

# GET READY FOR THE SUMMER BY TOPPING UP ON VITAL NUTRIENTS

## Hair

**Zn**

Biotin and zinc are the vitamins which are most important for healthy hair. Good sources are seafood, lean meats, poultry and soya.

## Skin

Silky soft skin that's protected from the sun begins inside so top up with vitamin A from yellow and orange vegetables, dairy foods and broccoli. Or take a multivitamin.

## Gut

Keep tummy troubles at bay by taking a probiotic for at least 2 weeks before you travel. And avoid undercooked food from the BBQ!

## Nails

Before you slap on the nail polish, make sure your nails are nourished with selenium from Brazil nuts and zinc from fish and wholegrains.

## Joints



Active joints need a little TLC. Omega-3s from fish oils as well as glucosamine could help.