

Skin superheroes

FOR COMPLEXION PERFECTION,
TURN TO THESE TOP-RANKING ANTIAGERS.

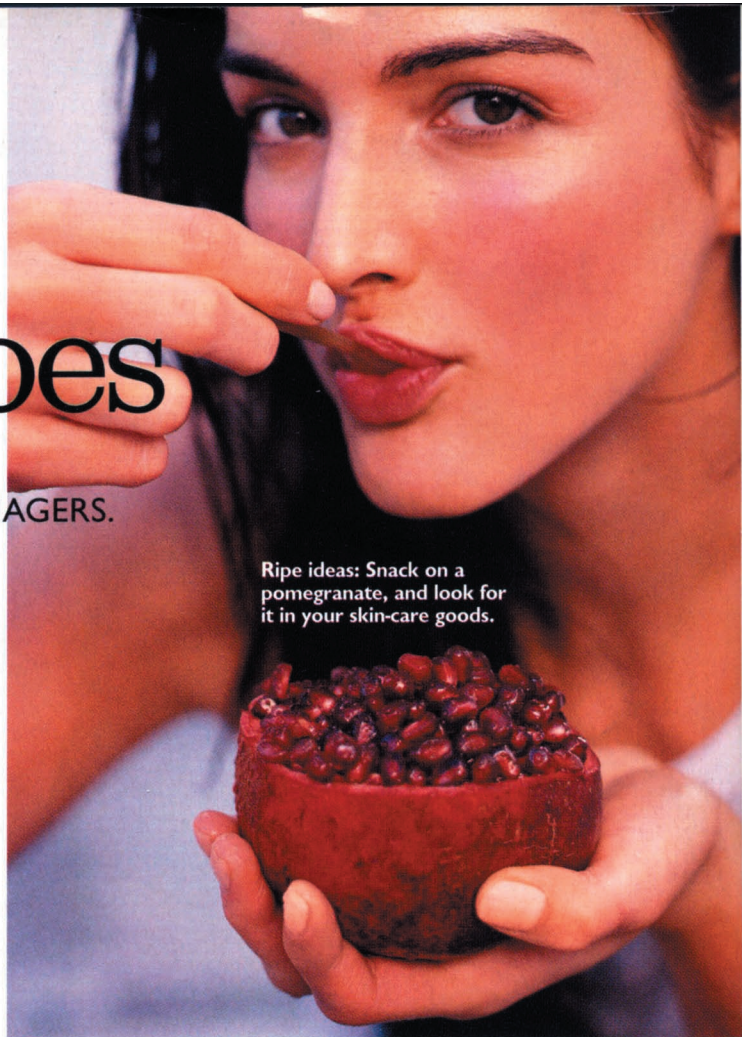
The dream team When used with broad-spectrum sunscreen, **VITAMINS C AND E** fight damage done by UV rays. While vitamin E stops free radical damage, C regenerates E and keeps it stable, explains Sheldon R. Pinnell, M.D., professor emeritus of dermatology at Duke University Medical Center in Durham, North Carolina. **Get them in** SkinCeuticals C+E face serum, \$115.

The supporting player **GREEN TEA** battles collagen breakdown, improving skin's elasticity. "It can be combined with other antiaging compounds such as vitamin A and sunscreen, and it will improve their potency," says David McDaniel, M.D., assistant professor of dermatology and plastic surgery at Eastern Virginia Medical School in Norfolk.

Get it in Kiss My Face Face Factor with SPF 30.

The newsmaker **IDEBENONE**, a synthetic antioxidant, slows collagen breakdown and the formation of sunburn cells (those damaged by UVB rays), which are linked to skin cancer, Dr. McDaniel says.

Get it in Prevenge, \$90 (available from M.D.s next month), or Aloette Age Defiance Firming Serum, \$70.



Ripe ideas: Snack on a pomegranate, and look for it in your skin-care goods.

The up-and-comer The power of **POMEGRANATE** to fight free radicals hasn't been fully assessed, but hopes are high. According to three studies, using pomegranate extracts topically may help prevent skin cancer. **Get it in** Murad Waterproof Sunscreen SPF 30 for Face and Body, \$25. —Jillian Blume