

# Essential Hair Nutrients

A short nutrition guide to help you understand the important nutrients needed to maintain a healthy hair growth cycle.



## Calories

Calories are needed for energy and proper cell function. It's important to be eating the right amount of calories

A good rule of thumb is to eat 3 well-balanced meals per day, and follow the plate method.

## Protein

Protein is crucial for making hair strong and healthy. A lack of protein in the diet has been shown to promote hair loss

A good protein goal is 1-gram protein per 1 pound of body weight



## Iron

Iron helps boost circulation and carries oxygen to your hair's roots.

Women 19-50 years: 18 mg

Men 19-50 years: 8 mg

Adults over 51: 8mg



## Biotin

Biotin stimulates keratin production in hair and can increase the rate of follicle growth.

Adults over 19: 35 mcg



## Zinc

Zinc is fundamental for hair tissue growth and repair. It also helps keep the oil glands around the follicles working properly.

Men: 11 mg of zinc

Women: 8 mg



## Water

Water is absolutely crucial for every system in your body. Being dehydrated, can dry your hair out and put you at a higher risk for breakage and split ends.

At least eight 8-ounce glasses a day

