

Nutrition plays a key role in skin health. For example, various vitamins help fight inflammation, recover after illnesses or injuries, and slow down aging.

Here are the vitamins essential for skin health:

- **Vitamin C.** This is an antioxidant, meaning it protects the body from free radicals or unstable molecules that can damage cells. Vitamin C also shields the skin from UV rays and helps in collagen production.
- **Vitamin D.** It strengthens the skin's natural barrier, enhances immune response, supports a healthy hair growth cycle, and protects against UV-related skin cancer. Additionally, this vitamin has anti-inflammatory properties.
- **Vitamin E.** Research shows that it benefits the skin in many ways, including moisturizing dry skin, supporting healthy hair growth, and reducing inflammation (especially for those with eczema and psoriasis). Scientific studies also indicate that this vitamin reduces UV-related skin tumors, protects the skin from signs of aging caused by UV exposure, and enhances the resilience of the skin's natural barrier.
- **Vitamin A.** Many studies suggest that retinoids effectively reduce wrinkles, treat acne, boost collagen production, even out skin tone, and give the skin a healthier, youthful appearance.
- **Vitamin B3.** This vitamin contributes to skin health by reducing inflammation, protecting against UV rays and microbes, and strengthening the skin's natural barrier.

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