



## HORMONAL ACNE

### GENERAL RECOMMENDATIONS

|                          |  |
|--------------------------|--|
| <b>ADD (+)</b>           | An anti-inflammatory diet, particularly rich in soluble fibre, essential fatty acids, antioxidants and probiotic foods; protein/fat/fibre breakfast for balanced blood sugar levels; foods rich in beta-carotene such as carrots, squash, sweet potatoes, bell peppers, spinach and kale |
| <b>REMOVE/REDUCE (-)</b> | Food intolerances; sugar and white carbohydrates (to reduce blood sugar imbalance and sugar cravings); dairy; alcohol; caffeine; stress; processed foods   |

### SUPPLEMENTS

#### Top supplements to consider (vitamin A, C and zinc can be combined in an acne support formula)

|  |   |
|--|---|
| <b>Vitamin A</b><br>(2500 – 5000 IU/daily)         | Antioxidant, boosts skin cell turnover                                    |
| <b>Vitamin C</b><br>(up to 1000 mg/daily)          | Antioxidant, supports skin regeneration by boosting collagen production   |
| <b>Zinc *</b><br>(10 -15 mg/daily)                 | Antioxidant, boosts skin cell division and regeneration                   |
| <b>Evening primrose oil</b><br>(1000 mg/daily)     | Reduces inflammation; particularly helpful if acne is cystic painful type |
| <b>Omega-3 fish oils</b><br>(1000 – 1500 mg/daily) | Reduces inflammation  |

#### Additional supplements to consider according to presenting symptoms

|   |  |
|---|--|
| <b>Echinacea</b><br>(300 mg/daily)                            | Anti-bacterial   |
| <b>Ashwagandha extract</b><br>(200 – 500 mg/daily)            | If stress is involved  |
| <b>Dandelion root extract</b><br>(250 mg/daily)               | For liver support if patient has a poor diet/lifestyle and oestrogen dominance |
| <b>Probiotics</b><br>(with <i>Lactobacillus acidophilus</i> ) | Particularly if patient presents GIT issues                                    |

\* If taking higher dosages of zinc be aware of possible copper deficiency; consider pairing with a copper supplement.

## SUPPLEMENTS - RECOMMENDED SUPPLIERS

| SUPPLEMENT                  | PRODUCT NAME                          | SUPPLIER       | FEATURES  |
|-----------------------------|---------------------------------------|----------------|---|
| <b>Acne support formula</b> | Akne-Plex                             | VitaBasix      | With zinc, vitamin A and C, B vitamins, enzymes and herbal extracts   |
| <b>Antioxidants formula</b> | Celapro                               | Nutri Advanced | With green tea, resveratrol, lycopene, turmeric and alpha-lipoic acid   |
| <b>Ashwagandha</b>          | Ashwagandha Plus                      | Wild Nutrition | Food-grown supplement   |
| <b>Dandelion root</b>       | Total Cleanse Complex                 | Wild Nutrition | A unique liver cleansing formula with dandelion root, extra herbal extracts, B vitamins, amino acids and choline<br>Food-grown supplement |
| <b>Echinacea</b>            | Echinaforce tablets                   | A.Vogel        | In tablets form   |
|                             | Echinaforce drops                     | A.Vogel        | Drops are recommended in case of malabsorption  |
| <b>Evening Primrose Oil</b> | Evening Primrose Oil capsules 1000 mg | BioCare        | High strength GLA   |
| <b>Omega-3 fish oils</b>    | Lion Heart Omega 3 – Maxi caps        | Bare Biology   | High strength high purity fish oils extracted from small fish   |
|                             | Eskimo-3 Extra                        | Nutri Advanced | High purity fish oils   |
| <b>Probiotics</b>           | Multi Strain Biotic                   | Wild Nutrition | In powder form  |
|                             | For Every Day EXTRA Strength          | OptiBac        | In capsule form   |
| <b>Zinc</b>                 | Zinc picolinate                       | Nutri Advanced | Highly absorbable form of zinc; can be taken in addition to Akne-Plex in case of zinc deficiency  |

We recommend you always check individual ingredients for any product listed to ensure patient safety