

## VITAMINS, MINERALS AND TRACE ELEMENTS FOR HAIR PROBLEMS

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1. It is important that all active substances are taken in high doses and of the best quality!
2. Iron, zinc, copper, biotin and folic acid - these trace elements and vitamins are involved in hair growth. Iron, copper and zinc are essential elements for the growth and structure of hair.
3. Zinc is involved in the formation of the hair protein keratin. Chronic deficiency triggers hair loss.
4. L-cysteine is a sulphurous amino acid and the main building block of hair keratin.
5. Besides the particularly important biotin (vitamin B7) and folic acid (vitamin B9), it is vitamins C and all the other B vitamins, that have a direct influence on hair growth.
6. Vitamin D supports hormone metabolism. It should be taken in combination with vitamin K2 for better absorption.
7. Vitamin A and E promote blood circulation in the scalp.