

## Vitamins Get Rid of Dark Circles under the Eyes

Although the dark circles under the eyes may not cause any serious health problem, they are often a cause of great cosmetic concern, adding years to your appearance or making you look haggard or unhealthy. There are a number of different natural remedies for dark under eye circles - such as vitamins. Vitamins can be used topically or orally to get rid of dark circles

The Mayo Clinic recommends **getting rid of your dark circles by applying a vitamin-rich cream**. A 2004 clinical study conducted by researchers at Tokyo's Nippon Medical School showed that a **topical gel treatment containing vitamins A, C, K and E had moderately effective results in reducing dark circles**. The gel, which was applied twice a day, contained 2% vitamin K, 0.1% retinol (Vitamin A), 0.1% vitamin C and 0.1% vitamin E . Several over-the-counter creams contain these vitamins.



Another way of **treating your dark circles with slices of pumpkin**. What makes pumpkin effective? Pumpkin contains Vitamins A, C, and K, which help to reverse the effect of the dark circles. Place the pumpkin slices over your under-eye area for a few minutes each day.

Dermatologists have recently discovered that Vitamin K is effective at getting rid of dark circles under the eyes. This vitamin helps to minimize the appearance of under-eye circles that may result from poor blood flow beneath the eyes

In her book, "Your Health Is in Your Kitchen," Gwennyfar notes that dark circles are among the more visible symptoms of a Vitamin K deficiency. She writes that you can reverse this deficiency by adding foods rich in vitamin K to your diet. These include brown rice, eggs, oatmeal, wheat, alfalfa, cornmeal, sweet potatoes, liver, soybeans, and milk.

B vitamins help to reduce water retention, which often causes puffy eyes and result in dark circles under the eyes. The different B vitamins work together, so you should ensure that you take all of them. Foods rich in the various vitamins are walnuts (Vitamins B1 and B7), yogurt (B2 and B5), wild salmon (B3), spinach (B9), and oysters (B12). Walnuts, salmon, and spinach also contain Vitamin B6.

In the book in Nutrition Almanac, John D. Kirschmann explains that just a small Vitamin A deficiency may lead to dry eyelids, easy tiring of the eyes, and sensitivity to light variations, which contribute to dark circles. Taking Vitamin A will help keep the eyes in good health and alleviate these symptoms, which in turn will get rid of dark circles.

### REFERENCES

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