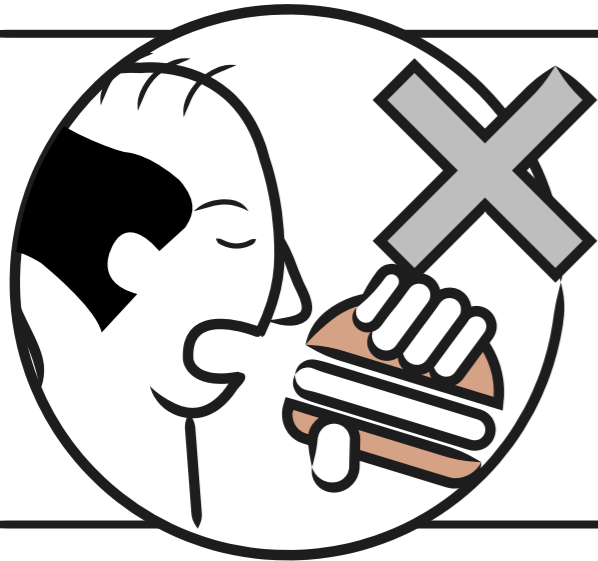


VITAMINS FOR THICK AND HEALTHY HAIR

A GUYS GUIDE TO KEEPING A HEALTHY HEAD OF HAIR

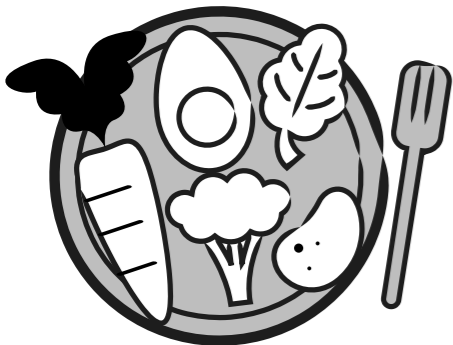


EATING ANOTHER FAST-FOOD LUNCH IS NOT GOING TO HELP YOU KEEP A FULL HEAD OF HAIR. HERE ARE THE DETAILS ON THE ESSENTIAL VITAMINS YOU NEED TO CONSUME TO KEEP YOUR HAIR THICK, FULL AND HEALTHY.

VITAMIN A

HELPS REPAIR DAMAGED HAIR AND KEEPS YOUR SCALP HEALTHY.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **3,000 IU**



BEST SOURCES:
EGGS, CARROTS, SWEET POTATO, SPINACH, BROCCOLI

VITAMIN E

HELPS BUILD AND REPAIR BODY TISSUE AND PROMOTES HAIR GROWTH.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **1,500 IU**

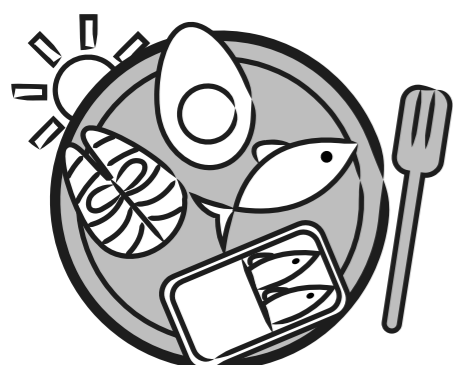


BEST SOURCES:
ALMONDS, SPINACH, SWEET POTATO, AVOCADO, OLIVE OIL

VITAMIN D

DEFICIENCY IS LINKED TO EXCESS HAIR SHEDDING AND TEMPORARY HAIR LOSS.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **600 IU**



BEST SOURCES:
SUNLIGHT, SARDINES, SALMON, TUNA, EGGS, COD LIVER OIL

VITAMIN B12

PROMOTES HEALTHY HAIR GROWTH.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **2,4 MCG**

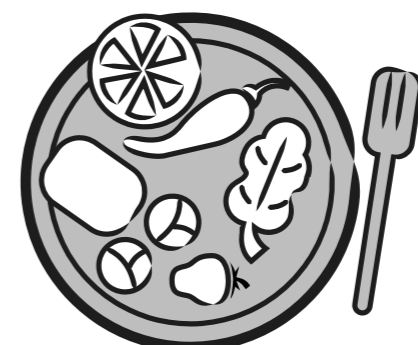


BEST SOURCES:
LAMB, FETA CHEESE, BEEF, ATLANTIC MACKEREL, COTTAGE CHEESE

VITAMIN C

HELPS TO IMPROVE HAIR THICKNESS AND STRENGTH.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **60 MG**

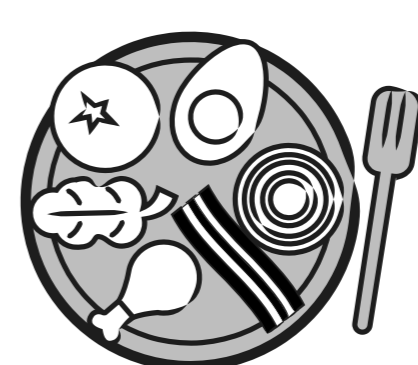


BEST SOURCES:
ORANGES, RED PEPPERS, KALE, BRUSSELS SPROUTS, STRAWBERRIES, KIWI

BIOTIN

PROMOTES HAIR GROWTH AND THICKNESS.

RECOMMENDED DAILY ALLOWANCE FOR ADULT MEN IS **30 MCG**



BEST SOURCES:
EGG YOLKS, TOMATOES, CABBAGE, ONIONS, CHICKEN, PORK



DATA SOURCES:

[HTTP://WWW.MAYOCLINIC.ORG/DRUGS-SUPPLEMENTS/VITAMIN-C/DOSING/HRB-20060322](http://www.mayoclinic.org/drugs-supplements/vitamin-c/dosing/hrb-20060322)
[HTTPS://WWW.NCBI.NLM.NIH.GOV/PUBMED/18505499](https://www.ncbi.nlm.nih.gov/pubmed/18505499)
[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC2835491/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2835491/)
[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3819075/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3819075/)
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