

# BEST SUPPLEMENTS FOR PIMPLES?



1

## TAKE VITAMIN A WISELY

Clinical research shows that vitamin A (especially in retinoid form) can reduce acne lesions by up to 90%. However, overuse may lead to toxicity. Always consult your doctor before adding supplements.

2

## BALANCE OIL PRODUCTION

Know your skin type and address excess oil, which contributes to clogged pores. Studies show vitamin A derivatives regulate skin turnover and oil production, helping keep pores clear.

3

## HYDRATE WITH NON-COMEDOGENIC MOISTURIZERS

Some moisturizers can worsen acne if they contain pore-clogging oils or fragrances. Look for formulas labeled non-comedogenic and pair with acne-safe supplements.

4

## LIMIT MAKEUP

Certain makeup ingredients can block pores. Use products that are dermatologist-tested and avoid those with heavy oils, especially when using vitamin A-based treatments.

5

## SUPPORT SKIN BARRIER WITH SUPPLEMENTS

Touching your face isn't the only concern — a compromised skin barrier increases risk of breakouts. Supplements like zinc and vitamin A may support skin repair and resilience.

6

## LIMIT SUN EXPOSURE

While mild sun exposure may help temporarily, excessive UV worsens inflammation and damages healing skin. Some acne supplements, like retinoids, increase sun sensitivity — so always apply SPF.