

Best Hair Growth Vitamins and Supplements for 2022

Hair growth is one of the most common beauty problems. If you have thin or slow-growing hair, you're not alone. In fact, over 50 million women in the US suffer from these problems.

Your hair goes through a lot in a day – brushing, styling, washing and styling. In addition, as we age, people begin to lose hair at a very high rate – this is because most people are now going through a lot of stress and pollution in their daily lives. We have seen many men and women suffering from hair loss problems such as male pattern baldness, female alopecia etc.

Hair growth takes time and patience, but using hair growth products can help reduce the stress of growing your hair out and also speed the process along. While there isn't a magical cure out there, some vitamins and supplements can help support healthy hair, skin and nails. Your hair growth can be accelerated with the help of a variety of supplements and serums. They range from vitamin-filled pills and [hair growth supplements for women](#) to more general hair growth products that can improve your overall health.

If you're hoping for better hair, there are two ways you can help fill in the gaps: nutrition and medications. Studies have found that the following vitamins have contributed to promoting hair growth. These include but aren't limited to: Vitamin A, Vitamin B7 (Biotin), Vitamin C, Vitamin D, Vitamin E, Omega-3s and Zinc.

Fortunately, there are a number of supplements that can help improve your condition. Here are some of the best hair loss supplements available on the market today.

Viviscal Hair Growth Supplements for Women

Suitable for all hair types, Viviscal Hair Growth Vitamin Supplements have been scientifically proven to nourish thinning hair and promote existing hair growth. Backed by over 25 years of research and development, millions of women around the world have discovered the power of Viviscal Hair Growth Pills for Women to promote thicker, healthier and fuller hair.

This hair supplement is made with proprietary Aminomar Collagen Complex and other key ingredients that promote healthy hair growth including Biotin, Iron, Zinc, Vitamin C, and Niacin.

Nutrafol Women Hair Growth Supplement

Promotes natural hair growth: 4 capsules per day of this clinically effective hair supplement promotes visibly thicker, stronger hair growth and less shedding with 21 medical-grade, natural ingredients. This supplement is 100% drug-free and physician-formulated to improve the hair growth from within by targeting the root causes of thinning hair in women—including stress, hormones, and aging.

Clinically proven: 90% of women saw improved hair overall, 86% saw better hair growth, and 84% saw less shedding after 6 months in a clinical study.

The #1 dermatologist-recommended hair growth supplement brand – according to IQVIA ProVoice survey for 12 months ending March 31, 2022.

Nutrafol Men Hair Growth Supplement

This supplement is designed for men's biology, which effectively targets the root causes that can trigger hair thinning and activate genetic predisposition in men, including DHT and stress. 4 capsules a day of this clinically effective hair supplement visibly improves hair growth, thickness, and scalp coverage with 21 medical-grade, natural ingredients that don't compromise sexual performance.

84% of men experienced improved hair quality and 72% saw improved scalp coverage after 6 months in a clinical study.

The #1 dermatologist-recommended hair growth supplement brand – according to IQVIA ProVoice survey for 12 months ending March 31, 2022.