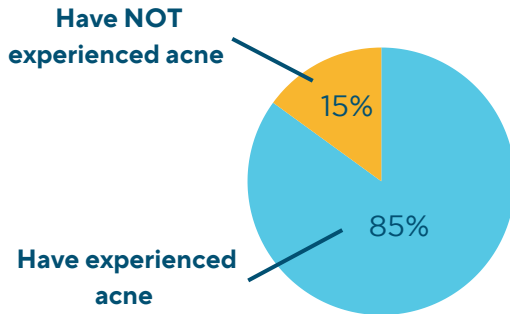



Myth Busting: Dairy & Acne



Acne is very common!

Most people will experience acne. In fact, 85% of people ages 21-24 years old have claimed to experience acne during their life.

Facts about Milk and Acne



What are the Causes of Acne?

The four main causes of acne include your skin producing extra oil, clogged hair and skin pores, bacteria, and inflammation.



Dairy Does Not Cause Inflammation.

Research has shown that dairy (milk, yogurt, and cheese) is not associated with increasing inflammatory markers in the body.



Milk is Considered a Low-Glycemic Food.

Milk, yogurt, and cheeses are low-glycemic foods that will not spike blood sugars. Low-glycemic foods have been known to help reduce acne.



Milk Hydrates your Skin!

Due to the nutrient-filled makeup of it, milk hydrates better than water. Milk slows down digestion which allows your body to absorb water and electrolytes better.



Milk Provides Vitamin A and D

Vitamin A is often used in acne prevention and treatments. Vitamin D may decrease inflammation and helps with skin healing.

Ca²⁺
Zn²⁺

Milk Provides Calcium and Zinc

Calcium plays a role in protecting your skin barrier from damage. Zinc helps regulate oil production, reduces inflammation, and aids in skin protection.