

# Healthy Hair Vitamins: A Look at Biotin and MSM

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Anyone who has been overwhelmed by a pharmacy vitamin aisle knows that going on a vitamin regimen can get more complex than learning a foreign language. When you're trying to promote your hair's health and growth, there are some basics you need to learn as well. Curly Nikki offered [Essence](#) readers this piece of advice: Any hair-health multivitamin should contain these two ingredients, biotin and MSM.

Here are the basics: Biotin (also known as vitamin H or B7) contributes to cell growth, to the metabolism of fats and carbohydrates, and to the production of fatty acids. Biotin has also been linked with hair growth. MSM ([methylsulfonylmethane](#)) is a rich source of sulfur and helps make the body's cells more permeable so nutrients can flow in and toxins flow out. This nutrient is necessary for the body to produce a type of protein called collagen.

Both biotin and MSM are linked to hair growth, with MSM said to lengthen the hair-growth phase of your tresses. Many swear that these two nutrients combined have promoted hair growth and healthy hair.

In general, experts recommend a quality traditional multivitamin of the A to Z variety to boost hair health. But remember, it's important to always consult a doctor when you add vitamins to your health regimen.

What's more, eating a healthy diet, drinking lots of water and getting regular cardiovascular exercise also have a positive impact on your mane's health.

[Click here](#) to read about tasty foods to eat to promote healthy hair.

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