

HEALTHY FOODS & VITAMINS TO PROMOTE HAIR GROWTH

Protein 100g per Day



Nuts, Beans, Eggs (contains biotin which helps grow strong strands of hair), Meat (red is rich in iron which contributes to hair growth), & Cheese. Eating adequate amounts of protein is important for hair growth because hair follicles are made of mostly protein.



Mushrooms



Source of Biotin, Vitamin D, Ergothioneine (helps hair to grow, also found in Red & Black Beans), White Mushrooms have Vitamin C which aids in Collagen production. The Amino Acids in collagen helps build hair proteins. It also helps to improve scalp circulation by carrying nutrients to nourish the hair follicle and skin/scalp around the hair follicle. Collagen is also a great wrinkle reducer.



Strawberries



1 Cup of strawberries has 113% of daily Vitamin C. This will help to reduce brittleness which could lead to hair breakage. Along with other brightly colored berries these are loaded with compounds like antioxidants & Vitamins that may promote hair growth.



Spinach



Contains Iron, Folate, Vitamins A & C. A great plant-based source of iron that promotes growth and helps red blood cells carry oxygen throughout the body.



Omega-3 Fatty Acids



These Fatty Acids are anti-inflammatory which is key to hair shedding. Some of the foods rich in Omega-3 are Salmon, Mackerel, Seabass, Shrimp, Walnuts, Chia Seeds, Hemp Seeds & Flaxseed.



Sweet Potatoes



Contain Beta Carotene which is an antioxidant that aids with cell growth, reduces hair thinning and can reduce dull appearance of hair. Our body converts beta carotene to Vitamin A which is linked to the production of sebum, which in turn benefits promoting healthy hair and growth.



Avocados



Rich in Vitamin E prevents oxidative stress to help neutralize free radicals. They are great source of fatty acids, which appear to be crucial to hair growth. One medium avocado contains 28% of recommended daily Vitamin E which helps prevent aging process.



Sweet Bell Peppers



Promote collagen production to aid in strengthening. Contains Vitamins A & C, two nutrients that help ensure hair stays healthy and that may aid hair growth. One yellow pepper provides up to 456% of the daily Vitamin C needs of women and 380% for men. It is also a powerful antioxidant, which helps protect against oxidative stress which occurs when free radicals overwhelm the body's antioxidant defense system and has been linked to hair loss and graying of hair strands.



Green Tea



Is well known for antioxidants and particularly good for your overall health. Studies have shown that drinking green tea might help promote hair growth by supplying the body with natural DHT blockers. Natural Dihydrotestosterone (DHT) Blockers help to aid hair growth. DHT links to receptors on hair follicles in your scalp. High Amounts of DHT are known to shrink the hair follicle and it becomes less capable of supporting a healthy head of hair. Less cellular damage can equal less hair loss and offer a healthier scalp environment to regrow hair.



Soy Beans



A Source of Spermidine is a compound that may prolong the active phase of hair growth.



Beans



A great source of Protein, Iron, Zinc and Biotin, which are all essential for optimal hair health. Together they may aid hair growth.

Shrimp



Source of protein, Vitamin D, Vitamin B, Iron and Zinc. They also provide a small amount of healthy Omega-3 fatty Acids.



Oysters



The best form of Zinc. This mineral helps the cells responsible for hair support and reparative properties.



Vitamin A

Contains Iron, Folate, Vitamins A & C. A great plant-based source of iron that promotes growth and helps red blood cells carry oxygen throughout the body.

Vitamin B

Assists in reducing inflammation and helps carry oxygen and nutrients to the scalp which aids in growth. Whole grains, meats, seafood and dark, leafy greens are all good source of B vitamins.

Vitamin C

Helps with collagen production and prevents hair from aging. Good sources include peppers, citrus fruits and strawberries.

Biotin

Strengthens the follicle and supports hair, skin & cellular health. Promotes healthy scalp tissue to support stronger hair strands.

Vitamin D

This is a critical fat-soluble vitamin needed for our body to maintain serum calcium, which supports the cellular processes, neuromuscular function and bone ossification. Over 40% of the population is deficient in Vitamin D. You can increase Vitamin D levels through sun exposure or by eating certain foods such as fatty fish, cod liver oil, some mushrooms, egg yolks, canned tuna, sardines, and swiss cheese.

Vitamin E

Antioxidant that neutralizes free radicals and boosts hair growth. Good dietary sources include sunflower seeds, almonds, spinach and avocados.

Iron

Iron deficiency is a major cause of hair loss. Helps red blood cells carry oxygen through the body. Nourishes blood flow to the hair follicles. The best sources of iron include clams, oysters, eggs, red meat, spinach and lentils.

Zinc

Helps women with Polycystic Ovary Syndrome (PCOS). It is a common hormone disorder that can cause symptoms including "Hirsutism" that can cause excess facial and body hair or some have experienced loss or thinning hair. Loss of hair with PCOS does not return but you may be able to stimulate growth of new hair. There are several things you can use to mask PCOS hair loss. Botanical treatments with key ingredients to support hair strands/scalp health. Zinc improves hair growth and supports cells responsible for hair reparative properties. Good Food sources are oysters, beef and pumpkin seeds.

Treating PCOS medically is by using products with minoxidil and birth control is also commonly used.

Recommendations to promote growth

Weem Biotin Gummies is a plant-based product containing Biotin, Vitamin B5, B6 & B12, Vitamin A, C & E, and Zinc. It is made with vegan ingredients and is free of toxic chemicals. Weem aims to reduce hair fallout, promote new hair growth, combat hair thinning, heal the scalp, and provide fuller, healthier hair. Many customers have reported seeing results within 90 days of use.