

























# Skin-Cycling Compatibility Chart

Ingredient 1	Ingredient 2	What to Know	Status
 Vitamin C (L-ascorbic, pH < 3.5)	 Niacinamide	Can convert to flushing niacinic acid. Use C in the morning, niacinamide at night or 30 min apart.	 Caution
 Vitamin C (L-ascorbic)	 Copper peptides	Vitamin C chelates copper, deactivating peptides. Separate by at least 12 hours—C a.m., peptides p.m.	 Avoid
 Retinol / Retinal	 Benzoyl peroxide	BPO oxidizes retinoids, killing potency. Alternate nights or use BPO a.m. and retinoid p.m.	 Caution
 Any retinoid	 AHA or BHA (on the same night)	Stacking spikes irritation. Keep acids to Exfoliation Night, retinoid to the next night.	 Avoid
 Adapalene	 Leave-on salicylic acid	Duo causes severe dryness. If acne demands, limit salicylic to quick a.m. spot treatment.	 Caution
 Azelaic acid	 Niacinamide	Fully compatible; both calm redness and fade discoloration. Safe to layer anytime.	 OK
 PHA	 Any retinoid	Gentle combo; fine in the same week, but alternate nights if skin is sensitive.	 OK
 Vitamin C THD	 Niacinamide	Lipid-soluble C is stable at any pH; layer with niacinamide in the morning.	 OK