throats, sinusitis and bronchitis, and asthma. The essential oil of limes is used as anti-depressant as it **relieves stress** and refreshes tired mind. According to the Korean book titled '*how to maintain health with water (물로 하는 24시간 건강법)*,' lime bathing helps **recovering liveliness of skin** as limes provides fresh stimulation to skin.



## Fruit #3: Lemon

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🌀 **INCI Name:** Citrus Medica Limonum (Lemon) Fruit Extract

🌀 **2021 Chinese INCI Name:** Citrus Medica Limonum (Lemon) Fruit Extract

**Lemon** is an oval yellow fruit native to Asia used for culinary and non-culinary purposes throughout the world. Lemons contains high amount of vitamin C, which is a well-known anti-oxidant compound. Lemon juice contains about 5-6% of citric acid, which gives lemons a sour taste and low pH. Lemon is known for its anti-septic property as well as **immune-boosting** activity. When a diarrhea patient cannot be prescribed with anti-biotics due to deteriorated physical strength, drinking lemon juice slowly for 6 hours will cure the diarrhea as the beneficial components of lemons are slowly absorbed through intestine, harmful bacteria is excreted from the body, and as the result, the immunity of body is strengthened.



## Fruit #4: Apple

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🍏 **INCI Name:** Pyrus Malus (Apple) Fruit Extract

🍏 **2021 Chinese INCI Name:** Pyrus Malus (Apple) Fruit Extract

**Apple** is one of the most widely cultivated trees and is perhaps the earliest cultivated tree for its fruits. Apple fruits are often eaten raw and the whole fruit including the skin is suitable for human consumption.

Apple contains relatively low amounts of vitamin C, but is a rich source of various phytochemicals including flavonoids, such as catechins, flavanols, and quercetin, which are **anti-oxidant** compounds. AHAs found in apples **exfoliate horny layer of skin**, softening the skin. It helps balancing the sebum release in skin and fades out age spots providing **brightened facial color**. Apple also has **moisturizing property** due to its high content of sugars.





## Fruit #5: Orange

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🍊 **INCI Name:** Citrus Aurantium Dulcis (Orange) Fruit Extract

🍊 **2021 Chinese INCI Name:** Citrus Aurantium Dulcis (Orange) Fruit Extract






**Orange** is a fruit native to Southeast Asia, but now is spread to many parts of the world, cultivated for its fruits. Orange has been used in Traditional Chinese Medicine with a long history as a cooling agent for coughs, colds, and respiratory disorders. Other than Traditional Chinese Medicine, it is employed to treat tuberculosis in Mexico and to treat angina, menstrual disorder in France.

Orange is an excellent source of vitamin C which is the active compound **inhibiting the production of melanin in skin cells**. It is also good for **overcoming fatigue and bringing liveliness**. The fragrance of orange relieves stress and tension.



## Product Information

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-  **Product Name:** AHA Fruits Complex-GNS, AHA Fruits Complex(PD)-RSPO
-  **INCI Name:**
  - Vitis Vinifera (Grape) Fruit Extract
  - Citrus Aurantium Dulcis (Orange) Fruit Extract
  - Pyrus Malus (Apple) Fruit Extract
  - Citrus Limon (Lemon) Fruit Extract
  - Citrus Aurantifolia (Lime) Fruit Extract
-  **Dosage:** 1 – 3%
-  **Formulation:** Add to the formulation when the temperature is lower than 55°C.  
Recommended to add after the cooling process.
-  **Storage:** Avoid direct light or UV. Keep it in a cool and dry area.

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