

5 Essential Nutrients for Boosting Summer Skin Health

Include protein as an essential nutrient and link to NutriProtein.

NDM_EML NEWSLTR_FREE_5 Nutrients Summer Skin_DD_Send:
08.10.23

SUBJECT LINES:

1. Revitalize your skin this summer with these essential nutrients
1. Summertime skin health tips

PREHEADER:

1. If you're out in the sun, you've got to know about these nutrients
2. Protect and nurture your skin like never before

It's the peak of summer, {{first_name|default:'friend'}}.

And as much as we love having fun in the sun with our friends and family...

There's always one thought in the back of our minds as we soak up those glorious rays:

Is my skin going to pay for this?

Now before we show you how to have glowing and healthy skin this summer with the right nutrition...

It goes without saying that sun should be enjoyed in moderation, and that it's best to cover up when you can.

That said,

Here are the top five nutrients that can help your skin stay radiant – and help you stay safe – the rest of the summer.

Vitamin C

This potent antioxidant fends off damaging free radicals that can be produced from exposure to UV rays. Vitamin C also supports collagen production for firmer, more resilient skin that *stays hydrated* even in the heat.

Try eating more kiwis, strawberries and citrus fruits for a vitamin c boost on days of heavy sun exposure.

You can also benefit from topical creams or Vitamin C supplements.

Vitamin E

Often found in sunscreens, Vitamin E is a super nutrient that can help protect your skin from harsh UV rays and lessen sunburns.

To get more Vitamin E, snack on sunflower seeds, almonds, avocados, spinach, and olives. You can also squeeze a Vitamin E gel capsule right onto

your skin to help it recover after a long day in the sun.

Omega-3 fatty acids

Your skin loves these healthy fats! They maintain skin moisture, reduce free radicals, and can ward off premature aging.

A small study found that people who consume omega-3 fats fared better after sun exposure than those who didn't. [\[1\]](#)

The best sources of omega-3s include salmons, sardines and trout. Not big into fish? Eat more chia and flax seeds.

Selenium

This mineral is less known, but your skin needs it for optimal health. Selenium helps to guard against oxidative stress, keeping your skin safe from free radical damage.

It also plays a role in supporting the skin's healing and repair processes.

Eating just one brazil nut a day can boost your selenium levels and help keep your skin glowing throughout summer.

Protein

Did you know that your skin is mostly made of protein?

Getting enough high-quality protein will help your cells produce enough collagen, which is crucial for retaining moisture and structure during summer outings.

Your body also produces certain proteins that act as powerful antioxidants against sun damage. But in order to produce them...

You have to get enough of the right kind of dietary protein!

If you don't already have some, make sure to get [NutriProtein](#) by NatureMD today.

It has all the essential amino acids necessary for collagen production and antioxidant defense to keep your skin vibrant this summer. (And it's absolutely *delicious*.)

For a limited time, save [\\$28 dollars on NutriProtein!](#)

Wishing you the best of health,

Team NatureMD