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Does Oral Sunscreen Actually Work? Here's What the Experts Say
May 3, 2018 by NICOLE L. TOWNSEND



If there's one thing every skincare expert can agree on, it's the importance of slapping on some SPF before you head outside (or even walk by a window). Now, it's easier than ever to protect your skin from harmful ultraviolet rays thanks to a relatively new product: oral sunscreen. Oral sunscreens, which typically come in pill form, aren't meant to be a complete substitute for the topical version, but they do make a nice addition to your routine. We repeat: **DO NOT USE THESE INSTEAD OF TOPICAL SUNSCREEN.**

"Oral sunscreen agents are typically antioxidants called polypodium leucotomos," said board-certified dermatologist and ethnic skin expert Dr. **William Kwan**. "They may be helpful by increasing the time it takes for a person to burn when exposed to ultraviolet rays."

Dr. Carolyn Jacob, of Chicago Dermatology, is in complete agreement with Dr. Kwan, telling us, "Studies have shown that they can reduce sunburn cells (or the capacity for the sun to damage the skin cells)."

Curious? We've rounded up a few options to try in addition to your regular SPF.



1. Heliocare Ultra Sun Protection Pills

Heliocare Ultra Sun Protection Pills (\$48, originally \$60) are jam-packed with antioxidants, which provide a double dose of protection against the sun from the inside out. "Ingesting antioxidants may be associated with decreased internal malignancies," Dr. Kwan said.



2. Heliocare Oral Capsules

"Heliocare Oral Capsules (\$89) are the most well-known oral sunscreen and what I would recommend for those interested in trying oral sunscreen," Dr. Kwan said. He added that only adults should be using oral sunscreen, and they should limit their intake to one pill per day.

<https://www.popsugar.com/beauty/What-Oral-Sunscreen-44758062>