## Functions of Vitamin C

- Gives us more antioxidants (protects against free radicals)
- Stimulates and strengthens collagen (ageing, fine lines)
- Strengthens capillary walls which reduce redness (Acne, Rosacea, broken capillaries)
- Anti-inflammatory (acne, sensitivity, eczema, psoriasis, rosacea)
- Lightens and brightens (pigmentation, dull, photo damaged, scaring)
- Natural SPF (everyone, especially photo damaged and pigmentation)
- Inhibits tyrosinase activity to reduce pigmentation (Photo damaged and pigmentation)
- Enhances vitamin A
- Increases hydration (Dehydrated, eczema, psoriasis, dry acne)
- Accelerates healing (Scaring, acne, psoriasis, eczema)