

## 参考资料:

1. Vitamin C, Grape Seed Extract and Citrus Bioflavonoids Protect the Skin against Photoaging: A Review  
[https://www.researchgate.net/publication/347788222\\_Vitamin\\_C\\_Grape\\_Seed\\_Extract\\_and\\_Citrus\\_Bioflavonoids\\_Protect\\_the\\_Skin\\_against\\_Photoaging\\_A\\_Review](https://www.researchgate.net/publication/347788222_Vitamin_C_Grape_Seed_Extract_and_Citrus_Bioflavonoids_Protect_the_Skin_against_Photoaging_A_Review)
2. A Review of the Potential Benefits of Plants Producing Berries in Skin Disorders  
<https://pubmed.ncbi.nlm.nih.gov/32575730/>
3. Types and Importance of Berries – A Review  
[https://www.researchgate.net/publication/318877108\\_TYPES\\_AND\\_IMPORTANCE\\_OF\\_BERRIES\\_-\\_A\\_REVIEW](https://www.researchgate.net/publication/318877108_TYPES_AND_IMPORTANCE_OF_BERRIES_-_A_REVIEW)
4. List of the best vitamins for skin  
<https://www.medicalnewstoday.com/articles/324943>
5. The impact of airborne pollution on skin  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6766865/>
6. Ultraviolet light degrades the mechanical and structural properties of human stratum corneum  
<https://doi.org/10.1016/j.jmbbm.2019.103391>