

Supplement	Usual Dosage	Benefits to Hair	Precautions
Vitamin A	5,000 IU	This antioxidant helps to produce healthy natural oils in the scalp.	Dosages greater than 25,000 IU daily can cause toxicity, hair loss, and other health problems which can be serious
Vitamin C	60-500 mg	This antioxidant helps maintain skin and hair health, also helps the body absorb iron.	At large doses can cause stomach upset.
Vitamin E	Up to 400 IU	This antioxidant enhances circulation. Increased circulation to the scalp promotes scalp and hair health.	Can raise blood pressure and reduce blood clotting. Use caution if on blood thinners or with high blood pressure.
Biotin	Up to 5,000 mg	Helps produce keratin and may reduce graying and hair loss.	None
Inositol	Up to 600 mg	This mineral keeps hair follicles healthy at the cellular level.	None
Niacin	15 mg	Promotes improved scalp circulation.	Consumption can result in "niacin flush" which is a temporary heat sensation due to blood cell dilatation.
Pantothenic Acid	4-7 mg	Inhibits hair loss	None
Vitamin B6	1.6 mg	Lessens hair loss.	Caution in people with Parkinson's Disease. Can cause vivid dreams if taken at night.
Vitamin B12	2 mg	Decreases hair loss.	None
Calcium	Up to 1,500 mg	Essential for healthy hair growth.	Too much calcium can reduce the absorption of zinc and iron.
Chromium	Up to 120 mg	Curtails hair loss	Diabetics and those with low blood sugars should take caution, can drop blood sugar.
Iodine	150 mcg	Helps regulate thyroid hormones and reduces dry hair and hair loss.	Excessive levels can cause goiters and stomach upset.
Iron	15 mg	Prevents anemia and hair loss	Too much can lead to malfunctions of the liver and spleen as well as abdominal discomfort.
Magnesium	280 mg	Works with calcium to promote healthy hair growth.	None
Manganese	3-9 mg	Minimizes slow hair growth.	None
Selenium	200 mcg	Keeps skin and scalp supple.	Excessive Selenium can be toxic causing loss of hair, nails, and teeth.
Silica	300 mg	Strengthens hair and reduces hair loss.	None
Zinc	12 mg	Prevents hair loss.	Too much can interfere with iron absorption.