Vitamins That Make a Potent Hair Growth Cocktail

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The nutrients your body absorbs—especially from diets rich in vitamins A, B, C, D and E—can prevent hair loss and stimulate hair growth by improving circulation, reducing stress and adjusting hormones, Natural News reports.

Here's what each nutrient in this vitamin mix can do for your hair and overall wellness:

Vitamin A is great for hair growth and maintenance. It regulates retinoic acid (an oxidized form of vitamin A) in the hair follicle. You can ingest this vitamin or massage it in the hair shaft.

B vitamins help the body handle stress (a cause of hair loss). One type of B vitamin called inositol may speed up hair growth. Many people, especially vegetarians, have vitamin B deficiency. To ensure you're not one of them, add a little B to your diet with meat and eggs, which contain vitamin B-12. These vitamins are most effective when taken together, according to Natural News. Find them at your local vitamin shop labeled B complex.

Vitamin C helps the body absorb iron, a required nutrient for hair growth. Since the human body doesn't make vitamin C, be sure to get your recommended 1,000 to 2,000 milligrams each day from fruits and vegetables or supplements.

Vitamin D reduces hair loss by stimulating the hair follicle and hair shaft cells. When research showed a global vitamin D deficiency epidemic, scientists raised the recommended daily amount from 400 to at least 1,000 international units (IU), which is equal to 25 micrograms (mcg).

Vitamin E is the body's capillary builder. It also improves blood flow to the scalp, encouraging hair growth. Add 400 IU (10 mcg) a day to your diet, or massage vitamin E into your scalp to ensure blood flows to the scalp.

Click here to learn how to make a well-balanced diet work for you and your hair.

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http://beta.docker.realhealthmag.com/article/Vitamins-for-Hair-18727-6919