

top 3 benefits of vitamin c for skin

Explore the top 3 benefits of Vitamin C, one of the most potent and effective ingredients for skin health.



Brighten, firm and defend – and help your skin fight back

story highlights

- Vitamin C is one of the most potent antioxidants available
 - However, many products contain unstable forms of Vitamin C that aren't effective
 - BioLumin-C products use super stable ingredients for maximum skin benefits
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You probably already know that Vitamin C is important for overall health and wellness. But did you know it's also a skin care powerhouse? Topical Vitamin C is one of the most potent antioxidants available – and it lives up to the hype, effectively tackling the primary causes of premature aging to give you brighter, firmer skin.

Here's a breakdown of what a daily dose of Vitamin C can do for your skin!

brighten

Over time, intrinsic (natural) and extrinsic (environmental) factors cause structural changes in the skin, leading to uneven pigmentation. From UV-induced “age spots” to post-inflammatory hyperpigmentation, dark spots are no match for Vitamin C: it helps stop the causes of uneven pigmentation to effectively brighten skin.

firm

Another major benefit of Vitamin C is that it renews skin's surface. It boosts production of substances that keep skin looking firm, helping to reduce the appearance of fine lines and wrinkles.

defend

This is where Vitamin C's antioxidant properties really come into play. Vitamin C helps counteract the effects of oxidative stress and free radicals by neutralizing damaging molecules. But – here's the really exciting part – the latest research also shows that Vitamin C actually enhances your skin's natural defense system, helping it to protect itself from oxidative stress.

There's just one caveat. In order for topical Vitamin C to actually help brighten, firm and defend skin, it has to get into skin – and many formulas contain unstable ingredients that lose efficacy before they even touch your skin. To make sure you get the most out of your Vitamin C serum, choose one with stable ingredients that can get where skin needs it most. (Our pick? Ultra-stable, highly bioavailable **BioLumin-C Night Restore, BioLumin-C Eye Serum** and **BioLumin-C Serum!**)