**Title:** **How Vitamin E Can Boost Your Hair Growth?**

Are you in the quest to learn if or not Vitamin E can help you attain that bouncy, shiny, and healthy hair?

If you’re, you’ve landed on the right webpage.

There’s a lot of hype going around Vitamin E and that it’s the key to shiny, healthy, and longer hair.

With this blog, you’ll learn all about how Vitamin E can boost your hair growth and what you must remember while applying it.

In beauty circles, Vitamin E is referred to as a magic ingredient for our eyes and skin. But in recent years, it has been recognized as a miracle worker for hair as well.

Read on to get answers on the following questions:

* What do You Need to Know About Vitamin E?
* How Does Vitamin E Help in Hair Growth?
* How to Get & Use Vitamin E for Hair Growth?
* What are the Warnings & Precautions for Vitamin E?
* When is the Best Time to Take Vitamins?

Let’s begin the journey of learning the right way to boost hair growth with Vitamin E.

1. **What Do You Need to Know About Vitamin E?**

Scientifically, Vitamin E is a fat-soluble nutrient that can be easily consumed from food sources or taken via supplements.

Generally, Vitamin E has been famous for its antioxidant properties that assist in reducing free radical damage and protect the body’s cells. With its magical results, many companies do add Vitamin E to their beauty products as well.

Over time, when applied topically, there are several purported benefits of applying Vitamin E oil on your head. The following are some benefits of using Vitamin E based oil:

* Supports hair growth
* Stimulates capillary growth in the scalp
* Prevents breakage and pesky split ends
* Antioxidants in it boost hair’s shine and elasticity.

**2. How Does Vitamin E Help in Hair Growth?**

Not just the fashion industry, the health industry also claims that vitamin E offers several benefits for overall hair wellness.

Here’s what Vitamin E do for your hair growth:

* **Vitamin E Improve scalp Blood Circulation**

Maintaining a proper Blood Circulation in and around the scalp can help in improving hair health.

Vitamin E consists of natural antioxidants that promote a healthy scalp and maintain consistent hair growth.

The antioxidant properties of vitamin help in reducing the amount of oxidative stress and free radicals in the scalp.

* **Vitamin E Make Your Hair Shiny**

Damaged hair can make your hair look frizzy and dull. The causes of damaged hair can be environmental, due to pollution, excessive use of straightening tools, or sun exposure.

Vitamin E is helpful in replenishing the lost shine in the hair. The damage caused due to chemicals, heats, and other stylings products can be undone with vitamin E hair treatment.

You can use vitamin e products such as oils, to gain an extra layer of protection to the skin and hair.

* **It helps to prevent hair loss**.

Making the scalp healthy obviously directs it to prevent hair loss.

Oxidative stress in the scalp is often linked with hair loss. Vitamin E, with its antioxidant properties, is helpful in reducing oxidative stress in the scalp.

Note: Oxidative stress is an imbalance between antioxidants and free radicals in the human body.

* **Balance oil production**

Vitamin e hair serum is useful in creating a protective barrier on the skin’s surface. If you have a vitamin deficiency, then you might experience irritation and dryness on the skin.

**3. How to Get & Use Vitamin E for Hair Growth?**

Although the natural intake of Vitamin E is always recommended, you might have to wait for long to witness its benefits. On the other hand, consumption or applying vitamin E from different market available products can also be useful.

Here are a few suggestions:

* **Use Shampoo which Contains Vitamin E**

If you’re looking for a more natural and easy to go vitamin E based hair loss treatment, Shampoo with vitamin E in its composition are good alternatives.

 Most of these products are formulated for damaged and dry hair. They can be frequently used to achieve shiny, healthy hair.

* **Eat Vitamin E Foods**

Maintaining a balanced diet has always proved to be a crucial step for healthy hair.

To consume vitamin E naturally, you can add the following sources in your meals or breakfasts:

Sunflower oil

Olive Oil

Nuts

Leafy Greens (spinach, cabbage, and carrots)

* **Use Vitamin E Hair Masks**

One of the most modern vitamin E hair products is a hair mask. They’re much similar to what you may know about the ones you put on your face.

Hair masks or vitamin E hair packs are meant to treat the scalp and soothe them. They’re a practical option in healing the strands of your hair.

* **Use of Supplements**

Supplements are mostly recommended only when there exists an acute shortage of vitamin E in your body. Most people tend to get enough vitamin E through a balanced diet.

However, if you’re to take vitamin E supplements or vitamin E capsules for hair, then you must necesarily consult a healthcare professional about it.

* **Vitamin E Oils**

Vitamin E hair products, especially oils, contain the carrier oil that helps in diluting the scalp oil and prevent irritation on the skin.

While applying vitamin E based oils, you must make sure to dilute them properly before use.

**4. What are The Warnings & Precautions for Vitamin E?**

Excessive doses of vitamin E (or any other vitamins) will obviously be risky for your health.

Numerous scientific studies have highlighted that vitamin E is not helpful in protecting from heart diseases and treating cancer.

* **Side Effects of Vitamin E**

Weakened bones

Increased risk of prostate cancer

Disrupt Thyroid hormone production

* **Precautions**

Always take vitamin E supplements after prescribing the right dosages from your doctor.

Make sure you dilute the vitamin E oil before applying it on your scalp. Not doing so may cause skin irritation or rash.

**5. When is The Best Time to Take Vitamins?**

Vitamins from natural sources can be consumed at any time. However, if you’re to consume vitamins in the supplement for managing deficiencies, you might have to give it a thought.

Although there’s no scientific evidence that suggests the right time of the day at which an individual must take vitamins to reduce or increase its effectiveness, it’s imperative to take them consistently.

Taking some vitamins at a particular time, however, may overcome the risk of its unfavourable effects. For instance, depending on the type of vitamin, taking a supplement after a meal can increase how much of it gets absorbed in the body to enhance its influence on overall health.