

Acne - Apply Vitamin A Derivatives For Sure Cure

Acne and Vitamin A Vitamin A is considered a very important anti oxidant vitamin. Use of Vitamin A in the form of Beta-carotene kills free radicals and keeps us young for a long time. How vitamin A is used for treating Acne? Let us find out in detail. Vitamin A side effects - a boon Doctors warn that Vitamin A in large quantities can be dangerous. In mild doses, it dries the skin and peels it. This side effect has been used to prepare derivatives of Vitamin A called retinoids. Vitamin a is also called retinol. Its derivatives are called retinoids. Isotretinoin is the most famous derivative. Others are tretinoin, Adapalene, tazarotene. Acne treatment with Vitamin A derivatives Topical Vitamin A derivatives dry the skin and peel the upper layers off. This quality is very useful in treating acne. Sebum, the skin oil is the most responsible for causing acne. This sebum becomes infected and forms acne. Vitamin A derivatives dry out this sebum on the site of application. The other main cause of acne formation is blocked sebaceous glands. Once the top layer begins peeling because of Vitamin a derivatives, the pores open. This effectively cures acne. One should be careful in using Vitamin a derivatives. Many cosmetics contain Vitamin A ingredients such as Retinol, tretinoin etc. Excess use will cause redness. Pregnancy is another major concern. Those who are pregnant or are planning to get pregnant should consult their doctor before using any Vitamin A derivative or Vitamin A itself. Vitamin A derivatives are a boon in acne treatment.

About the Author

Manufacturers of vitamins, minerals, herbs and specialist health supplements. Site also offers latest health news and research, a supplement.

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