

Vitamin and Skin

The fact is most people are deficient in vitamins, minerals and herbs that are important for your body to function properly. Only 9 to 32 percent of Americans eat the recommended three to five servings of vegetables every day. Remember, your skin is the largest organ of your body. It requires proper nutrition to function properly. Just like every other part of your body.

Your body needs complete nutrition to promote healthy skin and to PREVENT acne. The vitamins and minerals listed here are powerful antioxidants that flush out free radicals and toxins from your body. Some even have antibacterial effects and promote immunity. This is so important in keeping your pores clean of clogging toxins and in healing the damaged skin tissue.

It is important to know that taking too much of a vitamin or mineral can be toxic and extremely dangerous. Each supplement listed has a recommended dosage that you should not exceed.

Vitamin A (with carotenoids)

Vitamin A strengthens the protective tissue of the skin and prevents acne. It helps reduce sebum production. This vitamin is essential for the maintenance and repair of the tissue which the skin and mucous membranes are made of. Vitamin A is also a powerful antioxidant needed to rid your body of toxins. Did you know that a deficiency in vitamin A can actually cause acne? Recommended dosage to fight acne: 10,000 IU. If you are pregnant, do not take more than 5000 IU.

Vitamin B Complex

The B vitamins help to maintain healthy skin tone. They are also helpful in relieving anxiety and stress. Stress can be a major player in causing acne. The B vitamins should always be taken together. The vitamins in the B complex are Thiamine, Riboflavin, Niacin (Nicotinic Acid, Niacinamide), Pantothenic Acid, Pyridoxine and Cyanocobalamin. Each one of these

vitamins has a specific role in promoting healthy skin, as well as overall health.

Thiamine (Vitamin B1) acts as an antioxidant ridding your body of toxins. It enhances circulation and assists in proper digestion. Recommended dosage to fight acne: 100 mg 3 times daily.

Riboflavin (Vitamin B2) Riboflavin works together with Vitamin A to maintain and improve the mucous membranes in the digestive tract. It is also essential for healthy skin, hair and nails. Acne is a symptom of Riboflavin deficiency. Recommended dosage to fight acne: 100 mg 3 times daily.

Niacinamide (Vitamin B3) is vital for healthy skin by improving circulation and helping your body with the metabolism of carbohydrates, fats and proteins. A deficiency in Niacinamide will cause acne. Recommended dosage to fight acne: 200 mg 3 times daily.

Pantothenic Acid (Vitamin B5) is popular for reducing stress. It is needed for the proper function of the adrenal glands. Recommended dosage to fight acne: 100 mg 3 times daily.

Pyridoxine (Vitamin B6) is important in the functioning of your immune system and your antibody production. A deficiency of vitamin B6 can result in acne. Recommended dosage to fight acne: 100 mg 3 times daily.

Vitamin C with bioflavonoids

Vitamin C is another "super vitamin". It is an antioxidant that is required for at least 300 metabolic functions in the body, including tissue growth and repair. Vitamin C protects against infection and enhances immunity. Bioflavonoids have an antibacterial effect. Recommended dosage to fight acne: 1000 to 1600 mg 3 times daily If you have diabetes, ask your doctor about the proper dosage.

Chromium

For acne, Chromium aids in reducing infections of the skin. To get the adequate amount of chromium in your diet, chromium should be taken in supplemental form called chromium picolinate or chromium polynicotinate. Chances are you are chromium deficient because the form of chromium in foods is not easily absorbed and is lost during processing; and high quantities of sugar in the diet cause a loss of chromium from the body. Recommended dosage to fight acne: 150 mcg per day.

Zinc

Zinc aids in healing of the tissues and helps prevent scarring. It helps prevent acne by regulating the activity of the oil glands. Zinc promotes a healthy immune system and the healing of wounds. It is also an antioxidant which helps to fight and prevent the formation of free radicals. Acne can be a sign of Zinc deficiency. Recommended dosage to fight acne: 25-30mg per day.

Vitamin E

Vitamin E is an antioxidant that enhances healing and tissue repair. It prevents cell damage by inhibiting the oxidation of lipids (fats) and the formation of free radicals. Recommended dosage to fight acne: 400 IU daily.

Taking a potent multi-vitamin with chromium will supplement most of your daily requirements. Remember to find a multi-vitamin that is taken at least twice a day. It is impossible for your body to process all the nutrients of a "one a day" type multi-vitamin. It is better to take a multi-vitamin throughout the day.