

5 Anti-Aging Supplements That Work

By Jenna Birch



A better-skin pill only *sounds* too good to be true. A handful of lab-tested natural nutrients have proven their powers to stave off signs of aging like wrinkles, brown spots, and dullness. And researchers aren't the only ones paying attention to the capsules: "These are becoming more and more popular with consumers and doctors," says Patricia Farris, MD, clinical associate professor of dermatology at Tulane University. "Supplements are here to stay."

The following 5 supplements may be worth adding to your anti-aging beauty regimen—just be sure to get the nod of approval from your doc first:

Polypodium Leucotomos Extract (PLE)

Protects against: Sun damage, discoloration, and sagging skin

In a *Journal of Photochemistry and Photobiology* study, this extract—which comes from a Central American fern—helped preserve human skin's fibroblasts, which build and restore collagen to help combat wrinkles and sagging skin. And recent research in the *International Journal of Dermatology* suggests that the extract prevents sun damage by increasing the dose of UV radiation it takes to make skin burn, explains Gary Goldenberg, MD, an assistant clinical professor of dermatology at Icahn School of Medicine at Mount Sinai. "The hope is that this, in turn, will reduce the risk of skin cancer." The icing on the cake? "The wonder-tablet can keep skin tone even, too," adds Farris.

Recommended dose: 500 mg before sun exposure

Vitamin C



Protects against: Wrinkles and dullness

"Oral and topical vitamin C has been shown in clinical studies to decrease oxidative stress in cells, which helps cells to grow normally," says Goldenberg, who regularly recommends the supplement to his patients. This helps cells regenerate and produce healthier skin, pumping the brakes on wrinkles and making your complexion more vibrant.

Recommended dose: 100 mg per day

Vitamin E

Protects against: Environmental skin damage and dullness

"Research shows that vitamin E has antioxidant and anti-inflammatory properties," Goldenberg says. Both factors are important in skin regeneration and cell turnover, the process in which dead skin cells slough off and healthier, more radiant cells take their place. Goldenberg says the vitamin also protects skin from wrinkle-forming UV radiation and environmental damage.

Recommended dose: 200 IU per day

Glucosamine

Protects against: Fine lines and sagging skin

Although there's more research on the amino acid as a topical ingredient, a study published in the *Journal of Dermatologic Treatment* showed a 34% reduction in visible wrinkles and fine lines in participants who ingested it. A review of glucosamine in *The Journal of Cosmetic Dermatology* suggested that it can accelerate wound healing, improve skin hydration, and decrease wrinkles when taken as a supplement. How? "Glucosamine is a building block for skin-plumping hyaluronic acid," says Farris.

Recommended dose: 1,500 mg per day

Coenzyme Q10

Protects against: Wrinkles

Similar to vitamins C and E, coenzyme Q10 is a nutrient that can help contribute to the overall health and appearance of your skin. "Like other antioxidants, it helps cells turn over and reduces cellular damage," says Goldenberg. But it has also shown promise as a particularly effective youth-booster: In a Japanese trial, adults who took oral coenzyme Q10 reported a reduction and wrinkle depth, volume, and area after just two weeks.

Recommended dose: 200 mg per day