



**Dr. Malott-Brechtel**

## Soft and Supple

Dear Dr. Brechtel,  
My skin is in terrible shape,  
and the humidity drop is making  
it worse. Are there any supplements  
that might help?

B vitamins are required in sufficient doses to ensure the healthy development of skin cells. It is estimated that 80% of the U.S. population is B vitamin deficient; deficiencies that can directly result in skin alteration and disease. For example, angular stomatitis, the cracking and redness sometimes seen in the corners of peoples mouths, can be caused by B<sub>2</sub>, B<sub>6</sub>, Niacin, or iron deficiencies. Likewise acne, eczema, and seborrhea sufferers typically benefit from B-complex vitamin supplementation. And Niacin (B<sub>3</sub>) has been shown beneficial against UV induced skin damage.

Other nutrients important to skin health include essential fatty acids (omega 3 and 6 fatty acids), folic acid (a pseudo-B), vitamins A, C and D, and the minerals zinc and selenium.

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