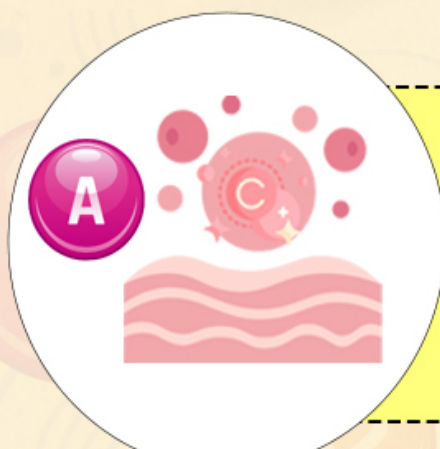
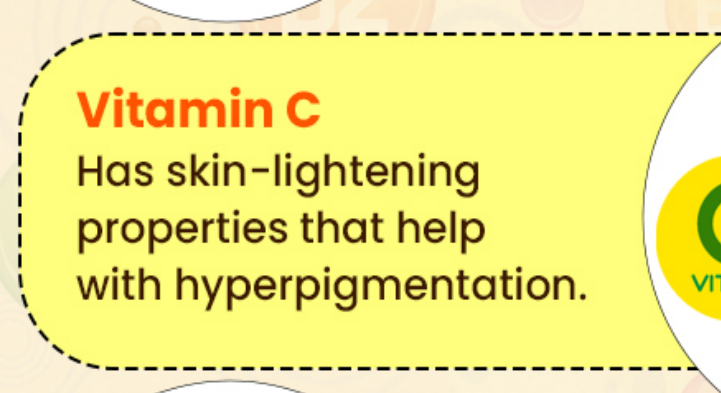


Skin Benefits Of Different Vitamins



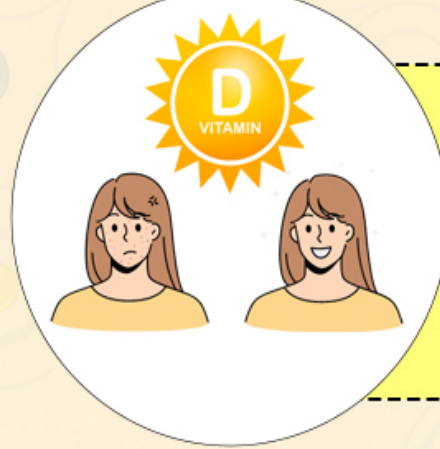
Vitamin A

Known to reverse the signs of skin aging by boosting collagen production.



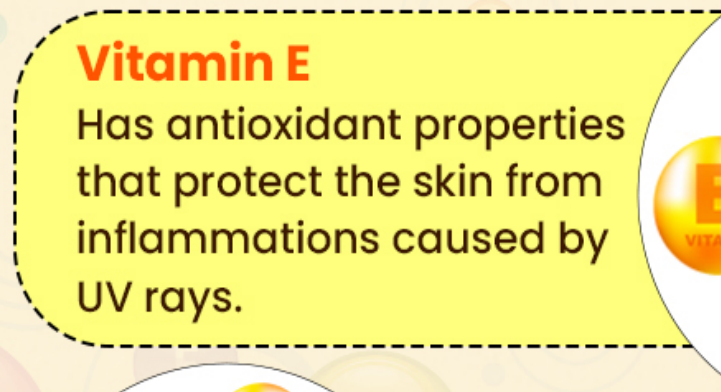
Vitamin C

Has skin-lightening properties that help with hyperpigmentation.



Vitamin D

Anti-inflammatory and helps repair the DNA to slow premature aging.



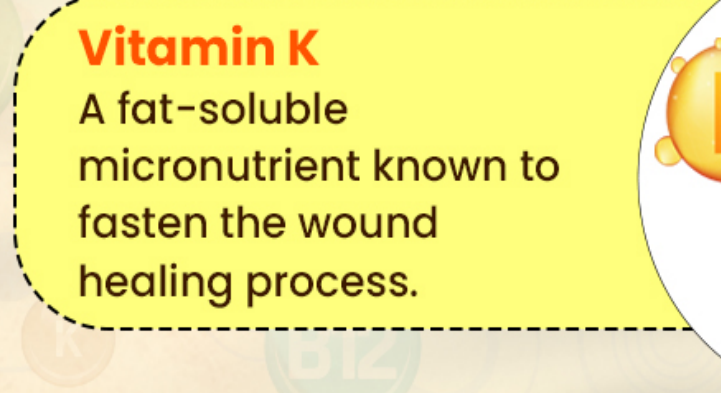
Vitamin E

Has antioxidant properties that protect the skin from inflammations caused by UV rays.



Vitamin B12

Reduces inflammation and helps moisturize dehydrated skin.



Vitamin K

A fat-soluble micronutrient known to fasten the wound healing process.

References:

- 1 The Role Of Vitamin E In Normal And Damaged Skin; NIH
- 2 Improvement Of Naturally Aged Skin With Vitamin A (Retinol); NIH
- 3 Topical Vitamin C And The Skin: Mechanisms Of Action And Clinical Applications; NIH
- 4 The Impact Of Vitamin D On Skin Aging; NIH
- 5 B Vitamins: Your Secret To Good Skin Health; Tri-City Medical Center
- 6 Wound Healing Effects Of Topical Vitamin K: A Randomized Controlled Trial; NIH