



Food and Supplements That Can Affect Acne

Foods

This is a guideline only. We are not asking you to eliminate foods or food groups completely; we do suggest you cut back and moderate some food types. The “May Aggravate Acne-Prone Skin” group has been a problem for many people who experience acne. We also know that some people have trigger foods such as citrus, but this is not across the board.

MAY AGGRAVATE ACNE-PRONE SKIN	POTENTIAL SUBSTITUTE
Iodides: Iodides irritate the pore and may cause acne flare-ups	
Iodized salt	Sea salt, uniodized salt, celtic salt, himalayan salt
Milk (including organic and especially nonfat)	Almond milk, coconut milk, rice milk, oat milk
Cheese	Nut cheese
Whey or soy protein shakes and protein bars, creatine	Pea protein, egg white powder, hemp – still check for iodides and biotin before buying (Vega Sport Performance Protein and Perfect Fit are a few safe ones.)
Soy products: tofu, soy milk, tempeh, edamame, soy sauce	
Seafood, shellfish: cod, scallops	Fresh water fish: lake trout, bass, catfish
Spirulina, chlorella, blue-green algae	
Kelp, miso soup, seaweed, seaweed supplements	
Vitamins with iodides, iodine, kelp, potassium iodide (also avoid biotin and B12)	
High Androgen: Foods high in androgens may contribute to increased sebum	
Peanuts, peanut butter	Almond butter or other nut butters
Peanut oil, corn oil, canola oil	Olive oil, coconut oil
Shellfish	
Organ meats including pate	

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Face Reality Clear Skin Supplements

Diet, nutrition and lifestyle can make a big impact on your acne clearing outcome. Many nutrients have been well-researched and are associated with improving acne and supporting skin.

These two exclusive supplements were developed by Face Reality, the #1 professional acne brand, to provide powerful support for topical treatments and skincare regimens. Based on evidence-based research, they work to help clear skin from the inside out while supporting overall health.

Clear Skin Balance contains **Omega-3s** and a proprietary **Antioxidant Skin Defense Blend** that may clear, balance, and brighten skin while supporting overall health and wellness.*

Key benefits include:

- Helps to clear skin and support overall skin health*
- Helps to brighten skin and balance uneven skin tone*
- Provides antioxidant support*
- Supports immune health*

INGREDIENTS

- **Omega-3 Fish Oil 1,000 mg:** Omega-3 fish oil helps to clear and calm skin, supports a healthy skin barrier, and balance oil.* Sustainably sourced and molecularly distilled with a 2:1 EPA:DHA ration
- **Vitamin D3 50 mcg (2,000IU):** Supports immune health*
- **Antioxidant Skin Defense Blend**
 - **Skin Brightening Complex 12 mg:** Lutein and Zeaxanthin (from marigold) flowers, helps to brighten skin and improve overall skin tone*
 - **Vitamin A 1600 mcg RAE:** Provides antioxidant protection*
 - **Vitamin E 15 mg:** Helps to maintain healthy skin*

HOW TO USE

The recommended dose is 2 softgels per day. They should be taken with food, and preferably with a meal that contains fat for better absorption. You can also start with 1 softgel per day with food to ramp up more slowly if there are any concerns. After a week or two of no negative side effects, you can move to 2 softgels daily.

Clear Skin Restore contains the most bio-available form of **Zinc** and a proprietary **Probiotic Gut-Skin Axis Blend** to help clear skin while supporting overall health and wellness. Some people who experience acne breakouts have low levels of zinc in their body.*

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Key benefits include:

- Helps to clear skin, and reduce the severity of blemishes and breakouts*
- Supports overall skin health*
- Supports microbiome balance and gut health*
- Supports immune health*

INGREDIENTS

- Zinc Monomethionine 30 mg: This highly bioavailable form of zinc helps with oil control and clearing skin, and supports immune health*
- Vitamin C 90 mg: Provides antioxidant protection, supports immune health, and is necessary for the body to produce collagen, which helps support healthy skin
- Niacin 100 mg NE: Supports cellular health*
- Probiotic Gut-Skin Axis Blend 6 Billion CFU: This proprietary blend of 4 strains of probiotics helps support breakout-prone skin, supports microbiome balance, and supports gut health*

HOW TO USE

The recommended dose is 1 capsule per day for the first 2-4 weeks. They should be taken with food to avoid any stomach upset by the zinc. Once you are past the 2-4 week acclimation period, you can take 2 capsules per day until you achieve clear skin. Once your skin is clear you can return to 1 capsule per day if you desire.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Foods More Often Associated With Exacerbating Acne & Inflammation

- Trans Fats
 - Cakes, pies and cookies
 - Breakfast sandwiches
 - Crackers
 - Cream-filled candies
 - Biscuits
 - Margarine (stick and tub)
 - Microwave popcorn
 - Doughnuts
- Overheated fats: baked foods/ fried at high temperatures
- Excess sugar
- Omega-6 oils (most vegetable oils) and not enough Omega-3s
- Known food sensitivities (examples: fruit, gluten)

Supportive Foods/Beverages

- Ceylon cinnamon
- Apple cider vinegar
- Green tea, especially matcha

Antioxidant “Helper”- Selenium Rich Foods

- Brazil nuts
- Oats
- Pinto beans
- Navy beans
- Halibut
- Chicken
- Wild-caught salmon
- Spinach

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Foods/Beverages That May Provide Anti-Inflammatory Support

GENERAL

- Turmeric
- Ginger
- Green tea (especially matcha)
- Ceylon cinnamon
- Apple cider vinegar

FOODS HIGH IN VITAMIN B3

- Cremini mushrooms
- Tuna
- Chicken breast
- Fish (halibut, salmon, sardines)
- Leafy greens
- Asparagus

FOODS HIGH IN OMEGA-3

- Fatty fish
 - Salmon
 - Sardines
 - Atlantic mackerel
 - Anchovies
 - Herring
 - White fish
 - Omega-3 enriched eggs
 - Walnuts
 - Deep leafy greens: spinach, kale, watercress
- Blueberries
 - Hemp seeds
 - Mustard seed
 - Brussel sprouts
 - Winter squash
 - Navy beans

A well-balanced low-glycemic diet can support all aspects of health, including your skin.

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