

Natural Acne-Fighting Prescription

Nutrient	Daily Dosages	Here's Why
Vitamin A	50,000 IU for three weeks (avoid if pregnant), then reduce to 5,000 IU	Reduces sebum (oil) production, promotes smooth, clear skin
Folic acid, vitamin B ₃ , B ₆ , B-complex	Folic acid: 1 mg, vitamin B ₆ : 50 mg, vitamin B ₃ : 100 mg in a high-potency B-complex	Facilitates breakdown of excess hormones
Vitamin C	1,000 mg three times daily	Repairs skin tissue and reduces inflammation
Vitamin D	400 IU	Promotes healing of skin
Vitamin E	400 IU twice daily	Acts as an antioxidant and encourages tissue repair
Beta-carotene	30,000 IU	Acts as an antioxidant for immune support
Zinc	60 mg	Is essential for healthy immune function
Selenium	100 mcg	Enhances glutathione for detoxification and fights bacteria
Chromium GTF	400 mcg	Improves glucose tolerance and essential fatty acid metabolism
Essential fatty acids	one to two tbsp (15 to 30 ml) of flax oil; 1,000 mg three times daily of evening primrose oil	Reduces overproduction of sebum (oil)
L. acidophilus	1 tsp (five ml) twice daily	Improves intestinal flora (especially important if you have taken antibiotics)
Grapefruit seed extract	50 to 100 mg	Is a potent antioxidant also good for circulation
Dandelion, stinging nettles, chamomile, yarrow, horsetail or birch leaves	Drink as a tea	Detoxifies the liver