

# Revive MD Citrus Scrub: Acne Scrub Formulated For Athletes

written by Mike Roberto | February 24, 2020



**Revive MD** is not your typical ‘sports nutrition’ brand: they don’t sell pre workouts, proteins, or aminos. Led by pioneers *Dr. Domenic Iacovone* and *Matt Jansen*, the brand’s main priority is producing **supplements that support your overall health**, with a specific emphasis on your *internal organs* and *hormone levels*. We all know that when our hormone levels are off and organs aren’t functioning perfectly, then progress will quickly stall and may even go downhill.

It’s refreshing to see a company that’s doing things differently and offering supplements that can ultimately boost performance, but by *improving health* first. They sponsor several elite athletes that push their bodies beyond extreme levels. Revive MD’s team knows how crucial it is to help these athletes keep their health in check, supporting their pursuit to become the best. They have several products that help support our internal systems, such as *Glucose RX*, *Inflammation RX*, and *Digest Aid*.

But this one came out of left field, yet we couldn’t be happier with it:

**Citrus Scrub: Get Rid of Your Stubborn “Athlete’s Acne”**



Linked above, we've already covered a few of Revive's products on the blog, and they do not disappoint. You can count on them being manufactured to extremely high standards and masterfully formulated to elicit the best results. Revive's newest product, **Citrus Scrub**, is no different in that manner, but it's way different in that it's not a supplement! It was designed to be one of the first acne scrub products formulated to help regulate *hormonal* and *athlete-induced* acne.

This will be a first for the PricePLOW blog, since we've never covered a product quite like this. However, it's so effective, we need to let people know about it.

Before we breakdown what makes Citrus Scrub one of the best acne products we've used, make sure to sign up to PricePLOW's Revive MD news alerts, because they're looking to make this year the best yet!

## Revive MD Citrus Scrub – Deals and Price Drop Alerts

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## Citrus Scrub Formula and Ingredients

Citrus Scrub from Revive MD features three key ingredients that help reduce the amount of acne blemishes, soothe irritation, calm redness, and destroy bacteria that causes acne. It only takes a small amount to start seeing improvements in your skin's appearance!



Here's what makes Citrus Scrub so effective:

### Argan Oil (Argania Spinosa Kernel)

**Argan oil**, also known as *Argania Spinosa Kernel*, has been used for thousands of years in cosmetics and folk medicine.[1] It's extracted from kernels that grow on a tree native to Morocco called *Argania spinosa (L.) Skeels (Sapotaceae)*. Argan oil has historically been used to treat several kinds of pimples, juvenile acne, and scars from chicken pox.[2] But that's not all – it also helps with a multitude of other skin conditions such as skin inflammation, psoriasis, eczema, scabies, and reduces dry skin, hair loss, and dry hair.[3]

### Anti-sebum activity: the fight on *hormonal* acne

Although it has several benefits, the main reason argan oil is included in this product is because of its effects on **hormonal acne**. Argan oil has been shown to possess anti-sebum activity,[4,5] which is what makes it so effective at reducing acne. Sebum is an oily substance secreted by *sebaceous* glands, which are small glands found in the skin that lubricate the skin and hair follicles.

An excessive amount of sebum is what typically causes acne due to hormone fluxuations.

That's where argan oil can help counteract the response and lower sebum production, thus reducing acne.[4] A study done in 2007 showed that the application of a cream containing *argan oil*, *sesame seed oil*, and *saw palmetto*, applied twice a day for 4 weeks, resulted in up to a 20% reduction in casual sebum levels and improved skin appearance by decreasing oiliness.[5]

Therefore, not only does argan oil provide a host of benefits, it tackles the *source* causing the acne head on for maximum results!

Next up is an ingredient *also* used in the 2007 study cited above:

## Serenoa Serrulata Fruit Extract



Elite athletes need elite supplements.

**Serenoa serrulata fruit extract**, more commonly referred to as *saw palmetto*, is extracted from berries of the saw palmetto palm tree.[6] This plant is typically found growing along the southeast coast of North America and the West Indies.[6] It has traditionally been used to treat urinary dysfunction caused by an enlarged prostate and male pattern baldness, but it also has some other benefits for your skin!

Serenoa serrulata contains up to 90% *fatty acids* and *sterols*, like caprylic acid, palmitic acid, oleic acid, and beta sitosterol, along with carotenoids, lipases, and tannin.[6] The active components are primarily the fatty acids that lead to all the benefits seen with saw palmetto.

Serenoa serrulata is used to alleviate acne, relieve skin irritation, prevent hair loss, and reduce sebum secretion.[5-7] It's been shown to have several biological activities, including 5 $\alpha$ -reductase inhibition, aromatase inhibition,

cox-2 inhibition, and 5-lipoxygenase inhibition.[6,7] Since most acne is due to inflammation and too much sebum secretion, this ingredient addresses both aspects, helping to reduce any chance acne will occur.

### **Sesame Seed Oil (Sesamum Indicum)**

The last main ingredient in Citrus Scrub is **sesame seed oil**, which is acquired from seeds of the *sesamum indicum* plant.[8] Sesame seed oil is commonly used for cooking, however plenty of recent focus has been placed on what it can do for your skin. Sesame seeds contain large amounts of *lignans*, a group of *polyphenols* which contribute to its antioxidant effects, including sesamin, sesamol, and sesaminol.[8]

Plant oils are used for a wide variety of purposes, including pharmaceutical products, cosmetics, and integration into foods. They've been shown to have potent *anti-inflammatory* and *antioxidant* properties that result in several positive effects for the skin.[8]

Research shows plant oils, such as sesame seed oil, can help the skin retain moisture, reduce inflammation, attenuate oxidative stress, and promote wound and scar healing.[8] Not only can sesame seed oil act as a protective barrier for the skin, it reduces sebum secretion, and promotes acne scar healing.[5,8] This will leave you with healthy, clear skin, you can be proud of!

### **Other Ingredients**

The three main ingredients discussed above are what provide the majority of the benefits. But there are a lot of other ingredients listed on the label. Therefore, we will briefly explain why they're included in the formula.



*Distilled water* is mechanically processed to remove any toxins or hazards, so it's safe to use.

- *Caprylic/Capric triglycerides* are a combination of glycerin and coconut oil. It's typically used in a variety of cosmetic products to help thicken the product and moisturize the skin.
- *Beta-sitosterol* is a *phytosterol*, that's been proposed to have anti-cancer, anti-oxidant, anti-bacterial, and anti-inflammatory effects.[9] It's used in skin products to moisturize and soothe the skin.
- *Sodium acrylate/ Sodium acryloyldimethyl taurate copolymer* is added as a thickening agent to help form the cream.
- *Isohexadecane* is a cleansing agent to assist in removing oils from the skin, it also enhances the texture of the cream.
- *Polysorbate* is an emulsifier and surfactant used in several cosmetic products to bind the ingredients together.
- *Glycerin* is another agent that promotes skin hydration.
- *Phenoxyethanol* and *Sorbic acid* serve as preservatives and stabilizers.
- *Caprylyl glycol* is another hydrating agent, it attracts water and holds it into the skin.

- *Cocamidopropyl betaine* (CAPB) acts as a surfactant and emollient.
- Lastly, there is *fragrance* for a clean and refreshing scent.

Overall, this is a solid blend of three highly effective substances, and a few extras that allow you to take control of your acne and heal your skin.

## **Conclusion: Take Attack Hormonal Acne with Revive MD Citrus Scrub!**



One of the strongest guys on the planet, Larry Wheels, uses Revive to perform at his best!

The skin is the body's largest organ and serves as the first line of protection between your insides and the outside world. So it's crucial to take care of your skin for optimal health. And let's face it, nobody likes acne, and that's why Citrus Scrub was created to help you take control once and for all. This formula is extremely effective, and you're just going to have to try it for yourself to see.

Revive MD knows what it takes to reach to the top and go even further. They take pride in creating the best formulas on the market that help enhance your health from the inside out. Revive already has a robust line of products targeted to aid almost every major organ.

Like we mentioned, Revive is not your typical sports nutrition brand, their goal is to bridge the gap between health and elite performance. Taking your body to extreme levels requires extra supplementation in order to become the best. We love brands that take things to the next level and always look for ways to

improve. Revive has a lot more to come in the future so stay tuned, because they're not slowing down anytime soon!

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