

Do you know the ABCs of your hair?

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Here's is why you need to know the A, B, and Cs of your hair if you're in love with it and how it looks. The significance of a diet deficient in vitamins and minerals or high in stress can cause disorder on our hair strands causing breakage, hair loss, premature greying and a dull appearance. For those of us longing after long, thick, glistening strands, we've rounded up all the vitamins and minerals you can take to combat damage due to stress, environmental factors, poor diet, and vitamin deficiencies, making sure your tresses have everything they need to reach their jaw dropping potential.

Getting the right vitamins for hair growth is essential for the overall condition of your hair. Running an absence in any of these vitamins creates the potential for less than optimal hair growth.

Vitamin A

Vitamin A is generally identified as an antioxidant also known as retinol. It is extensively used as a means to stimulate healthy hair. Vitamin A helps to produce healthy sebum, an oily element secreted by the scalp, which averts hair from drying out, split ends and breaking. In addition, Vitamin A battles other hair damaging extremities that weigh your hair down.

While Vitamin A is crucial to strong hair, you must exercise caution, as excess of Vitamin A can lead to toxicity and can actually result in the opposite effect - hair loss. The daily intake you should have is either through supplementation, through your diet, or both combined is 25,000

IU.

Vitamin A is found in the following foods:

- Cod liver oil
- Carrots
- Spinach
- Peaches

Vitamin A is a dominant antioxidant in the body and has many well-being assets that make it a vitamin worth keeping a watchful eye on. You can go to the doctor and have your complete vitamin levels checked to see where you rank and see which ones are more required. Some indications of not getting adequate Vitamin A include vision and skin problems.



Vitamin B

The B Vitamins are characteristically grouped together as there are so many of them and you'll want to be sure to cover them all. Your diet needs to include food which has a high intake of B vitamin complex, or buy shampoos and conditioners that contain them. Signs of not getting enough of the B Vitamins include feeling weak or tired, and reduction in rate of hair growth.

Vitamin B12 is the most important of the B Vitamins, but for better results it is recommended to include them in your daily diet.

Vitamin B3: Vitamin B3 or niacin helps in correct blood movement through the head and scalp. Fishes, meat, rice bran, barley, peanut butter are the main origin of this vitamin.

Vitamin B5: Also known as Pantothenic acid. Vitamin B5 helps keep proper hair growth and hair loss prevention. Egg yolk, milk, potatoes and grains are good supplements of vitamin B5.

Vitamin B6: Balances the melanin production which keeps hair healthy. Whole grains, organ meat and egg yolk are the main source of Vitamin-B6.

Vitamin B7: Renowned as biotin, it helps to keep your hair thick. Whole grains, milk, rice are the main sources of biotin.

Vitamin B12: It helps to avoid hair loss and whitening. Eggs, milk and organ liver contain vitamin B-12.



Vitamin C

Most of us are aware of how important Vitamin C is for the immune system, and as an antioxidant in the body. Vitamin C often found in several hair care products, is one of the most important vitamins you can use for desired results. You can use products that are infused with it, and also make sure that you're getting sufficient Vitamin C of it each day so your hair looks its best. Signs of vitamin C deficiency include dry and splitting hair. Whole foods work best but you can also take a supplement if you feel like you are not maintaining the right levels.

Vitamin C can improve hair growth, fight dandruff, stop hair loss, and lead to thicker hair, while a lack of it can cause split ends. A study found that people who took a vitamin E and C supplement appeared to have less aridness and brighter skin after four months. When it comes to supplements, you should measure the quantity as per your age, gender and body mass. Though these are only variable suggestions it is recommended to consult a physician before taking or prescribing to any such supplements.

Vegetables and fruits are the best sources of Vitamin C. Citrus fruits like oranges, grapefruit, and their juices and kiwi fruit contain a huge content of Vitamin C. Other fruits and vegetables which include vitamin C are red and yellow pepper, are broccoli, strawberries, cantaloupes, baked potatoes and tomatoes. The Vitamin C content in food may be reduced by persistent storage and by cooking. Steaming and microwaving can also reduce the Vitamin C content.

Vitamin C plays a necessary role in absorbing iron, which keeps our locks strong and healthy. Iron is essential not just for our hair, but our overall beauty and well-being. When you deplete your iron stores, conditions such as anemia, fatigue and weakness are commonly faced with. That certainly won't help you look and feel vibrant or energised.

