

VITAMINS FOR HEALTHY HAIR AND NAILS

BIOTIN (2-3 mg)

VITAMIN E (400 IU)

VITAMIN A

VITAMIN D (1000-2000 mg)

VITAMIN B 12

MSM

ZINC (80 mg), should take with copper so as not to cause depletion

SILICA

OMEGA 3 VITAMINS (1000-2000 mg)

You may be able to get some of these in combination at many vitamin stores that are indicated for "healthy hair and nails".

(Thyroid problems, anemia, vitamin B12 and vitamin D deficiency should be ruled out)

Product Recommendations for thinning hair include Nioxin products (Ulta, Beauty Brands, Trade Secret) or Nutri Ox products (Sally's)