



# Unlock the Secrets to Luscious Locks

Are You Missing These Essential Hair Nutrients?



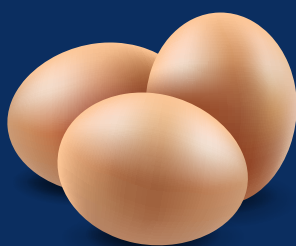
**Iron**  
Crucial for oxygen transport to hair follicles.  
**Sources:** Red meat, spinach, lentils.



**Vitamin D**  
Supports hair growth cycle.  
**Sources:** Sunlight, fortified foods, fatty fish.



**Zinc**  
Aids in tissue growth and repair.  
**Sources:** Nuts, seeds, shellfish.



**Biotin B7**  
Key for keratin production.  
**Sources:** Eggs, almonds, sweet potatoes.



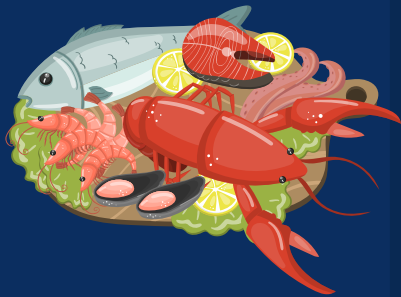
**Vitamin A**  
Prevents dry scalp.  
**Sources:** Carrots, sweet potatoes, leafy greens.



**Vitamin E**  
Protects hair cells.  
**Sources:** Almonds, sunflower seeds, avocados.



**Vitamin C**  
Boosts collagen and iron absorption.  
**Sources:** Citrus fruits, strawberries, bell peppers.



**Selenium**  
Supports hair health.  
**Sources:** Brazil nuts, seafood, eggs.

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