

Five Benefits of Hyaluronic Acid

HYALURONIC ACID EXPLAINED IN 5 INCREDIBLE BENEFITS

Hyaluronic acid is becoming a bigger buzzword in the **beauty and wellness** space and there's a great reason why—it's myriad of health benefits for skin, joints, and more. Working hyaluronic acid into a daily routine could offer improvements in joint health (3), skin hydration (1), and overall skin tone and texture (2). On average, people have about 15g of hyaluronic acid in their body, however, throughout each day about one-third is lost and replaced (6).

By taking our **HA supplements** you help to improve your skin and joints as you replenish what your body lost.

"Anyone who wants to improve their quality of life in a number of different ways can benefit from taking hyaluronic acid supplements. Studies show that when ingested, hyaluronic acid increases the moisture in the skin, reduces the appearance of wrinkles, and provides lubrication for the joints."



1) Restores skin moisture

Hyaluronic acid is a key player in maintaining skin hydration, due to its capabilities of reducing water loss in sun-damaged skin (1). Studies have shown that hyaluronic acid supplements directly help to increase skin moisture in the form of skin smoothness, tone and texture (5).

2) Supports joint health

Hyaluronic acid is abundant and available to use when we're young, but as we age, the amount that naturally occurs in the body diminishes. Found in between the joints, hyaluronic acid acts as a buffer for the joint itself. Increasing the amount of hyaluronic acid in our diet through supplemental use is one way to ensure joints move better! The FDA has approved hyaluronic acid to be used in aiding improvement of joint health. (4). Using lower doses of hyaluronic acid can also aid in reducing joint stiffness as well (3).



3) Supports anti-aging

Studies have shown that skin aging is prompted by “intrinsic” and “extrinsic” aging, which means that, in addition to natural aging processes, day-to-day exposure to the outside elements (1) can also have an effect on our appearance. Research has shown that subjects who added hyaluronic acid into their daily regimen significantly improved the signs of normal aging (2).

4) Aids in wound healing

Masson said that hyaluronic acid aids in wound and burn healing, including sunburn, due to the extra hydration that the skin experiences while using hyaluronic acid. Studies have shown positive scientific evidence that hyaluronic acid aids in tissue regeneration and wound healing (7).

5) Reduces eye dryness

Did you know that the fluid within the eye socket is composed of hyaluronic acid? Eye drops containing hyaluronic acid aid in relieving dry eyes by replenishing moisture within the eye socket, influencing tear production and supporting fluidity (8).

It's pretty obvious that hyaluronic acid can help our bodies in a number of ways. We need it not only to look young, but to feel healthy as well.

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