



Rosacea Triggers

GLYMEDPLUS®

Foods High in Histamines

consume the following in moderation



Meat



Spicy Foods



Chocolate



Alcoholic Beverages

Red Wine, Beer, Bourbon, Gin, Vodka, & Champagne



Hot Beverages

Hot Coffee, Hot Chocolate, Hot Cider, Tea



Specific Vegetables

Eggplant, Lima Beans, Spinach, Tomatoes, and Avocados



Specific Fruits

Bananas & Red Plums



Specific Dairies

Yogurt, Cheese, Sour Cream



Specific Ingredients

Vanilla and Yeast

GLYMEDPLUS®



Skin Care

Skin Care Ingredients to Avoid

Alcohol
Retinol/Retin A
Fragrances
Caffeine

Stress

Lowers Immune Capacity Hormone

Sun Exposure

UV Rays damage the skin and increase inflammation

Hormone Imbalance

Results in an Impaired Skin Barrier

Other

GLYMEDPLUS®