

FOOD FOR HAIR

BIOTIN

95% of our hair is made of Keratin & Biotin makes Keratin.

- Eggs with Yolks
- Avocado
- Cauliflower
- Sweet Potatoes
- Spinach
- Sunflower Seeds
- Almonds
- Mushrooms
- Beef Liver
- Oats

COPPER GLUCONATE

Anti-Aging Properties and helps heal the skin.

- Avocado
- Cashews
- Liver
- Dark Chocolate
- Crab
- Beans
- Almonds
- Chickpeas
- Asparagus
- Kale

VITAMIN B'S

Essential nutrients for cell health, energy & metabolism.

- Veggies
- Walnuts
- Dark Greens
- Whole grains
- Meat
- Mozzarella/Feta
- Poultry
- Brown rice
- Liver
- Fish
- Eggs
- Citrus fruits

PROTEIN

Without protein, hair is flat, weak & falls out easily.

- Eggs
- Blackberries
- Broccoli
- Pecans
- Beef
- Pistachios
- Greek yogurt
- Pumpkin seeds
- Aged cheese
- Oats
- Tofu
- Apricots

ZINC

Keeps hair growing & prevents breakage.

*All foods in protein section plus...

- Oysters
- Squash
- Spinach
- Spinach
- Whole grains
- Beef Jerky
- chickpeas
- Cocoa powder
- Chicken
- Chia seeds

SELENIUM

Powerful mineral that protects our body from stress.

- Brazil nuts
- Brussel sprouts
- Whole grains
- Oatmeal
- Tuna
- Oysters
- Shrimp
- Mushrooms
- Turkey
- Eggs