

# NEW BEAUTY®

## The Latest Beauty Supplements You Have to Get Your Hands On

By Danielle Fontana , Editorial Assistant | September 08, 2017



In many senses, beauty begins on the inside. If you're looking to boost your skin, hair and nail health, consider incorporating a supplement that's chock-full of vitamins, nutrients and healthy additives into your daily routine to feed your body's natural beauty. Below, the latest wave of supplements that are worth a try.

1/8



DOPE Naturally (\$35-\$45)

On the scene for creating the world's first watermelon-seed-powered plant-based protein, these trending powders—Melonaid Protein Powder (\$45) is rich in amino acids to promote collagen production and a faster metabolism; Beet Force Powder (\$35) is a natural anti-inflammatory and stamina booster that promotes oxygen flow and better blood circulation, and Beet Bliss Powder (\$35) is a cell-rejuvenating, collagen-forming powder that's packed with magnesium and vitamin C—are just as effective as they are Instagram-worthy.

2/8



Dr. Barbara Sturm Skin Food (\$95 for 60 capsules)

Purslane—a superfood compound that helps fight inflammation while activating your body’s “youth enzymes”—is the chief ingredient (along with glucosamine to boost hyaluronic acid production and Japanese knotweed root extract, a natural source of youth-boosting resveratrol) in these two-a-day capsules that claim to help with premature signs of aging.

3/8



BeautyMe (\$16-\$20)

Designed to be used around that time of the month to curb its unwanted side-effects that often appear on your complexion, this gluten-free powder was created by a female plastic surgeon and is brimming with everything you need (peptides, lipids, collagen, hyaluronic acid and biotin) to restore beauty-boosting levels in your body that naturally dip with age.

4/8



**HUM RAW Beauty Coconut Pineapple Tropical Infusion (\$39 for a one-month supply)**

Each scoop tastes like a piña colada, but delivers energy, glowing skin, a dose of superfoods, probiotics and antioxidants, and a full serving of fruits and vegetables instead of a headache. It's a win-win.

5/8



**OUAI Oily Scalp Supplements (\$28 for 30 tablets)**

Dry shampoo isn't the only way to beat an oily scalp anymore. Jen Atkin, hair stylist to the stars, introduces her first supplement lineup, intended to beat dry, oily and thinning hair, one capsule at a time. These particular supplements utilize green tea extract, niacin, amino acids, biotin and omega-3 and -6 to fix an oily scalp and finally let you skip a wash.

6/8



### Amazing Grass Elixirs (\$30 each)

Available in Beauty, Brain and Belly blends, these USDA organic–certified powders are packed with fermented greens (including wheat grass, alfalfa and barley) and adaptogenic herbs (like moringa leaf, ashwagandha and reishi) to support wellness across cognitive, aging and gut-health platforms. While the exact ingredient list differs based on the blend, each taste delicious and is a welcome addition to any drink or morning smoothie.

7/8



### OLLY Superfoods Super Berry Smoothie (\$30)

Fully loaded with plant protein, five grams of fiber, six superfoods and 12 organic fruits and vegetables per serving, this vegan, multipurpose blend doesn't just taste incredible (try it blended with almond milk!), it delivers the nutrients your body needs to thrive, too.

8/8



BE Biotin (\$32 for 35 capsules)

So much more than your average biotin capsule (the brand stands for “Better Everything” after all), this all-natural hair, skin and nail supplement merges the power of biotin with the brand’s powerful herbal complex (a blend of pumpkin seed, saw palmetto and African tree bark) to fight hair loss and thinning at the hormonal source. Not to mention it’s *so* much chicer.