

# DERMASCOPE



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Sun Care & Equipment

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A Legend

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## RESOURCES

ficient vitamin E in the body can also negatively impact the menstruation cycle or even cause fertility problems for both men and women. To maintain healthy levels of vitamin E, it is necessary for the body to have a healthy supply of zinc and selenium, which also promotes the body's acceptance of vitamin E.

### PRECAUTIONS OF VITAMIN E

Despite all of its positive effects on a person's health and skin, vitamin E can also be harmful if it is overused. It is not recommended to have more than 600 international units of vitamin E daily when taken as an oral supplement. Excessive amounts of vitamin E can affect the body's blood-clotting abilities. Ultimately, there has to be balance to allow the body to acquire and take advantage of all of the benefits that vitamins have to offer.

A 1999 study, which was published in *Dermatologic Surgery Journal*, introduced the possibility that using vitamin E alone may not necessarily be ideal as a scar- and stretch mark-smoothing ingredient. It even went as far as demonstrating that topical vitamin E caused an adverse response from the skin, actually irritating and worsening the appearance of recently developed scar tissue. It is always a good idea to be aware that there have been cases of people developing con-

tact dermatitis as a result of vitamin E, as there can be such thing as too much of a good thing, even to something that is naturally existent in the body.

Vitamin E alone offers only a portion of potential advantages to the skin. When in collaboration with other high concentrations of vitamins and omegas, the comparison of how much more of a difference vitamin E makes in encouraging the skin's restoration process is dramatically increased. To truly appreciate the amazing benefits of vitamin E, imagine that the skin is like a building. To shape and sustain the structure, it needs building blocks; those blocks are healthy cells. Vitamin E, with its powerful antioxidant action, stimulates cell repair and regeneration, sourcing the skin with healthy cell building blocks.



Victoria Tabak is a two-state licensed aesthetician and the president of Nature Pure Labs. She began her involvement in the aesthetics industry early in life and now has more than 18 years of experience, along with a Master's Degree in Business, minor-ing in chemistry. For over a decade, she has taught classes on emerging breakthroughs in the anti-aging skin care industry and has inspired many.

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