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Due to hectic life style, it has been common for the people to fall their hair at the early ages. It's also associated with the heredity but good nutrition can play an important part in growth of hair. There are various kinds of hair products available in the market like shampoos, conditioners or masks. These products are also helpful in preventing hair loss and restoring vibrant and healthy hair. You can also use various nutrients that are helpful to grow hair. Some of them are as follows:

Vitamin C is required for healthy hair:

Citrus fruits like lemons or oranges are very rich resource of vitamin C which is required for healthy hair. Green peppers are also a rich source of vitamin C. You can take 1000mg to 3000mg dose of vitamin C per day.

Drink More Water:

You should drink at least 4 to 8 cups of water a day to stay hydrated and grow healthy hair because the hair shaft is comprised of one quarter water.

Avoid Smoking:

Smoking is one of the primary causes of hair loss because it can reduce the blood flow to the scalp which causes a reduction in hair growth. So, you should avoid smoking habits to grow your hair.

Vitamin B helps in increasing hair growth:

Vitamin B3 helps in increasing circulation to the scalp which encourages hair growth in a short period of time. Hence, it's better to take vitamin B complex nutrients regularly to prevent hair loss.

Avoid Alcohol Drinks:

Along with smoking, drinking is also harmful for hair and it can drastically drop if you use to drink alcohol. So, you should try to eliminate alcohol from your diet to increase your hair growth.

Vitamin E:

Vitamin E is the other nutrient which is required to grow hair. It stimulates the circulation in the scalp and can be taken internally or applied to the scalp.

Protein grows hair:

Protein deficiency can cause hair loss as the hair is made of proteins. You should add animal products such as meat, dairy or protein shakes made from whey to your diet.

Iron is also helpful in reducing hair loss:

Iron especially mineral iron helps in increasing circulation in the scalp when hair starts to grow. Hence, you should eat foods that are high in iron include raisins, liver or apricots.

Hormones are also responsible for hair growth:

Hormones influence the growth of hair. It decrease with the age results in slow rate of growth. Thus, increasing hormones can increase hair growth.

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