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## Why it's important to keep supplementing over summer

The Vitl Nutrition Team / 24 Jun 2022

**We have compiled a list of essential summer vitamins and minerals, so everyone can feel their best during these warmer (and often hectic!) months.**

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During the summer, it's important to take care of ourselves so we can live these longer days to the full! One of the best ways to do this is by making sure we get all the essential nutrients, minerals and vitamins we need on a daily basis. Of course, the best way to achieve this goal is through diet, but hectic lives and summer activities can throw a wrench into even the purest of eaters. Fortunately, there are supplements to fill in the gaps and keep us going!

### Why is supplementation during summer important?

There is a misconception that one should only supplement during the winter, but this is very far from the truth. Don't get us wrong, supplementing with immunity-supporting nutrients and vitamin D during the flu season is top priority. But there are other aspects of our lives like our energy levels, sleep, brain and cognitive function, digestion, skin and hair health, that need

some extra pampering particularly during the summer months, where the extreme temperature highs, overexposure to the sun and change of dietary habits as we go on vacation, can leave us feeling dehydrated, bloated, sleep deprived and lacking the energy to engage in our summer activities.

## **Consistency is key!**

Our body works 24/7 and needs essential nutrients to function optimally all year around. Ceasing supplementation just because there is no extra space in your luggage to fit your vitamins, or because you feel that your immune health is not at risk, may leave your body lacking essential nutrients that you may not be getting from your diet – especially during summer when daily dietary routines can drastically change. This is especially important for water soluble vitamins like B vitamins and vitamin C. These vitamins dissolve in water and are not stored in the body, and since they are released from our body with our urine, we require a continuous daily supply of them from our diet.

## **The nutrient gap**

The world has changed since our ancestors lived here. Every day, we breathe in toxins that we release into the world, and our bodies need more nutrients to process and combat these toxins. The nutritional value of fruits and vegetables today is also less than what it was in the 70s. Commercial farming and all the heavy fertilisers we use have stripped our soils of important nutrients. The soil is less and less nutrient-rich and no longer contains the important vitamins and minerals we need at high doses. In fact, one would need to eat 8 oranges to get the same amount of vitamin A their grandparent would get from one! So topping up our game with all the delicious seasonal fruits like cherries, watermelon, strawberries, grapes, apricots and peaches, is crucial, but we may also need some extra help from high quality supplements to get all the antioxidants needed to sustain optimal bodily functions.

## **Summertime and the livin' is... not easy!**

Dry skin? Bloated? Exhausted? Dehydrated? Sleep deprived? If you feel like that during summer, trust us, you are not alone! And that is only normal, taking into consideration the huge impact of overexposure to the sun, heat and sweating, and considering how changes in our diet and lifestyle can affect our overall wellbeing. That is exactly why we have collected our top picks for summertime, to make sure you are giving your body all the goodness it deserves to keep thriving all year around!

- **Energy (B vitamins for the win!)**

Getting enough B vitamins is key in supporting the normal energy release from food, to keep us

functioning optimally even during the hottest days! As mentioned before, these water soluble vitamins are not stored in our body, so we need to ensure we have an adequate daily supply of them. Research has also shown that B vitamins have synergistic effects which means they are often bunched together into a B complex as they work better this way. In our carefully formulated [Rise and Energise](#) blend, we have included all the essential B vitamins for normal energy-yielding metabolism, reduction of tiredness and fatigue, and normal psychological and cognitive function. Plus, biotin (vitamin B7) is crucial for normal hair health, and we do need to pay some extra care to our luscious locks as they are vulnerable to the damage caused by the sun and chlorinated pool water!

Treat yourself from the inside out with Vitl's [Rise and Energise](#).

- **Skin (beauty and vitamin C)**

Our skin cells are a ready target for binding with free radicals which then causes a chain event of damage that leads to premature ageing. During summer, our skin is particularly vulnerable to oxidative damage caused by the constant exposure to the sun's ultraviolet light. Vitamin C is a powerful antioxidant and is crucial for our skin's health, as it neutralises those damaging free radicals. But that's not all: this potent antioxidant is essential for the production of collagen, the protein found in our skin, nails and connective tissue. Vitamin C also supports the action of vitamin E by regenerating the body's vitamin E stores, which further protects us from photo-damage. Show your skin some love with our [Skin & Beauty](#), formulated with vitamin C, vitamin E, plus zinc, a mineral that has been shown to enhance skin repair, reduce inflammation and help relieve symptoms of acne and dry skin.

Get your summer glow with Vitl's [Skin and Beauty](#).

Interested in just covering the basics? Check our newly launched [Vitamin C!](#)

- **Digestion (probiotics for a happy tummy)**

Stomach discomfort such as gas, bloating, constipation, diarrhea and heartburn can all be signs of an unbalanced gut microflora (gut-friendly bugs that live inside of us and are vital for our digestion, immune and mental health). Taking probiotics can help restore our gut microbiome and may improve the way we are processing food and eliminating waste.

Planning to go on a trip this summer? Traveling to a new destination can be thrilling, but it also means different food, different water, different time zones. All of this takes its toll on our bodies, particularly our digestive system with symptoms ranging from diarrhea, to constipation and bloating. A probiotic blend can be a life saver during your traveling days, so don't forget to pack your [Daily Biotic](#) on your next trip!

Make sure your gut microbiome is thriving this summer, with our [Daily biotic](#), formulated with 9

different probiotic strains, plus prebiotic fibre (FOS).

- **Party, party and no sleep (magnesium for brain)**

Sleep deprivation is quite a common phenomenon in summer! Whether it is due to the heat that makes it impossible to relax and fall asleep, or due to partying all night long, having a disrupted, unrestful sleep can leave us feeling exhausted the next day. Having a magnesium supplement prior to bed will help our muscles relax, including our brain, so we can have a really deep sleep. Want to top up your sleeping game even more? Look into adding relaxation-promoting herbs into your bedtime routine, like lemon balm.

Help yourself prepare for a good night's sleep with Vitl's [Sweet Sleep](#).

You might also be interested in:

[A guide to a fun, active and healthy summer](#)

[Melon, parma ham and mozzarella summer salad recipe](#)

[Tips to get through the summer months](#)



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Nutrition Team**  
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