

## Healthy Hair Vitamins

There are a number of different specific hair vitamins and minerals that can play a major role in helping a person have a healthy head of hair. If a person does not have sufficient hair vitamins then the deficiencies can lead to thinning hair or even total baldness in the most severe cases. The fact is that the state of a person's hair reflects the overall condition of their body. Extra hair vitamins are likely to be needed if a person is generally unwell or is undernourished as their hair will show damage too and may even stop growing.

Some of the most important hair vitamins that a person needs to have healthy hair include B6, biotin, inositol and folic acid. The best way to ensure that a person receives enough of these essential hair vitamins are for them to be taken as vitamin supplements. It is not just hair vitamins that are necessary for healthy hair though as there are a number of minerals that are essential, including magnesium, sulphur, silica and zinc.

The most essential hair vitamin is vitamin A but the best form of this to include in the diet is beta-carotene. This is because the hair vitamin A can be toxic if consumed in large quantities but beta-carotene has no such problems and is converted by the body into vitamin A that can be used to promote healthy hair. Of course, vitamin A is not just a hair vitamin, it is also needed for a number of other functions including normal growth of bones, skin, nails and the protective sheath surrounding nerve fibres.

Protein is another essential hair vitamin. This is because hair itself is essentially protein. The amount of this hair vitamin that a person consumes in their diet can affect the hair directly. If a lot of protein is included in a person's diet then this hair vitamin will lead to improved hair growth and a far fuller head of hair. However, a person who has a diet that is lacking in this hair vitamin will suffer from thinning hair and slow hair growth.

Of course, it is not just hair vitamins and minerals that are needed to ensure that a person has healthy, strong hair. There are a number of researchers who have found that there are direct links between the overall health of a person and the condition of their hair. If a person is under a lot of stress or suffers from a lack of sleep then their hair is also likely to suffer and it is likely that their diet will not provide enough hair vitamins to counter these effects. Hair vitamin and mineral supplements can be the solution to weak and damaged hair.