

## Should you take a beauty and skin supplement?

By Megan Ashton

Find out whether taking pills to enhance the look of your hair, skin and nails is a good choice.



[Antioxidant-rich ingredients](#), such as green tea extract, grapeseed extract, lycopene and astaxanthin, are also helpful, explains Torkos. These ingredients enhance the production of collagen and elastin, which help skin to maintain its firmness. And if acne is your main skin concern, Torkos says zinc can help because it is known to help regulate sebum production and promote healing. Vitamin A and its derivative, beta-carotene, may also be useful to help reduce inflammation from the inside out.

### 2. What works for your hair and nails

We can't all be blessed with long, glossy locks or [super strong nails](#). If you are otherwise healthy but feel that your hair grows too slowly or lacks the shine and lustre you crave, look for a product that contains the amino acids L-iso-leucine, L-leucine and L-valine, Torkos says. The minerals silicon, magnesium and sulfur, as well as all of the B vitamins, also help to promote healthy hair. B vitamins also help to strengthen nails. If you have soft, brittle nails or white lines on your nails, you may also benefit from biotin and zinc, Torkos says.

### 3. Choosing a supplement formula

For convenience, consider a supplement that combines some or all of the key ingredients mentioned above. Keep in mind, however, that there is no one-size-fits-all beauty supplement. A doctor, pharmacist, nutritionist or naturopath can help you to pick the products that best meet your individual needs. Torkos also recommends choosing a capsule or powder supplement rather than a tablet because tablets are harder for your

body to absorb.

#### **4. The bottom line**

Beauty supplements are not miracle workers. If you want to slow the aging process and enhance your appearance from the inside out, you need to maintain a healthy lifestyle that includes a nutritious diet, regular exercise, adequate sleep and sunscreen when you head outdoors. Also try to reduce stress as it can wreak havoc on your appearance, says Torkos.

By adding the right beauty supplements to your [healthy living plan](#), you will have a no-fail formula for smoother, younger-looking skin and stronger hair and nails. Keep in mind, though, that you won't see results overnight. Beauty supplements rarely produce instant results and changes may take up to two months to become visible.

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