

## 8 Vitamins for Nourishing Skin, Hair, and Nails

A well-balanced diet of fruits, vegetables, grains, dairy, meat, and fats is important for your overall health. However, what you may not know is that the vitamins found in many of these foods can also add a boost to your beauty routine. Check out **eight** of the best vitamins for healthy skin, hair, and nails and the foods that you can find them in.



### Vitamin A and Beta Carotene Skin and Hair

**Found in:** broccoli, spinach, squash, carrots, pumpkins, kale

**Benefits:** The antioxidant beta carotene fights harmful free radicals and is converted to Vitamin A by the liver. Vitamin A renews skin cells and produces sebum (the oily substance in hair follicles), which is a natural moisturizer for your hair and scalp.

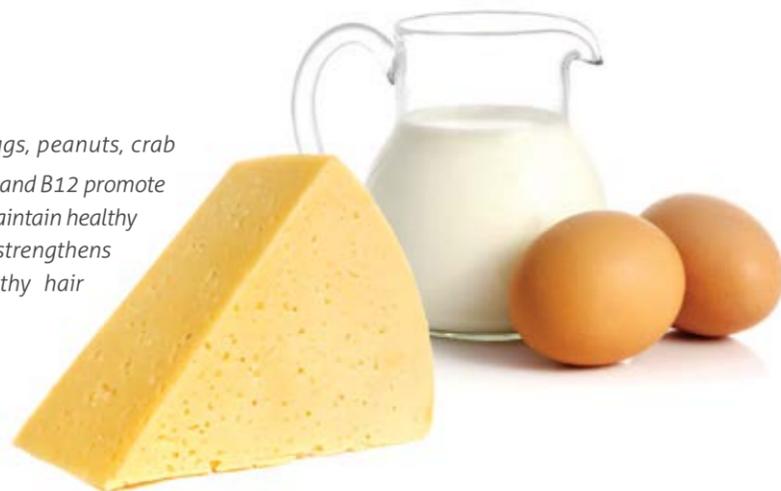
**Fights:** wrinkles, brown spots, roughness, dry hair

### B Vitamins Skin, Hair, and Nails

**Found in:** cheese, milk, eggs, peanuts, crab

**Benefits:** Vitamins B2, B5, and B12 promote skin cell growth and help maintain healthy skin. Biotin hardens and strengthens nails and promotes healthy hair growth.

**Fights:** brittle nails, dry skin, thinning hair



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### Vitamin C Skin

**Found in:** bell peppers, broccoli, guava, strawberries, citrus fruits

**Benefits:** Vitamin C helps produce the protein collagen in the body. Collagen holds body tissues together, creating supple skin. Vitamin C is also essential in fighting skin damage from the sun.

**Fights:** dark spots, wrinkles



### Omega-3 Fatty Acids Skin and Hair

**Found in:** tuna, salmon, flaxseed, edamame

**Benefits:** These healthy fats lubricate the skin and scalp and keep toxins out by maintaining the cell membrane.

**Fights:** dry scalp, red and swollen skin, dull hair

### Vitamin E Skin and Hair

**Found in:** wheat germ, nuts, seeds, avocados, vegetable oil

**Benefits:** This antioxidant helps the body retain moisture and heal itself after damage. It also promotes healthy circulation, allowing more nutrients and oxygen to flow to skin cells. When combined with Vitamin C, it aids in UV protection.

**Fights:** scars, wrinkles, UV damage, dry skin, hair loss



### Zinc Skin, Hair, and Nails

**Found in:** dark chocolate, peanuts, red meat, beans, turkey

**Benefits:** A key player in skin cell renewal, zinc helps build and protect cells. It also helps maintain skin moisture.

**Fights:** dry skin, hair loss, brittle nails



### Vitamin K Skin

**Found in:** green leafy vegetables, fish, eggs, meat

**Benefits:** When used with retinol, Vitamin K (phytonadione) can help control blood clotting, lightening under-eye circles.

**Fights:** dark circles

### Iron Nails

**Found in:** red meat, green leafy vegetables, nuts

**Benefits:** Essential for healthy nails, iron helps keep nails strong. Splitting or curling nails are signs of an iron deficiency.

**Fights:** brittle nails