

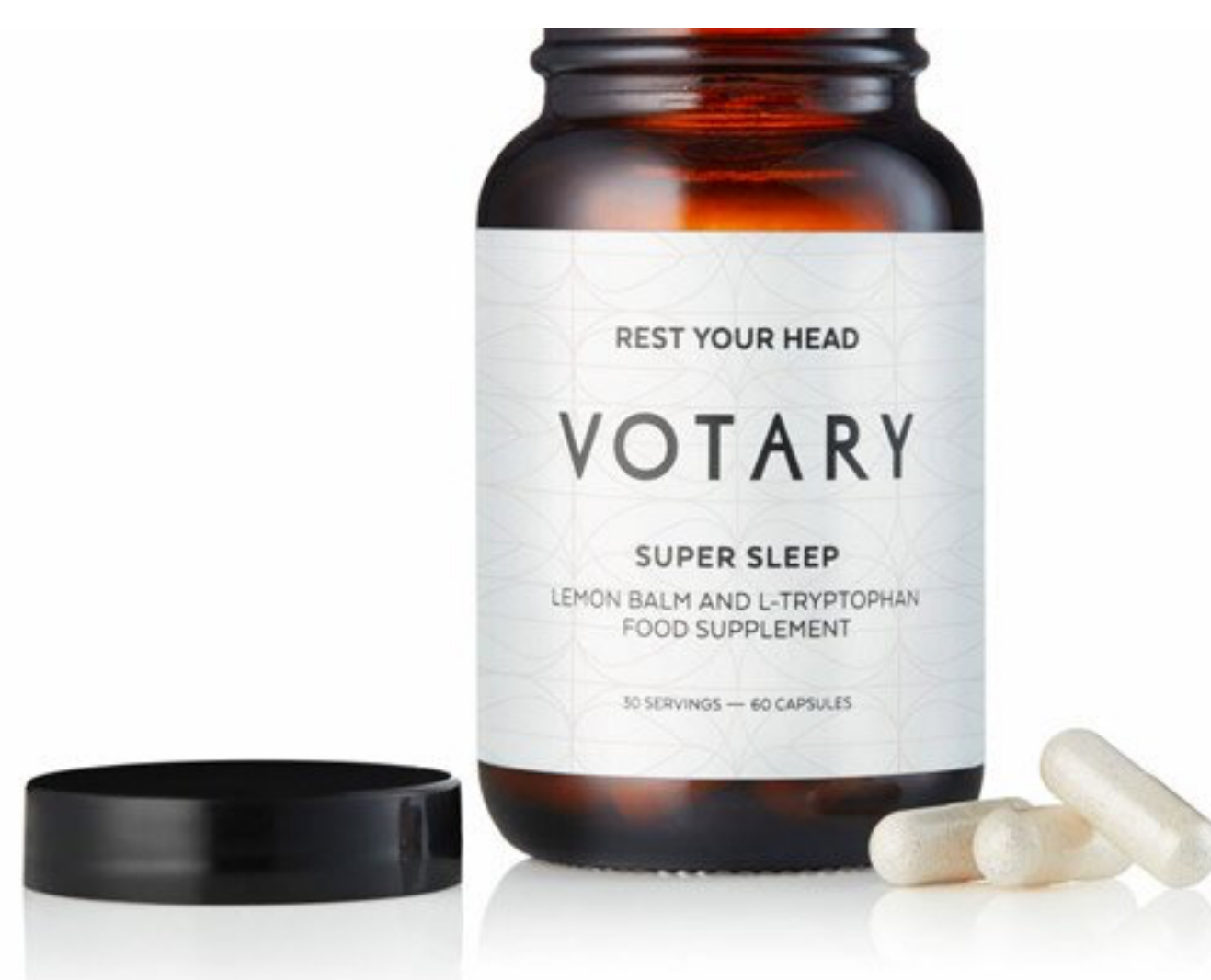
TRIED AND TESTED

# THE BEST SUPPLEMENTS TO BOOST YOUR WELLBEING AND SKIN

**HUMEARA MOHAMED**  
Junior Copywriter / 10 months ago

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Thankfully, **(supplements)** are having their well-deserved moment in the beauty world, and we're so here for it. And no, we're not talking weird, gelatinous concoctions of fish oil like the ones our mums used to make us glug – we're talking vegan capsules, **(sleep-aiding)** gummies or **(gut-nourishing)** elixirs to encourage healthier skin, healthier hair and a healthier you. In a bid to make it all a little less confusing, allow us to introduce you to some of our very favourites, and then you can be on your merry, supplemented way.



## NEW KIDS ON THE BLOCK

The **(VOTARY) (Super Sleep Relax And Sleep Supplement Capsules)** are nothing short of a godsend. Pure luxury but for your insides, VOTARY has turned their beauty prowess from their *skindustry*-adored oils and serums to brand-new, super supplements. Packed with amino acids like L-Theanine and L-Tryptophan to encourage the production of serotonin – which in turn encourages the production of our 'sleep hormone' (also known as melatonin) – these vegan, sugar-free, gluten-free and cruelty-free supplements ensure a peaceful beauty sleep for a revitalised you and fresh-looking skin come morning. Arabella Preston herself, VOTARY's founder, says: "A good night's sleep is written all over your face. Your skin works its hardest whilst you sleep; to renew, to heal, and to restore", and because nobody wants to look like they spent all night binge-watching Netflix's latest offering (dull, dehydrated skin, we're looking at you), lemon balm and magnesium also encourage you to feel nice and relaxed – Sleeping Beauty, eat your heart out!

Then from the Beverly Hills-brand behind Gwyneth Paltrow's gorgeous glow, **(Sonya Dakar)** have brought us **(DIOX)** – vegan capsules of **(vitamins C, D, E, B6 and B12)** with essential minerals to provide nutritional support by fighting internal toxins from environmental pollutants like medications, food preservatives and sanitizers (to name a few!). Powerful botanicals like artichoke leaf, watercress, pomegranate, green tea leaf extract and milk thistle (plus folate and biotin), work to cleanse the liver, lymph system and kidneys – all while reducing levels of stress, fatigue *and* blemishes. True beauty comes from within!



For those of us who aren't lucky enough to live in a sun-soaked city, we need to get our daily dose of vitamin D the old-fashioned way – through our diet. And even if you *are* lucky enough to live in a hot tropic, then trying a supplement will save you from the horrors of sun damage. The **(Here Comes The Sun)** vegan softgels by **(HUM Nutrition)** harness lichen-sourced vitamin D3 to help the body absorb other necessary nutrients like calcium. In fact, vitamin D is essential to keep your bones, muscles, heart and immune system healthy – all while lifting your mood without any UV exposure.

## SEASONED STAPLES

Synonymous with wellness, **(Solgar)** is brand that's revered for its health-boosting vegicaps. From Astaxanthin to Zinc, their supplements span the whole beauty alphabet, and you probably have a few of their classic jars already sat in your bathroom cabinet. That's where the **(Biotin 5000µg Vegetable Capsules)** come in, offering a great addition to your stash. A water-soluble B vitamin, biotin is essential for energy levels, the metabolism and even healthy teeth and bones, but it's primarily known for its beauty benefits, aiming to keep your skin, **(hair)** and nails in tip-top condition. A precursor to keratin – which the body needs to manufacture hair and nails, while keeping them strong and glossy – these capsules are non-negotiable for those with brittle nails or fragile, thinning hair. Rapunzel who?



From the brains behind the beauty industry's favourite **(The Nue Co.)**, the body-balancing **(Metabolism)** offers 60 glorious capsules of traditional Ayurvedic extracts like green tea leaf and cissus extract to support your baseline metabolic rate and help with stabilising your blood sugars to stave off harmful and unnecessary sugar cravings. As sluggish metabolic function can be linked to fatigue, headaches, cravings and constipation, these capsules encourage a happier, healthier life with reduced absorption of starch-derived sugars and minimised insulin spikes to inhibit the desire to snack.

## SHOP SUPPLEMENTS >>



**THE NUE CO. METABOLISM CAPSULES**

£30.00 Buy Now



**VOTARY SUPER SLEEP RELAX AND SLEEP SUPPLEMENT CAPSULES**

£27.00 Buy Now



**HUM NUTRITION HERE COMES THE SUN 30 CAPSULES**

£15.00 Buy Now



**SOLGAR BIOTIN 5000MG VEGETABLE CAPSULES**

£19.99 Buy Now

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Humeara is a Junior Copywriter at Cult Beauty. A self-professed 'beauty obsessive' (no, really, you should see her excessive selection of serums), she can usually be found somewhere rattling on about sunscreens or showering in green eyeshadows. Her other hobbies include knitting, sleeping and walking her saluki through Hampstead Heath.

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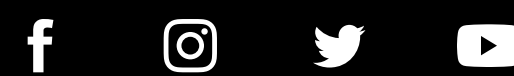
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