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Tanning Damages The Skin, Protect Your Skin With Antioxidants

SOD, which is short for superoxide dismutase, is an antioxidant that is found in small, insubstantial quantities in the body. It reduces potentially harmful free radicals. Research is also available that looks into antioxidants role in supporting healthy skin against the sun. However, SOD's benefits have only recently begun to be studied. One studied found that SOD supported skin health against the photo-oxidative stress that is caused by UV radiation better than any other antioxidant.

Two studies have found that the oral consumption of carotenoids from tomatoes such as lycopene, phytoene, and phytofluene helps to maintain healthy skin by protecting it against the damage induced by UV rays. Topical application of currently available sun care products provides limited protection against UV light, as even so-called quality products allows some light to still penetrate the skin which causes damage and wrinkling. To provide optimal protection, supplementing the diet with natural antioxidants, especially lycopene, is essential along with applying sun care products that contain UV-B and UV-A filters. Many studies have been done to examine the photo-protective effects of lycopene.

It has been shown that this nutrients decreases reddening of the skin. A second study, which involved three groups of antioxidants and two different groups of antioxidant supplements that contained carotenoids and selenium, tested the impact of these nutrients on skin structure and health. After 12 weeks, a significant increase in skin density and thickness, an improvement in skin smoothness and softness, and reduced scaling were the results of using these nutrients. There are many all-natural extracts that contain lycopene, and a complex of tocopherols, beta-carotene, phytoene, and phytofluene. These supplements increase the levels of antioxidants in the skin, which enhances the body's natural defenses against UV-induced skin damage, supports healthy skin structure, and helps to prevent premature aging of the skin.

Zinc oxide is said to provide the most abundant wavelength protection of any sunscreen ingredient, which uniformly covers from 290 to 300 nm, allowing it to protect against UV-B and most of the UV-A rays. Recent studies have shown that topical vitamins C and E offer greater photo-protection than what was previously realized, delivered protection four times stronger, offered seventy percent sunburn reduction, and prevented the formation of thymine dimmers, which are signature DNA mutations found in non-melanoma skin cancers.

Actually, a study that was published in the Journal of the American Academy of Dermatology determined that a combination of topical vitamins C and E were better for

UV protection to skin than an equivalent concentration of topical vitamin C or E alone. Additionally, the combination of vitamins C and E provided protection against thymine dimmer formation. In order to obtain appreciable photo-protection, a combination of topical vitamins C and E is necessary.

Medical experts also suggest that all of the above natural products may protect against skin cancer, photo-aging and the effects that go along with them. For more information on these nutrients and the helpful capabilities that they are able to provide for your body, be sure to contact your local health food store.

Sun Care Moisturizers And Creams