

Consume Hair Vitamins and Minerals to get Healthy Hair

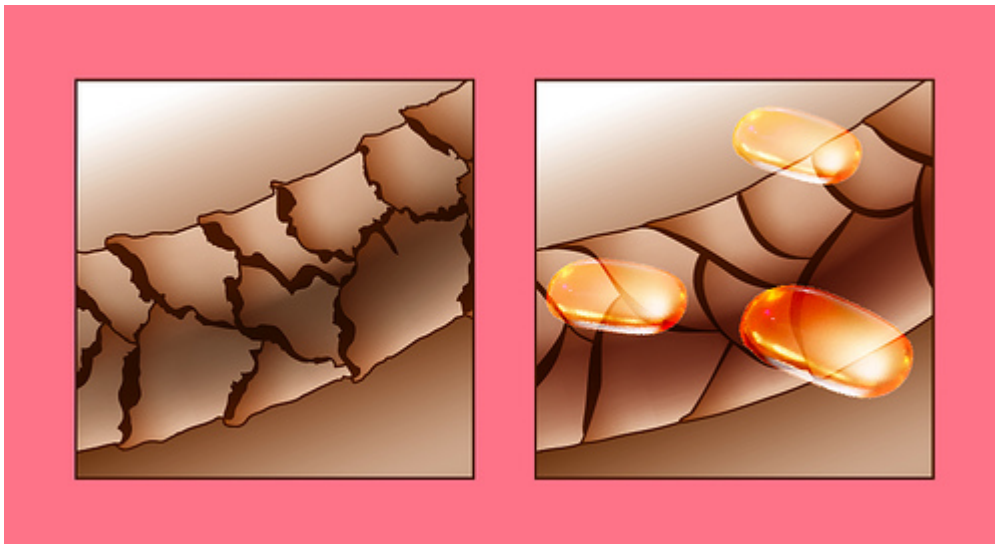
There are different hair vitamins and minerals out there that can help someone get healthy hair. Not getting enough hair vitamins can cause thinning hair or total baldness in more serious cases. The condition of a person's hair can reflect the overall condition of the body. More hair vitamins may be needed if a person is ill or malnourished, the hair will show damage and may stop growing.



Some of the most important hair vitamins to obtain healthy hair are B6, biotin, folic acid, and inositol. The best way to make sure you are getting enough of these vitamins is to consume vitamin supplements. It is not just hair vitamins that are needed for healthy hair but minerals such as sulphur, silica, zinc, and magnesium is needed as well.

The most important hair vitamin is vitamin A but the best way

to consume vitamin A is by including beta-carotene in your diet; because Vitamin A can be harmful if taken in large quantities but beta-carotene doesn't have that problem and is converted into vitamin A by the body, which can be used to stimulate healthy hair. Vitamin A isn't just a hair vitamin, it is needed for other functions including normal growth of bones, nails, skin, and the sheath surrounding nerve fibers. Protein is another important hair vitamin because hair itself is basically protein. The amount of protein a person consumes can affect the hair directly. Consuming a lot of protein can lead to better hair growth and a fuller head of hair. Insufficient protein in the diet can lead to slow hair growth and thin hair.



Vitamins and minerals are not the only things needed when it comes to strong healthy hair. Researchers have found a connection between the condition of a person hair and their overall health. If a person is not getting enough sleep or is under a lot of stress then the hair is likely to be affected and their diet most likely will not provide enough hair vitamins to stop these effects. Vitamins and mineral supplements for the hair can help repair damaged and weak hair.

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