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Professional Certificate in Skin Health and Gut Health

## Nutritional Supplements for Skin and Gut

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### Nutritional Supplements for Skin and Gut Glossary

#### Acidophilus:

A type of probiotic that helps maintain a healthy balance of good bacteria in the gut, which can promote overall gut health and potentially improve skin conditions such as acne.

#### Alpha-Lipoic Acid:

An antioxidant that helps protect skin cells from damage caused by free radicals, which can contribute to aging and skin conditions. It may also help improve gut health by reducing inflammation.

#### Amino Acids:

The building blocks of proteins, essential for healthy skin and gut function. Amino acids play a key role in collagen production for skin health and in maintaining the integrity of the gut lining.

#### Antioxidants:

Compounds that help protect the skin and gut from damage caused by free radicals, which can lead to inflammation and various health issues. Examples of antioxidants include vitamins C and E, and selenium.

#### Biotin:

A B vitamin that plays a crucial role in maintaining healthy skin, hair, and nails. Biotin deficiency can lead to skin issues such as dermatitis and dry skin.

#### Collagen:

A protein that provides structure and elasticity to the skin, helping maintain its firmness and smoothness. Collagen supplements can support skin health and may also benefit gut health by promoting the repair of the intestinal lining.

#### Essential Fatty Acids:

Fats that the body cannot produce on its own and must be obtained through diet. Omega-3 and omega-6 fatty acids are essential for maintaining healthy skin and gut function.

#### Glutamine:

An amino acid that plays a key role in maintaining the integrity of the gut lining and supporting immune function. Glutamine may help improve gut health and reduce inflammation.

#### Hydrolyzed Collagen:

Collagen that has been broken down into smaller peptides, making it easier for the body to absorb. Hydrolyzed collagen supplements are popular for promoting skin elasticity and hydration.

#### Omega-3 Fatty Acids:

Essential fatty acids found in fish oil and certain plant sources that have anti-inflammatory properties and support healthy skin and gut function. Omega-3 supplements can help reduce inflammation in the body.

**Prebiotics:**

Non-digestible fibers that feed the beneficial bacteria in the gut, promoting their growth and activity. Prebiotics help maintain a healthy gut microbiome, which is essential for overall gut health and can indirectly benefit skin health.

**Probiotics:**

Live beneficial bacteria that support gut health by maintaining a balance of microorganisms in the gut. Probiotic supplements can help improve digestion, strengthen the immune system, and potentially alleviate skin conditions like eczema.

**Quercetin:**

A flavonoid with antioxidant and anti-inflammatory properties that may help protect skin cells from damage and reduce inflammation in the gut. Quercetin supplements can support overall skin and gut health.

**Resveratrol:**

A polyphenol found in red grapes and other fruits with antioxidant and anti-inflammatory properties. Resveratrol supplements may help protect skin cells from damage and promote gut health by reducing inflammation.

**Vitamin A:**

A fat-soluble vitamin that plays a crucial role in skin cell production and repair. Vitamin A deficiency can lead to dry, flaky skin and poor wound healing.

**Vitamin C:**

An antioxidant vitamin that helps protect the skin from damage caused by UV rays and free radicals. Vitamin C is essential for collagen production and overall skin health.

**Vitamin E:**

An antioxidant vitamin that helps protect skin cells from damage and supports skin repair. Vitamin E supplements can help maintain healthy skin and may also benefit gut health by reducing inflammation.

**Zinc:**

An essential mineral that plays a key role in skin health, wound healing, and immune function. Zinc deficiency can lead to skin issues such as acne and delayed wound healing.

This glossary provides essential terms related to nutritional supplements for skin and gut health, helping learners understand the key concepts and benefits of incorporating these supplements into their skincare and gut health routines. By familiarizing themselves with these terms, learners can make informed decisions about which supplements may best support their skin and gut health goals.