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## Have You Taken Your Dose of Ingestible Beauty Yet?

A daily multivitamin might be the oldest health trick in the book -- but have you ever taken a supplement just to improve your looks? Over the past few years, “ingestible beauty” -- antioxidant- and protein-packed foods and drinks designed with particular beauty benefits in mind like improved hair texture and brighter skin -- has [transformed the beauty industry](#) and made us rethink what we put into our bodies.

Camille Varlet, founder of [All Beauty Skincare Drink](#) (and an alum of Dannon and L’Oreal), says she often notices women stress about dry, aging, or lackluster skin, but yet, they continue to make unhealthy lifestyle choices. “Skin needs to be taken care of from the inside out,” she says, “by drinking water and avoiding sugar.” Yes, it’s difficult to get in the recommended eight glasses of water a day, but opting to hydrate with a sugary beverage could make matters worse. Sugar, as it turns out, contributes to the [breakdown of collagen](#) -- the protein that makes skin firm and plump (and which slows in production after you turn 30). Less collagen means thinner, aging skin.

To counteract these issues, several beauty brands (and startups like Varlet's) have developed skincare-focused beverages, which combine sugar-free hydration with either antioxidants and vitamins to boost skin's natural collagen production, or simply, a form of drinkable collagen itself. The result is a useful supplement to topical skin products, which can only go so far to improve skin's appearance. Below, a few "beauty-from-within" drinks designed to combat dry, wrinkly, or aging skin.

### SKINSIDE BEAUTY SHOTS

When you think of shots, beauty is probably the last thing that comes to mind. But these collagen-packed shooters (2,500 milligrams per 2 fluid ounces) are great for getting on an ingestible-beauty regimen: you can take one wherever, whenever (no refrigeration required) in a single gulp. The base of Swiss milk serum -- a creamy liquid derived from the production of whey -- gives the drink a thick texture and contains a high calcium and magnesium content, which aids in absorption. \$79.99 for 16 bottles ([on Amazon](#)), [skinside.us](#).