

Fruits for Your Skin

Vitamin C is a water-soluble vitamin and it is required daily by our body. Lemon, orange etc are the best sources of Vitamin C. Vitamin C helps your skin glow and look beautiful and it is not just due to the creams and lotions you apply. Orange is a great source of Vitamin C and it is recommended for daily intake to keep the skin healthy. Vitamin C also protects the skin from ultraviolet rays. Vitamin C also acts as an anti-aging agent and makes the skin wrinkle free. At least 200 mg of Vitamin C is required daily by our body and consuming one orange would help you meet your daily needs of Vitamin C. It is good to take an orange than have a glass of orange juice. Vitamin C also helps in healing wounds and making the skin look good and beautiful. Dull looking skin requires Vitamin C for nourishment. It also helps if you have bleeding gums. Vitamin C is an antioxidant and helps the skin. Vitamin C also helps in slowing down the degeneration of skin and organs in our body. Instead of taking Vitamin C pills, it is advised to take fruits and vegetables containing natural vitamins. Fruits have more natural vitamins and fibers than vitamin pills.

About the Author

Definitions of healthy living and natural remedies or health.

Source: <http://productsherbal.com>