

Vitamins and Supplements

Vitamins and Supplements are an important part of your total facial rejuvenation process. Here's a suggestion on a few of them that will benefit, among other things, your face!

BETA CAROTENE – This compound can decrease and reverse the signs of aging of the skin. It is often prescribed to heal acne.

VITAMIN B-COMPLEX – Critical links in a number of enzyme-related chemical reactions that protect the skin in different ways.

VITAMIN C – Not only does C prevent free radical damage; it helps you to produce collagen. It indirectly helps keep skin smooth and soft.

VITAMIN E – An important free radical “scavenger” that works to prevent damage to the skin cell membrane. It is also a preventive for sunburn.

SELENIUM – A trace mineral and a vital antioxidant required to form glutathione peroxidase, an important antioxidant to protect skin.

ZINC – Essential for great-looking skin. Zinc is a member of a group of enzymes that helps your body maintain its collagen supply.

ALPHA LIPOIC ACID – This super antioxidant works hard to fight free-radical damage. Helps to raise levels of vitamins C and E.

COENZYME Q10 – Gets into the skin cell membrane and protects it from free radical damage. Works in the mitochondria portion of skin.

PYCNOGENOL – Recently discovered, it is synthesized from pine bark. Specifically works to keep the skin smooth and protects collagen.

Because everyone's biochemistry is unique, it would be prudent for you to consult with a certified nutritionist before embarking on any antioxidant supplement program. Pregnant woman should not take any vitamin, mineral, or food supplement without first consulting her doctor.