There are numerous products on the market that claim to help eliminate wrinkles. But what products really work? There is a limited amount of scientific research on the effectiveness of nonprescription wrinkle creams, but there are some ingredients that have been shown to be effective anecdotally and in small studies. Because each person's skin is different, one may be effective for your skin while others may not, so finding a product that works for you may take some time. You can try out products on your own or consult a dermatologist for a recommendation based on your skin type.

**Retinoids**
Retinoids are antioxidants that neutralize the free radicals that cause wrinkles. The retinoid tretinoin has been shown to be effective in treating wrinkles and is approved by the U.S. Food and Drug Administration (FDA). Tretinoin is available by prescription only, but Retinol, a less potent retinoid, is available in over-the-counter wrinkle creams and may be helpful. Do not use retinoids if you are pregnant or may become pregnant as they increase the risk of birth defects. Avoid sun exposure if using retinoids as they increase the skin's sensitivity to the sun.

**Other Antioxidants**
Though not as widely studied as retinoids, several other antioxidants have shown some promise in improving the appearance of wrinkles. Look for skin creams that contain Vitamin C (listed as L-ascorbic acid in the ingredients), Vitamin E, yquem extract, coffeeberry, idebenone (a relation of coenzyme Q10) or vine shoot.

**Alpha-Hydroxy Acids**
Alpha-hydroxy acids, derived from fruits containing sugar, cause exfoliation. They help shed the older, dead skin cells and stimulate new growth which may help smooth fine lines and wrinkles. You may see alpha-hydroxy acids listed in the ingredients of wrinkle creams as glycolic acid, lactic acid, citric acid, hydroxycaprylic acid or hydroxypropionic acid. Be sure to protect your skin from the sun when using a product containing alpha-hydroxy acids.

**Peptides**
Peptides have more recently gained attention for their ability to enhance collagen production and smooth fine lines and wrinkles. Peptides that have shown some promise in improving the appearance of wrinkles may be listed in ingredients of skin creams as palmitoyl oligopeptides, neuropeptides and copper peptides.

**Growth Factors**
Human growth factors are derived from bio-engineered tissue cultures and are now being used in skin creams. There is some evidence that growth factors are effective in repairing collagen and rejuvenating the skin.

**Sunscreen**
The most important thing that you can do is prevent wrinkles from forming, explains Charles E. Crutchfield III, M.D., clinical associate professor of dermatology at the University of Minnesota and medical director of Crutchfield Dermatology. Use a sunscreen with an SPF of 30 or higher and a good UVA protection factor.
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About this Author
Susan Stopper is a freelance writer with ten years of experience writing about health, nutrition, travel, parenting and business for a variety of companies and publications. Her work has appeared in "H2O," "MetroKids" and "Knife World" magazines. She has a Bachelor's degree in psychology from Syracuse University.

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