



# Your Skin Is A Reflection of Your Inner Health

- > Droopy, saggy, dark circles under the eyes can be a clue to fatigue
- > Dull, old, less elastic skin & sunken looking skin around the eyes may indicate dehydration
- > Dermatitis, rashes, hives, acne, eczema could suggest that your liver isn't functioning well
- > Breakouts on the chin and jawline can be a sign of hormonal imbalance

## Nutrients to Support a Healthy Complexion

### Vitamin C

- Antioxidant against UV-induced photodamage, supports collagen synthesis & wound healing
- Improvements in skin radiance, pigmentation and wrinkles may occur within 4 to 12 weeks

### Essential fatty acids

- Supplementation with EPA from fish oil for 12 weeks decreased skin inflammation (1)
- Supplementation with borage oil for 2 months improved skin hydration and dry & itchy skin (2)

### Coenzyme Q10

- Reduces free radical production, involved in the regeneration of Vitamin E, enhances collagen & elastin expression
- 150 mg/day for 12 weeks reduced wrinkles (including nasolabial folds) & improved skin smoothness (3)

### Collagen peptides

- Important structural protein in skin that degrades with age
- Supplementation for 90 days reduced wrinkles & improved skin elasticity & hydration (4)

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4. de Miranda, R. B., Weimer, P., & Rossi, R. C. (2021). Effects of hydrolyzed collagen supplementation on skin aging: a systematic review and meta-analysis. *International journal of dermatology*, 60(12), 1449-1461. <https://doi.org/10.1111/ijd.15518>

