

Kimberly Shelton

*Zit Zappers: The Efficacy of Over-the-Counter Acne Medications and Home Remedies*

The purpose of the project was to test the efficacy of over-the-counter acne medications and remedies in killing and preventing the growth of bacteria associated with acne. The experiment involved testing over-the-counter acne preparations, such as Clinique salicylic acid, Clearasil sulfur resorcinol, Kroger benzoyl peroxide, tea tree oil, and honey, on acne bacteria and staph bacteria. Filter paper disks were soaked in the preparations, and the disks were placed in the petri dishes containing the bacteria. After a couple days in the incubator, the zones of inhibition, the clear, circular areas around each disk where the preparation killed the bacteria, was measured in millimeters and was compared to determine which preparation had the largest zone of inhibition, and therefore, was the most effective. The data collected supported the hypothesis that if different over-the-counter acne medications and acne remedies are tested on bacterial growth associated with acne, then it will be found that the benzoyl peroxide based medication will be the most effective in killing and preventing future growth of the bacteria. These findings indicate that the Kroger benzoyl peroxide acne medication had the largest zones of inhibition and was the most effective medication in killing bacteria. In conclusion, this study verifies the hypothesis that if different over-the-counter acne medications and acne remedies are tested on bacterial growth associated with acne, then it will be found that the benzoyl peroxide based medication will be the most effective in killing and preventing future growth of the bacteria.