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(54) Title: NUTRITIONAL COMPOSIITION FOR IMPROVING SKIN CONDITION AND PREVENTING SKIN DISEASES

(57) Abstract: The present invention pertains to the use of an ingestable composition containing L-carnitine and at least one component having an anti-oxidative activity for stimulating the lipid metabolism in the skin of an individual, which results in an improvement of the general condition of the skin in particular dry, sensible or reactive skin, and in prevention of the occurrence of skin diseases, such as dermatitis. In addition thereto, the present invention pertains also to the use of such a composition for the preparation of a pharmaceutical composition or of a food, in particular a functional food or petfood product, for increasing lipid secretion in sebum, producing a protective sebum layer on the skin.

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