

What is Vitamin C?

The Ultimate fact sheet to the key facts and benefits of Vitamin C to make it easier for you decide if this active ingredient is right for you.

KEY BENEFITS

- Fights free radicals damage
- Improves skin tone and texture
- Reduces inflammation
- Stimulates Collagen production
- Reverses sun damaged skin
- Brightens skin
- Fades hyperpigmentation/acne scars

SKIN CONCERNS

- Dull skin
- Sun damaged skin/dark spots
- Fine lines
- Suitable for most skin types

SIDE EFFECTS

- Can cause slight irritation to dry, dehydrated or sensitive skin

A KEY NUTRIENT

Not only is Vitamin C great at keeping skin healthy, it also protects cell, promotes wound healing. And keeps bones, blood vessels and cartilage healthy

COLLAGEN BOOSTING

Vitamin C helps the skin produce more collagen and elastin. Making it a perfect anti aging ingredient.

PROTECTS SKIN

Vitamin C is a antioxidant and helps protects the skin from free radicals and daily pollutants. Plus it also helps reverse sun damage

WARNINGS!

Always use SPF with Vit-C they are BFFs and will work better together.

Don't mix Retinoids and Glycolic Acid with Vit-C it will be too harsh on your skin