

The 11 Best Supplements for Hair Loss

This is an extra resource to go along with the original article:
[Saw Palmetto for Hair Loss: Does This Natural Treatment Work?](#)

Want to give your hair loss treatment regimen a boost? Add these supplements to your diet to create the best possible environment for hair growth.

1. Biotin

Biotin plays a key role in keeping your hair thick and healthy by strengthening the protein infrastructure of hair. It's also good for your skin and nails.

2. Fish Oil

Fish oil contains omega-3 fatty acids that support hair. It nourishes the hair, reduces inflammation, and makes your hair shafts thicker (which means more coverage). You can find it in mackerel, tuna, white fish, sardines, egg yolks, walnuts, hemp seeds, and salmon, or in a daily capsule.

3. Zinc

Zinc is important for hair growth and repair. It's a cofactor for multiple enzymes that ensure proper hair function, like keeping the oil glands around follicles working properly. You can get zinc from oysters, beef, spinach, pumpkin seeds, lentils, and wheat germ.

4. Protein

Hair is made almost entirely of protein, so it's important to consume enough to support your hair. Studies show that protein deficiency may decrease hair growth and even kick off hair loss. You can get protein from red meat, chicken, turkey, beans, and protein shakes.

5. B9 (Folic Acid)

Folic acid helps your tissue (including your hair) recover faster. It also aids in circulation, which is important for hair that's been choked by DHT (the cause of male pattern baldness).

6. Vitamin C

As you age, the production of free radicals increases and the amount of antioxidative enzymes decreases, which makes it harder for your body to fight the effects of aging. This leads to damage to your protein structures like hair. Vitamin C contains antioxidants to slow this process. It also helps build collagen, which is important for hair. You can find it in oranges, kale, peppers, Brussels sprouts, strawberries, broccoli, kiwi, and grapefruit. You can also find it in a multivitamin.

7. Vitamin A

Vitamin A is a key vitamin for overall tissue growth. Since hair is the *fastest* growing tissue in your body, this vitamin is especially important. It also helps your skin gland produce sebum, an oil substance that moisturizes the scalp and keeps your hair healthy. You can find it eggs, carrots, yogurt, milk, sweet potatoes, spinach, kale, and liver, or a daily multivitamin.

8. Vitamin D

Vitamin D's role in hair loss is not entirely understood, but we know that people with vitamin D deficiencies can lose their hair. Some research shows it *may* help grow new follicles. You can get Vitamin D from fatty fish, liver, mushrooms, the sun's rays, and some fortified foods (like milk).

9. Vitamin E

Like Vitamin C, Vitamin E is also an antioxidant that fights oxidative stress. It's great for protein based structures, like your hair, skin, and nails. You can find it in spinach, almonds, sunflower seeds, avocados, or a daily multivitamin.

10. Iron

The iron in your body helps your red blood cells carry oxygen to the rest of your cells. Without oxygen, your follicles can't produce hair shafts, so this is an especially important mineral if your follicles are already congested by DHT. Anemia (the lack of iron in your body) is a major cause of hair loss. You can get iron from oysters, clams, eggs, red meat, lentils, and spinach.

11. Saw Palmetto

Saw palmetto is believed to be a 5-alpha reductase inhibitor, which could make it a natural DHT blocker that addresses the main cause of hair loss. You can take it as a liquid or pill/capsule.