



Diet remedies for

Acne

Your Guide to Acne

Diet Remedies for Acne

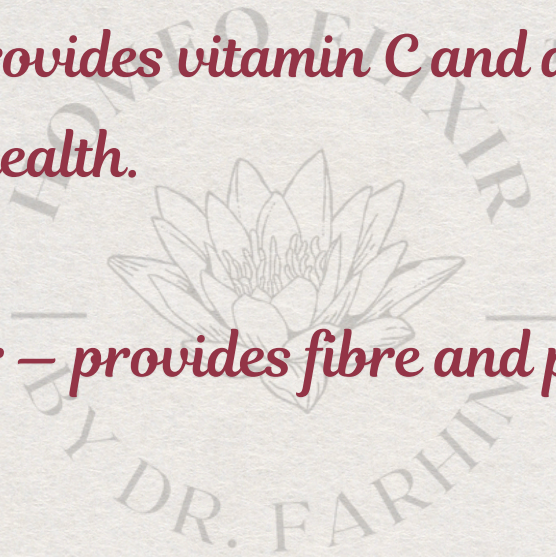
** Spearmint Tea – may be helpful for androgen-related hormonal acne in some women.*

** Amla Water – provides vitamin C and antioxidants that support skin health.*

** Flaxseed Powder – provides fibre and plant-based omega-3 fats.*

** Chia Seed Water – supports fibre intake and overall nutrition.*

** Pumpkin Seeds – a good dietary source of zinc.*



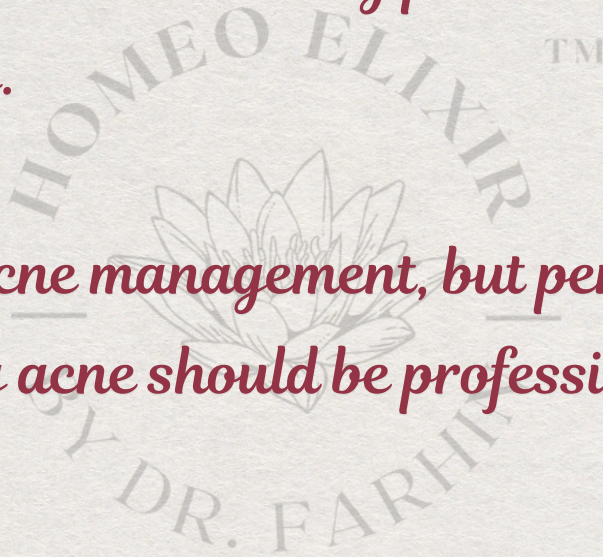
Diet Remedies for Acne

- * Walnuts + Almonds – provide healthy fats and vitamin E.*
- * Green Tea – an antioxidant-rich, unsweetened beverage.*
- * Turmeric + Ginger Water – can be included as an anti-inflammatory dietary beverage.*
- * Pomegranate – provides antioxidants and micronutrients.*
- * Probiotic Curd / Yogurt – can support gut health; choose unsweetened varieties.*

Diet Remedies for Acne

Limit: high-glycaemic foods, sugary drinks and excessive refined carbohydrates. Some people also notice acne worsening with certain dairy products, but this varies individually.

Diet can support acne management, but persistent, painful or scarring acne should be professionally assessed.





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