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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