

Nutritional Guide for Healthy Hair

Your diet can significantly impact the quality and vitality of your hair. Nourish your hair from within with a diet rich in the following nutrients.

Nutrients for Healthy Hair

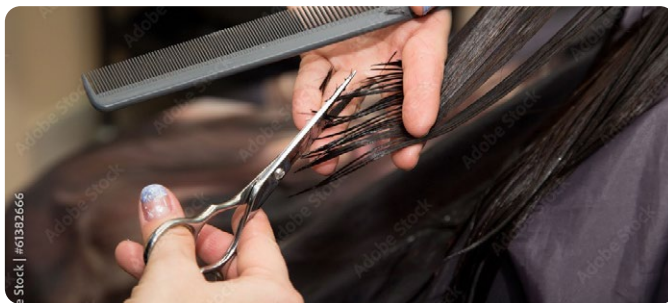
- **Omega-3 Fatty Acids:** These essential fats help keep your scalp and hair moisturized.
 - **Food Sources:** Fatty fish (salmon, mackerel, herring), flaxseeds, chia seeds, and walnuts
- **Biotin:** A B-vitamin that promotes hair growth and strength.
 - **Food Sources:** Eggs, nuts, seeds, legumes, and whole grains
- **Zinc:** Essential for hair growth and repair.
 - **Food Sources:** Oysters, meat, poultry, beans, nuts, and seeds
- **Vitamin A:** Supports healthy cell growth, including hair cells.
 - **Food Sources:** Sweet potatoes, carrots, spinach, and other colorful vegetables
- **Vitamin C:** Enhances iron absorption, which is crucial for hair growth.
 - **Food Sources:** Citrus fruits, berries, bell peppers, and leafy green vegetables
- **Protein:** The building block of hair.
 - **Food Sources:** Lean meats, poultry, fish, eggs, beans, and lentils
- **B Vitamins:** Essential for red blood cell production, which carries oxygen and nutrients to hair follicles.
 - **Food Sources:** Whole grains, leafy green vegetables, meat, poultry, fish, eggs, and dairy products



More Tips for Healthy Hair



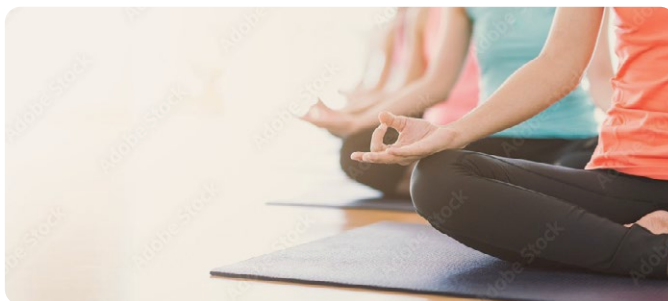
- **Hydration:** Drink plenty of water to keep your body and hair hydrated.



- **Regular Trims:** Trim your hair regularly to remove split ends and promote healthy growth.



- **Gentle Hair Care:** Avoid harsh hair products and excessive heat styling.



- **Manage Stress:** Stress can negatively impact hair health. Practice stress-management techniques like yoga, meditation, or deep breathing.

We're committed to your health. Contact us today for more information.

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