

# Drinkable Sunscreen Not Suitable for Sun Protection

Schaumburg, Ill. (Newswise) — Recently, there has been media coverage about “drinkable sunscreen” that claims to provide sun protection through the ingestion of water that allegedly has been infused with electromagnetic waves.

The American Academy of Dermatology (Academy) wants to alert consumers that this drink should not be used as a replacement for sunscreen or sun-protective clothing. There is currently no scientific evidence that this “drinkable sunscreen” product provides any protection from the sun’s damaging UV rays.

Sunscreen is the only form of sun protection that is regulated by the U.S. Food & Drug Administration (FDA). Broad-spectrum sunscreen with an SPF of at least 15 has been scientifically proven to prevent sunburn and reduce the risk of skin cancer and early skin aging caused by the sun. The Academy continues to recommends that you still seek shade, wear sun-protective clothing and wide-brimmed hat, and apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. For more sun protection tips, visit [www.SpotSkinCancer.org](http://www.SpotSkinCancer.org) [1].

**Source URL (retrieved on 01/29/2015 - 6:06pm):**

<http://www.foodmanufacturing.com/news/2014/05/drinkable-sunscreen-not-suitable-sun-protection>

**Links:**

[1] <http://www.spotskincancer.org/>