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Vitamins For Your Skin and Best Nutrients Come From Food

Taking care of your skin is the best thing you can do to improve your overall appearance. There are several different skin products that may help, but you also need to address the underlying issue by making sure you are getting the best vitamins for your skin.

At this point most people will run to the store and buy a multi-vitamin that looks good, but there are two major problems with doing this:

1. You should do your best to get your nutrition from the foods you eat, not from a supplement. No matter how good the nutritional supplement is, it simply cannot contain all of the micronutrients found in food. Of course there are times when you may not be able to eat as well as you should, and then a multi-vitamin may be better than nothing, but you should still make it a goal to eat well.

2. Not all store-bought vitamins are the same. There is no doubt that you can buy a mass quantity of vitamins at a very low price. But you need to ask yourself if you want to be taking something "cheap". If you really want to take vitamins for your skin, then you should look for a formulation that contains several natural ingredients, and has a good balance of several nutrients. You may pay a little bit more, but it will be worth it if it means you're getting a better multi-vitamin.

Which vitamins you need will depend on what skin problems you have.

If you have acne, it may be due to not getting enough antioxidants, like vitamins A and E. These are found in a wide variety of brightly colored fruits and vegetables, and vitamin E can also be found in nuts.

Inflammatory skin conditions can often be treated with omega-3 fatty acids. The best source for these is fish such as salmon and tuna. You can also take fish oil supplements, but make sure to check the label for how much omega-3 they contain.

For general skin health you should be sure to get enough of the following vitamins:

Biotin is a coenzyme that builds and repairs skin cells, and may also reduce the appearance of some blemishes.

Folic Acid gives you smoother skin and also minimizes wrinkles.

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