

Ask The Dietitian

Supplements Are The Latest Addition To Beauty Care Regimens

(NAPSA)—A friend of mine recently mentioned she started taking supplements as part of her skin care regimen. Do supplements really work?

Most people don't get all of the nutrients they need from their daily diet, and supplements can help fill in the gap. As people age, their metabolic rates slow down, which causes slower cell turnover in the skin, giving skin a dull and rough surface appearance. Antioxidants such as vitamin A retinol/beta carotene can help with skin renewal. Vitamin C and Copper can help improve collagen, which helps support skin firmness and elasticity.

A new option for women looking to supplement is Olay Vitamins. It's a new line under the Olay brand developed by doctors and nutritionists to meet a woman's individual health and beauty needs. They use a system approach, which makes it easy for a woman to customize a regimen by choosing Beauty Nutrients and Wellness Nutrients that are right for her. They're available in the vitamin aisle of most grocery, mass and drug retailers nationwide.

I've noticed that my skin isn't as healthy as it used to be. Are there any foods I can eat to help my skin look and feel better?

Antioxidants help the body fight the free radicals that cause premature aging. Certain antioxidants, such as vitamin C also support collagen, a strong connective tissue that helps the skin look firm. Vitamin C is abundant in citrus fruits, tomatoes, peppers and potatoes. Other antioxidant vitamins include vitamins A/beta carotene and E. Vitamin A/beta



Supplements can help achieve beauty from within.

carotene is found in carrots and yellow and green leafy vegetables. Vitamin E is found in nuts, wheat germ and vegetable oils. Sources of vitamin E can sometimes be difficult to fit into diet alone without adding unwanted calories and fat. An alternative is taking a vitamin E supplement, such as Olay Natural Super E.

Fatty acids have been in the news a lot lately. Can they really help fight dry skin?

When the body has inadequate levels of essential fatty acids, the result can be dry skin. Salmon, tuna and sardines are great sources of omega 3/6 fatty acids. Try to consume fish at least twice a week to help combat dry skin. If you're not a seafood lover, consider an omega 3/6 supplement.

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