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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Vitamin A And Vitamin E For Acne

By Henry Jordan

In the fight against acne, vitamins A and E both act fairly similarly and both have great advantages for preventing its outbreak. Needless to say, getting proper amounts of these vitamins into your body everyday is crucial for maintaining clear, healthy skin and for helping to prevent acne from becoming a problem.

Vitamin A fights acne initially by helping to strengthen the protective tissue of the skin. Additionally, it reduces sebum (oil) production in the skin. This combination helps the skin to become more capable of fighting acne and also this healthy skin, with less oil, is less likely to suffer from acne breakouts. Furthermore, Vitamin A is a very strong antioxidant which helps to rid the body, including the skin, of harmful toxins and free radicals, therefore helping to clear the skin of many problems, including acne. Vitamin A is usually taken in conjunction with carotenoids which enhances its effects against acne.

Vitamin E is also an antioxidant. Although not as strong of one as Vitamin A, Vitamin E still does help to rid the skin of toxins which can lead to acne and helps to clear up existing acne. Vitamin E also promotes tissue repair and healing of the skin, two important aspects that help to both strengthen the skin and also to prevent damage caused by acne to become permanent. Additionally, Vitamin E prevents cell damage by inhibiting the oxidation of lipids (fats) and the formation of free radicals.

As can be seen, both vitamins have fairly similar methods of assisting in the fight against acne. Both help to strengthen the skin and healthier, stronger skin is less prone to acne. Both are also antioxidants and help to clear the skin of acne and prevent future breakouts. The difference is that Vitamin A reduces oil production and Vitamin E promotes tissue repair and healing. In combination, these vitamins are extremely effective in combating acne.

Both Vitamin A and Vitamin E are extremely important vitamins and a deficiency in either of them can lead to acne. Consuming healthy amounts of these vitamins every day can help to fight existing acne and also to enable to body to better prevent further acne breakouts from occurring. Put plainly, both of these vitamins should be involved in any methods used to combat acne and should be heavily considered when looking for acne fighting vitamin supplements.

For more

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Vitamin Supplement

By Rolf Rasmusson

Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods,

the vitamin supplement will help.

Additional interesting content at www.nutritional-supplement-4u.com



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