

## References

- Agarwal, K. C. (1996). Therapeutic actions of garlic constituents. *Medicinal Research Reviews*, 16(1), 111-124.
- Akbar, S. (2020). *Handbook of 200 medicinal plants: A comprehensive review of their traditional medical uses and scientific justifications*. Cham, Switzerland: Springer.
- Algadi, M. Z. (2015). Physicochemical and Sensorial Properties of Garlic (*Allium sativum*) Paste Treated with Ascorbic and Citric Acids.
- Azimi, H., Fallah-Tafti, M., Khakshur, A. A., Abdollahi, M. (2012). A review of phytotherapy of acne vulgaris: Perspective of new pharmacological treatments. *Fitoterapia*, 83(8), 1306-1317.
- Biju, S. S., Ahuja, A., Khar, R. K., & Chaudhry, R. (2005). Formulation and evaluation of an effective pH balanced topical antimicrobial product containing tea tree oil. *Die Pharmazie*, 60(3), 208–211.
- Dhanavade, M. J., Jalkute, C. B., Ghosh, J. S., & Sonawane, K. D. (2011). Study antimicrobial activity of lemon (*Citrus lemon L.*) peel extract. *British Journal of pharmacology and Toxicology*, 2(3), 119-122.
- Eady, E. A., Cove, J. H., Holland, K. T., & Cunliffe, W. J. (1989, July). Erythromycin resistant propionibacteria in antibiotic-treated acne patients: association with therapeutic failure.
- Esmael, A., Hassan, M. G., Amer, M. M., Abdelrahman, S., Hamed, A. M., Abd-Raboh, H. A., & Foda, M. F. (2020). Antimicrobial activity of certain natural-based plant oils against the antibiotic-resistant acne bacteria. *Saudi Journal of Biological Sciences*, 27(1), 448-455.
- FDA. (2014, June 25). Topical Acne Products Can Cause Dangerous Side Effects.
- Ganceviciene, R., Liakou, A. I., Theodoridis, A., Makrantonaki, E., & Zouboulis, C. C. (2012). Skin anti-aging strategies. *Dermato-endocrinology*, 4(3), 308–319.
- Giampieri, F., Cianciosi, D., & Forbes-Hernández, T. (2020, August 14). Myrtle (*Myrtus communis L.*) berries, seeds, leaves, and essential oils: New undiscovered sources of natural compounds with promising health benefits.
- Grace Tea Company. (n.d.). How Teas Are Produced.

- Gollnick, H. P., & Zouboulis, C. C. (2014). Not all acne is acne vulgaris. *Deutsches Arzteblatt international*, 111(17), 301–312.
- Grice, E. A., & Segre, J. A. (2011). The skin microbiome. *Nature reviews. Microbiology*, 9(4), 244–253.
- Hamdy, A., Kassem, H., Awad, G., El-Kady, S., Benito, M., Doyagüez, E., . . . Hussein, A. (2017). In-vitro evaluation of certain Egyptian traditional medicinal plants against *Propionibacterium acnes*. *South African Journal of Botany*, 109, 90-95.
- Hammer, K. (2015). Treatment of acne with tea tree oil (*Melaleuca*) products: A review of efficacy, tolerability and potential modes of action. *International Journal of Antimicrobial Agents*, 45(2), 106-110.
- Hayashi, N., Akamatsu, H., & Kawashima, M. (2008, April 16). Establishment of grading criteria for acne severity.
- Hayes, A., & Markovic, B. (2002). Toxicity of Australian essential oil *Backhousia citriodora* (Lemon myrtle). Part 1. Antimicrobial activity and in vitro cytotoxicity [Abstract]. *Food and Chemical Toxicology*, 40(4), 535-543.
- Hsieh, S., Xu, J., Lin, N., Li, Y., Chen, G., Kuo, P., . . . Tzen, J. T. (2016). Antibacterial and laxative activities of strictinin isolated from Pu'er tea (*Camellia sinensis*). *Journal of Food and Drug Analysis*, 24(4), 722-729.
- IQWiG. (2019, September 26). Acne: Overview.
- Lall, N., Staden, A. B., Rademan, S., Lambrechts, I., Canha, M. D., Mahore, J., . . . Twilley, D. (2019). Antityrosinase and anti-acne potential of plants traditionally used in the Jongilanga community in Mpumalanga. *South African Journal of Botany*, 126, 241-249.
- Lam, N. S., Long, X., Su, X., & Lu, F. (2020, September 02). *Melaleuca alternifolia* (tea tree) oil and its monoterpene constituents in treating protozoan and helminthic infections.
- Lee, C., Chen, L., Chen, L., Chang, T., Huang, C., Huang, M., & Wang, C. (2013). Correlations of the components of tea tree oil with its antibacterial effects and skin irritation. *Journal of Food and Drug Analysis*, 21(2), 169-176.

- Li, Z., Summanen, P. H., Downes, J., Corbett, K., Komoriya, T., Henning, S. M., Kim, J., & Finegold, S. M. (2015). Antimicrobial Activity of Pomegranate and Green Tea Extract on *Propionibacterium Acnes*, *Propionibacterium Granulosum*, *Staphylococcus Aureus* and *Staphylococcus Epidermidis*. *Journal of drugs in dermatology : JDD*, 14(6), 574–578.
- Lu, P., & Hsu, C. (2016). Does supplementation with green tea extract improve acne in post-adolescent women? A randomized, double-blind, and placebo-controlled clinical trial. *Complementary Therapies in Medicine*, 25, 159-163.
- McLaughlin, J., Watterson, S., Layton, A. M., Bjourson, A. J., Barnard, E., & McDowell, A. (2019). *Propionibacterium acnes* and *Acne Vulgaris*: New Insights from the Integration of Population Genetic, Multi-Omic, Biochemical and Host-Microbe Studies. *Microorganisms*, 7(5), 128.
- Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and MetaAnalyses: The PRISMA Statement. *PLoS Med* 6(7): e1000097
- Mongalo, N., Mashele, S., & Makhafole, T. (2020). *Ziziphus mucronata* Willd. (Rhamnaceae): It's botany, toxicity, phytochemistry and pharmacological activities. *Heliyon*, 6(4).
- Nasri, H., Bahmani, M., Shahinfard, N., Moradi Nafchi, A., Saberianpour, S., & Rafieian Kopaei, M. (2015). Medicinal Plants for the Treatment of *Acne Vulgaris*: A Review of Recent Evidences. *Jundishapur Journal of Microbiology*, 8(11), e25580.
- Poomanee, W., Chaiyana, W., Mueller, M., Viernstein, H., Khunkitti, W., & Leelapornpisid, P. (2018). In-vitro investigation of anti-acne properties of *Mangifera indica* L. kernel extract and its mechanism of action against *Propionibacterium acnes*. *Anaerobe*, 52, 64-74.
- Qa'dan, F., Thewaini, A., Ali, D. A., Afifi, R., Elkhawad, A., & Matalka, K. Z. (2005). The Antimicrobial Activities of *Psidium guajava* and *Juglans regia* Leaf Extracts to Acne-Developing Organisms. *The American Journal of Chinese Medicine*, 33(02), 197-204.
- Rafiq, S., Kaul, R., Sofi, S., Bashir, N., Nazir, F., Nayik, G. (2016, August 05). Citrus peel as a source of functional ingredient: A review.

- Raman, A., Weir, U., & Bloomfield, S. (1995). Antimicrobial effects of tea-tree oil and its major components on *Staphylococcus aureus*, *Staph. epidermidis* and *Propionibacterium acnes*. *Letters in Applied Microbiology*, 21(4), 242-245.
- Rodan, K., Fields, K., Majewski, G., & Falla, T. (2016). Skincare Bootcamp: The Evolving Role of Skincare. *Plastic and reconstructive surgery. Global open*, 4(12 Suppl Anatomy and Safety in Cosmetic Medicine: Cosmetic Bootcamp), e1152.
- Sanders, M., & Grundmann, O. (2011, September 16). The use of glucosamine, devil's claw (*Harpagophytum procumbens*), and acupuncture as complementary and alternative treatments for osteoarthritis.
- Shah, R., & Peethambaran, B. (2018). Anti-inflammatory and Anti-microbial Properties of *Achillea millefolium* in Acne Treatment. *Immunity and Inflammation in Health and Disease*, 241-248.
- Syed, D., Chamcheu, J., Adhami, V., & Mukhtar, H. (2013). Pomegranate Extracts and Cancer Prevention: Molecular and Cellular Activities. *Anti-Cancer Agents in Medicinal Chemistry*, 13(8), 1149-1161.
- Tsai, T., Tsai, T., Wu, W., Tseng, J. T., & Tsai, P. (2010). In vitro antimicrobial and anti-inflammatory effects of herbs against *Propionibacterium acnes*. *Food Chemistry*, 119(3), 964-968.
- Wang, C., Lv, S., Wu, Y. et al. (2016). Oolong tea made from tea plants from different locations in Yunnan and Fujian, China showed similar aroma but different taste characteristics. *SpringerPlus* 5, 576.
- Wang, L., Yang, X., Qin, P., Shan, F., & Ren, G. (2013). Flavonoid composition, antibacterial and antioxidant properties of tartary buckwheat bran extract. *Industrial Crops and Products*, 49, 312-317.
- Yamaguchi, N., Satoh-Yamaguchi, K., & Ono, M. (2009). In vitro evaluation of antibacterial, anticollagenase, and antioxidant activities of hop components (*Humulus lupulus*) addressing acne vulgaris. *Phytomedicine*, 16(4), 369-376.
- Yousef, H. (2020, March 29). *Anatomy, Skin (Integument), Epidermis*.

Zhou, X., & Li, Y. (2015). Chapter 4 - Subgingival Microbes. In Atlas of oral microbiology from healthy microflora to disease. Amsterdam: Elsevier Acad. Press.