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# Beauty

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## [Losing Your Hair? Try These natural Hair Loss Vitamins](#)

by Glenn Turner

For many years scientists and researchers all over the world have been working to discover or perhaps create a workable solution to [hair loss](#). And there have been some advances and developments of drug like hair loss treatments. However many people who suffer with hair loss are looking for a more natural side effect free way of dealing with their [hair loss problem](#) and are drawn to a natural vitamins for [hair loss treatment](#).

While finding the cause of a particular case of hair loss can be complicated as each case can be very different, the role of nutrients and the availability or deficiency of nutrients such as vitamins and minerals is an area that is being looked at seriously as a way to maintain healthy hair and [prevent hair loss](#).

While all vitamins are essential for optimum health, as far as the health of your hair is concerned the vitamins for hair loss that need to be considered as most important are the B group of vitamins. To prevent hair loss and maintain strong and healthy hair the main B vitamins we need to have adequate supplies of are Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Inositol and Biotin. If there is a significant hair loss problem these B vitamins can be taken in high doses to help stop further loss and encourage new growth.

Research has shown that [Vitamin B6](#) (Pyridoxine) and Folic Acid are especially important, with B6 being clinically proven to stimulate hair growth when taken in a sufficient dosage while [long-term](#) deficiency of Folic Acid has been shown to cause total baldness in some cases.

But, there are some conditions where taking large amounts of these or other nutrients can in fact cause a worsening of the hair loss condition.

An overdose of vitamin A for example has been clinically proven to actually cause hair loss.

So rather than taking vitamin E and [mineral supplements](#) in a hit or miss fashion a specific supplementation program needs to be put in place. Nutrition should always start with the food we eat to making [sure you have](#) a well-balanced diet is the first step should be taken. Additionally a complex B vitamin supplement should be added on a daily basis.

Here are the basic daily doses for the B group vitamins for hair loss. Biotin 25mcg. Inositol 500-1000mg. Niacin (Vitamin B3) 100-300mg. Folic Acid 1mg. Pantothenic Acid (Vitamin B5) 50mg. Pyridoxine (VitaminB6) 50mg.

As good as our diet may be it is not always possible to get the necessary levels of these natural hair loss of items from our diet alone, hence the need to supplement. However there are a number of foods that if you make sure to make your daily diet you may lessen the need to supplement and ensure that you are getting of the nutrients you need to your hair loss treatment. Some of these foods are:

Lentils, green peas, walnuts, sunflower seeds, carrots, soybeans, oats, brown rice, bulgur, cauliflower, brewer's yeast, bran, peas, nuts, eggs and beans are excellent sources of these [essential vitamins](#) for hair loss.

While this covers vitamins that have a specific action in regard to hair growth and hair loss there are other nutrients that are also essential for normal bodily functions in general, that can have an effect on the health of our hair.

Vitamin E and Vitamin C are important antioxidants that are essential to our health and well-being. In relation to hair loss vitamin E acts as a carrier of oxygen in the blood and is vital to circulation generally and can help with circulation in the scalp. 1200 IU is considered a safe medicinal dose.

The role of vitamin c that concerns us most in relation to hair loss is, like vitamin E, circulatory. Vitamin C ensures there is adequate blood supply to the scalp through it's capillary strengthening action. The stronger the blood vessels are leading to and through the scalp the better the blood supply and the better the health of the hair.

The best advice when considering making nutritional changes or supplementing your diet with specific natural hair loss items is to begin with minimal doses of the vitamins suggested and increase the dosage as needed. Always be mindful however that too much of certain nutrients can be just as problematic as a deficiency of those same nutrients.

If you're having trouble figuring out the vitamins for hair loss maze, you may even consider getting some assistance from a [dietician](#) or nutritionist who will outline a hair loss treatment plan that will include adequate and safe doses of the specific hair loss vitamins that you need.

*About the Author:*

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