



BOSCH

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Health tip

Get your skin glowing

As the largest organ in the body, it isn't just protection from the outside that the skin needs, above all in summer. Inside, it's also nourished by our diet.

► Power from vitamins and minerals

Colourful is healthy! A good mixture of fruit and vegetables, salads, wholegrain products, high-quality protein and vegetable oils helps to protect the skin from the inside and to keep it smooth and supple. The following ingredients are the focus here:

Vitamin A: important for renewing the cells of the skin and mucous membranes (cheese, butter, liver, fish)

Provitamin A (beta-carotene): protects the skin from free radicals due to sunlight (carrots, pumpkin, tomatoes, apricots, broccoli, curly kale, spinach)

Vitamin B2: has a positive impact on inflammatory reactions of the skin (dairy products, meat, cereals, pulses, leafy green vegetables, bananas, berries)

Vitamin C: strengthens connective tissue, encourages wound healing (bell peppers, berries, citrus fruits, potatoes, sea buckthorn, curly kale, parsley)

Biotin: important for regenerating skin tissue, hair and nails (oat flakes, eggs, nuts, button mushrooms, avocado, soya beans, lentils)

Zinc: encourages wound healing, collagen formation and cell regeneration (meat, fish, milk, cheese, wholegrains)

Selenium: protects the skin from free radicals (meat, fish, pulses, nuts, cereals, onion, cabbage)

Omega-3 fatty acids: keep the skin supple (oily fish, seaweed, walnuts)

► Water – preferably on its own

Whether still, mineral water or unsweetened herbal or fruit teas: The whole body benefits here.



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Tip:

If you're interested in further information about keeping your skin healthy and above all in protecting it, see here:

www.Bosch-BKK.de/care-life