

## How Nutritional Supplements Help Fight the Aging Process

Most people reach for an anti aging cream when wrinkles begin to appear. These products are effective at minimizing wrinkles and preventing more wrinkles from forming. One of the reasons they are effective is the presence of nutrients known as antioxidants. Antioxidants help scavenge free radicals that cause damage to the skin and speed up the aging process. It makes sense to include these nutrients in your food intake as well. This can be done through diet and with nutritional supplements.

A recent French study showed that people who take supplements containing antioxidants had twenty three percent fewer wrinkles than the group who did not take the supplements. The antioxidants in the supplements bind the free radicals in the blood stream. This has many benefits for the skin and your general health. Free radicals are also thought to play a role in certain diseases such as cancer and heart disease.

You should include foods rich in antioxidants in addition to supplements and anti aging creams. Try to include a variety of foods that contain vitamins A, C, E and beta-carotene. Some studies have shown that a combination of vitamins C and E aid in the absorption of these nutrients and are most effective for free radicals. Some foods rich in antioxidants are: raisins, blueberries, cranberries, prunes, plums, spinach, brussel sprouts and broccoli.

Green tea extract is very popular right now and is a great antioxidant. In addition to benefiting the skin, there are other health benefits. Green tea is thought to protect the heart and boost the immune system. There is some evidence that it can help prevent cancer in some cases. You can drink green tea either hot or cold. This nutrient is present in many supplements that are made for the skin.

Vitamin A is an important nutrient for the health of your skin. This vitamin is included in many anti aging cream products and wrinkle removers. This vitamin is very important for the growth of skin cells. A deficiency in this vitamin can reduce the effect of your skin care products. You should try to get about 10,000 IU of this vitamin each day. If your diet is deficient, a supplement can help. Avoid taking too much of this vitamin, as it tends to build up in the body.

Vitamin E is well known for combating the damage done by free radicals. This vitamin improves the elasticity and moisturizes the skin. For this reason, it is often used in anti aging cream products. When it is combined with vitamin C, this nutrient is even more effective. Try to include this nutrient in food sources as well as in supplements.

A combination of a healthy diet, nutritional supplements and good skin care products is best for your skin and overall health. Look for antioxidants in your nutritional supplements and anti wrinkle skin care products. Read the labels to become familiar with the ingredients commonly used in these products. Reading reviews is a good source of information and will help you make the best choice for your skin.

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### About the Author

Brian Dolezal is a contributing editor for TopConsumerReviews.com (<http://www.topconsumerreviews.com>), a leading provider of independent reviews and rankings for hundreds of consumer products. You can find out how top anti-aging creams compare by visiting TopConsumerReviews.com today.