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Best Vitamins for Hair Loss Prevention for Men & Women by [Jonemikal](#)

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Vitamins are essential for having healthy and shiny hair. As they contain folic acid, zinc, biotin, sulfur, antioxidants, and many other components essential for the growth of hair, it is compulsory to make them a part of your daily diet to avoid baldness. When it comes to selecting vitamins, there are plenty of options to choose from. But the best vitamins for hair loss include Vitamin A, B, C, E and H. While all these vitamins can be found in the foods that you consume on daily basis, but you may not be getting them in the desirable quantity, it is therefore essential to buy vitamin supplements ensuring all nutrients for optimum hair growth. At the same time, you must know the ingredients of vitamin supplements.

One of the best vitamins to avoid baldness and lead a healthy life full of confidence and happiness is Vitamin A, which has all the nutrients required to make sebum to naturally help the skin, hair follicle and the root of scalp healthy. Though it is present in many foods, it can be obtained from cabbage, spinach, carrots, apricots, eggs, cheese, fish liver oil, broccoli, milk, meat, and peaches in rich quantity. Among other vitamins which you must consider is Vitamin C, which is one of the most effective and powerful antioxidants for hair growth. It adds strength to the hair strand and makes healthy follicles. The best sources for this vitamin include cantaloupe, kiwi, tomatoes, fruits, pineapples, strawberries and dark green vegetables.

To improve the blood to your scalp to keep hair shiny, it is important to take Vitamin E on regular basis for the better results. It is regarded as good medication to get rid of hair fall. It is commonly found in dried nuts, soybeans, leafy green vegetables, seeds, wheat germ oils and many other eatables. Taking this vitamin means increasing blood flow around your scalp and it helps to bring the required nutrients into the hair follicle and hair root, which are necessary for strong and shiny hair. Apart from this, you should go for Vitamin B7, generally known as Biotin. It is a natural anti-aging product that prevents hair from turning gray and falling out. It can be found in whole grains, rice, organ meats, egg yolks, milk etc.

Though there are many factors behind hair loss like stress, medications, accidents, genetic factor, but wrong oils and shampoos are the major cause of hair fall both in men and women. Some oils harbor bacteria, fungus and DHT (dihydrotestosterone), which cause baldness. Whatever may be the reason? Try some best vitamins for hair loss and live a happy lifestyle. When looking for hair loss supplements, it is important to ensure that they have been made from 100% organic and natural substances.

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