Taking vitamins to alleviate acne breakouts and help skin to be more balanced and smooth is a good way to complement a complete skin care regime. In addition to washing your face twice a day with a mild cleanser, applying topical creams and taking care not to touch your skin often, vitamins can aid in helping skin retain its natural balance of oil. Acne occurs when oil glands overproduce oil, essentially clogging the pores. The oil that normally keeps the skin moisturized is instead trapped in the pores. This blockage often results in pimples, blackheads, whiteheads and even cysts.

Just like the rest of the body, skin needs to be nourished with the correct vitamins and minerals to perform at its highest function. Skin can become more clear with a healthy and balanced diet. There are many vitamins that are known to not only benefit the body, but also the skin. Taking these vitamins regularly can result in a better overall complexion.

Vitamin A is commonly recommended to treat acne and other skin problems. The retinoid in vitamin A are often prescribed by dermatologists as a topical cream or an oral medicine. Isotretinoin is a type of retinoid that is normally prescribed orally for treatment of acne. Vitamin A helps skin to heal, and can also reduce oil production in the oil glands. Vitamins B, C and E all also contribute to healthy skin by giving the body antioxidants that protect the body and nourish the skin. Each of the B-complex vitamins contributes different things to the skin and body, and often compliments each other in their benefits. Vitamin B2 is great for healthy skin and hair while Vitamin B5 counteracts hormonal imbalances. Vitamin B6 deficiency is often cited as causing inflammation of the skin.

Omega-3 fatty acids are also commonly suggested as a defense for skin against acne. Omega-3 fatty acids come from fish oil, chromium, zinc and selenium all have nutrients that are believes to both fight acne and regulate shifts in moods. Taking Omega-3 fatty acids orally is a great way to improve overall skin health. Zinc is recognized as an effective remedy to treat acne. Zinc aids in UV radiation protection and enhances wound healing, both of which are beneficial for good skin health. Zinc also has antioxidant benefits for skin.

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Vitamin supplements for skin care work best when taken in the right quantities and right combinations. Before beginning a vitamin routine for acne treatment, seek the help of a physician or a natural health expert that can clue you in on what vitamins work well with each other and which will compete for absorption. A good vitamin routine will involve not only the right vitamins, but the right dosing of vitamins that will help you attain clear and youthful looking skin that is free of blemishes.