

Nutrients for Stress- Damaged Hair, Skin and Nails



A

Vitamin A

Vitamin A can help enhance the growth rate and density of hair. Another benefit is its important role in regulating the keratinization of the epidermis, a process that forms nails and makes skin more resilient.

C

Vitamin C

Vitamin C is needed to form collagen, the principal structural component of the skin. Its quantity and quality has a major effect on the skin's health and appearance. Vitamin C has shown to be an effective antioxidant, so it can also help protect against damage to your hair, skin and nails by free radicals.

B₂

Riboflavin

Riboflavin is essential for maintaining collagen content and skin integrity. In fact, the B-complex vitamins are needed for a healthy liver, healthy skin, hair, and eyes, and to help the nervous system function properly.

B₇

Biotin

Biotin has shown to increase nail plate thickness and help strengthen brittle nails.

Ca

Calcium

Calcium plays a key role in signaling the viable epidermis beneath skin with damaged permeability barrier to initiate restoration.

Fe

Iron

Silicon, iron, and vitamin C are needed for synthesis of proline and hydroxyproline, which are important to collagen's primary structure. Silicon is also required for the synthesis of polysaccharides important to skin health.

Mg

Magnesium

Every organ in the body, your skin included, needs magnesium.

Zn

Zinc

Zinc is important to skin integrity, as well as cell growth and replication.

Mn

Manganese

Manganese superoxide dismutase reduces superoxide levels, which helps counter oxidative damage in the skin from UVA radiation.

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