



How Vitamin E Contributes To Healthy Skin

(NAPSA)—Effective sun protection may start from the inside out.

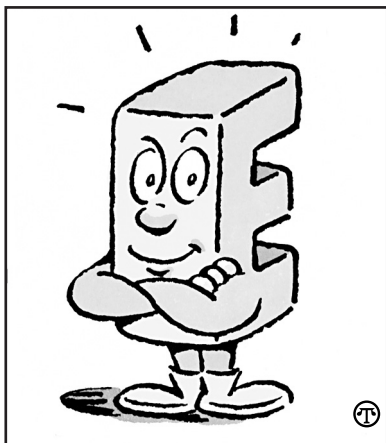
Recent research has shown that taking vitamin E — in addition to using sun screen — can help protect skin against damaging UV light.

Vitamin E provides a mild “sunscreen effect” for your skin, imperative during the summer, but also important during the winter. Additionally, vitamin E may protect against the sun’s damaging UV light, which has been associated with acceleration of the skin’s aging process and increased risk of skin cancer.

“While it is essential to wear sunscreen, for additional sun protection, individuals may consider taking vitamin E supplements,” said Dr. Debra Jaliman, clinical instructor at the Mt. Sinai School of Medicine and a Manhattan dermatologist.

Vitamin E is found in a variety of foods, such as olive oil, nuts, broccoli, spinach and kiwi fruit. Research has shown that most people do not meet the government recommendation for daily intake, which is 15 milligrams or 22 International Units (IUs). For example, people who are on a low-fat weight loss diet, may need to take a supplement, as some of the foods richest in vitamin E also tend to be high in fat content. Some studies, however, have demonstrated the benefits of consuming higher amounts of vitamin E, specifically between 100 to 400 milligrams per day, to reduce photo damage, wrinkles and to improve skin texture.

Frequent exposure to sun and pollutants can produce free radi-



Vitamin E has been shown to slow the visible aging of skin and help prevent skin cancer.

icals, which can speed up the skin’s aging process. Antioxidants like vitamin E are known to prevent these free radicals from damaging cells in the body and the skin. “The skin’s concentration of vitamin E diminishes after exposure to the sun’s ultraviolet rays for even a short length of time,” said Dr. Jaliman. “Vitamin E supplements can build protective reserves of this antioxidant vitamin in the skin.

“While there still needs to be further study regarding the effects on photo damage and UV protection for some of the most common and important vitamins, there are definite benefits for the skin which should not be discounted when considering supplements,” Dr. Jaliman explained. “Your dermatologist can help you determine which vitamins will be most effective for you.”

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