

Why Pro Vitamin Complete and Fruta Vida are the People's Choice to Promote Hair Growth and minimize thinning around the hair line...

Question. What is in Pro Vitamin Complete that Helps My Hair To Grow Long and Strong as Well as my nails and My Skin/Complexion to Be So Much Brighter?

Answer. There are a combination of vitamins that makes it work so well. Below is a list of what each vitamin does for the hair.

Biotin

- Thickens the hair strand.
- Essential for preventing hair loss and may help prevent your hair from turning gray Prematurely.
- Some experts believe that biotin prevents the hair from going grey and also that it could prevent hair loss.

Vitamin B1 (thiamin)

- It is essential for healthy growth of hair, skin, muscles, brain and nervous system. Is useful in times of stress and have also been used to treat fatigue, irritability, and depression,
- One of the major roles it plays is helping the body convert carbohydrates and fat into energy.
- It is also essential for normal growth and development, and helps to maintain proper functioning of the heart and the nervous and digestive systems



Vitamin B2 (riboflavin)

- A water-soluble vitamin that supports energy metabolism and biosynthesis of a number of compounds through its coenzyme forms, flavin adenine dinucleotide (FAD) and flavin adenine mononucleotide (FMN).
- It is vital for normal reproduction, growth, repair and development of body tissues including the **skin, hair, nails**, connective tissue and immune system.
- *Prevents dandruff and helps with the absorption of iron.*

Vitamin B3 (niacin)

- Promotes healthy blood circulation to the scalp--this carries other vitamins, minerals and nutrients needed for healthy hair.
- **It's mainly influential in alleviating stress, a principal cause of many hair problems**

Vitamin B6 (pyridoxine)

- Plays a role in healthy hair growth and can **prevent graying and hair loss**
- Is an essential vitamin to aid in the formation of healthy red blood cells and supports more vital bodily functions than any other vitamin.

Protein Is Important 4 Hair-Skin



Vitamin B9 (folic acid or folate)

- Works closely with vitamins B6 and B12 as well as the nutrients betaine and Sadenosylmethionine (SAdMe) to control blood levels of the amino acid homocysteine.
- Vitamin B9 folic acid has a **direct effect on lessening depression**. It helps **regulate sleep, and appetite**.
- It is crucial for proper brain function and plays an important role in mental and emotional health.
- Cell renewal to grow hair

Vitamin B12

- Considered the most potent vitamin and is one of the last true vitamins that has been classified. **Vitamin B12 is an especially important vitamin** for maintaining healthy nerve cells and it aids in the production of DNA and RNA, the body's genetic material.
- Vitamin B12 also works closely together with vitamin B9 (folate) to regulate the formation of red blood cells and to help iron function better in the body which in turn provide constant supplies of blood and oxygen to the hair.
- **A deficiency can result** in damaged hair, slow hair growth, shedding, and overall hair loss.

Vitamin A

- Works to keep the hair follicle lubricated, which adds to the healthy appearance of your hair.
- Vitamin A is also essential for healthy skin and vision.
- Beta carotene and Vitamin A (retinol) go hand in hand as beta carotene is converted into vitamin A in humans and other mammals. Both beta carotene and vitamin A are crucial in protecting cell membranes and stimulating bone growth. This cell membrane protection is what makes beta carotene and vitamin A beneficial to maintaining the healthy hair **inside and outside** of the hair follicle.

**Overuse of vitamin A, however, can lead to hair loss. This hair loss can be reversed by simply cutting down on the amount of vitamin A you are taking. Taking too much*

vitamin A can also cause nausea, vomiting, headaches and altered states of consciousness.

Vitamin C

- It is a known fact that as an anti-oxidant it is a natural detoxifier that helps to get rid of the toxins found in the skin and organs resulting from the unhealthy foods we eat and the polluted air we breathe.
- It also helps promote proper blood circulation to the skin and scalp allowing hair follicles to get the nutrients they need to grow healthy hair.
- In addition, it helps maintain healthy blood capillaries that carry the nutrients to the hair follicles.
- According to Merck Pharmaceuticals, vitamin C (ascorbic acid) is crucial in the formation of, growth of, and repair of bone and connective tissue which includes blood vessels and skin.
- The scalp holds the hair follicle and the blood vessels that carry nourishment to the hair. The scalp also secretes sebum or oil to moisturize the hair.
- Vitamin C helps to nourish the hair follicle so hair can grow properly and **keeps the scalp healthy** so it can produce enough sebum to keep the hair moisturized and prevent it from breaking.

**A deficiency in vitamin C can result in dry, brittle hair. How this relates to hair is linked to the scalp which is made of skin and a multitude of blood vessels.*

Vitamin E

- Vitamin E is an antioxidant that stimulates the scalp by increasing blood circulation. An increase in blood circulation makes more nutrients available to the hair follicles so they can grow stronger, healthier hair. It is also believed to enhance the immune system, which can also help prevent hair loss.

**Women who are trying to become pregnant should avoid taking supplemental vitamin E as it has been proven that it can contribute to congenital heart defects in the fetus when taken during the time of fertilization.*