

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO DEAL WITH LOOSE SKIN



YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.

If you just lost a ton of weight, it's probable that you have extra loose skin on your body now. Although it's healthier than being fat, loose skin is not something you want to deal with either.

**Gaining muscle is the most efficient way to
combat loose skin.**

4 WAYS TO IMPROVE SKIN ELASTICITY

There are certain things you can do to improve the natural elasticity of your skin. If you have a problem with loose skin after your weight loss, try these methods.

01. Quit Smoking

Smoking can drastically affect your skin. It damages pigmentation, brightness, texture, and creates lines. It also **damages the elasticity** of your skin. If you stop smoking, your skin can start to appear younger and will tighten up.

02. Eat More Protein

In addition to many other health benefits, protein also helps keep your skin **moist, wrinkle-free, and elastic**. It will also help you build muscle and get stronger, which creates muscle mass and tightens up your skin.

03. Fruits and Vegetables

There's a good chance you're not eating enough fruits and veggies. You should consume three cups of vegetables and two cups of fruit every day. Try to mix up the colors as well. Eating nutritious foods help keep your body **and skin healthy**.

04. Take Supplements

The best supplements to help you with loose skin are **gelatin and fish oil**. Gelatin helps stimulate collagen production, which improves skin elasticity. Fish oil also helps improve your skin elasticity and has several other health benefits as well.

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