

Nails, Hair & Oral Care Supplements

The building blocks of strong hair and nails - keratin cofactors, minerals, and collagen - plus nutrients that support healthy oral tissue.

Hair

Nails

Biotin

Keratin

Strength

~1 cm

hair growth per month - why results take patience

3-6 mo

to fully regrow a nail or see hair changes

30 mcg

biotin RDA - deficiency is uncommon but real

#1

low iron & vitamin D are common reversible causes of shedding

What this category covers

Hair and nails are made largely of keratin, a protein that needs a specific set of nutrients to be built well. This category supplies those building blocks and cofactors - protein and collagen, biotin, zinc, silica - plus the nutrients whose shortfall most often shows up as weak nails or thinning hair, especially iron and vitamin D. It also covers nutrients that support healthy gums and oral tissue. Because hair and nails grow slowly, benefits appear over months of consistent use.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Iron (if low)	8 - 18 mg	Corrects deficiency-related hair shedding	Strong
Zinc	8 - 15 mg	Hair & nail growth, tissue repair	Moderate
Vitamin D	1,000 - 2,000 IU	Supports the hair-follicle cycle	Moderate
Biotin	30 - 100 mcg	Keratin infrastructure (if deficient)	Moderate
Collagen peptides	2.5 - 5 g	Amino acids for nail & hair strength	Moderate
Selenium	55 mcg	Antioxidant enzymes for follicles	Moderate
Silica	10 - 40 mg	Supports nail hardness & hair thickness	Limited
Keratin	500 mg	Direct keratin protein source	Limited

How it helps

Strong hair and nails depend on protein plus the right mineral and vitamin cofactors.



Strength & less breakage

Biotin, silica, and collagen supply the infrastructure that makes nails harder and hair less prone to snapping.



Growth support

Iron, vitamin D, and zinc feed the follicle cycle - correcting a shortfall is often what restarts stalled growth.



Fuller, healthier hair

Adequate protein, selenium, and antioxidants support thickness and a healthier scalp environment.



Oral tissue support

Vitamin C, zinc, and CoQ10 support the collagen-rich gum and oral tissues from within.

The data at a glance

Weight of human evidence by ingredient

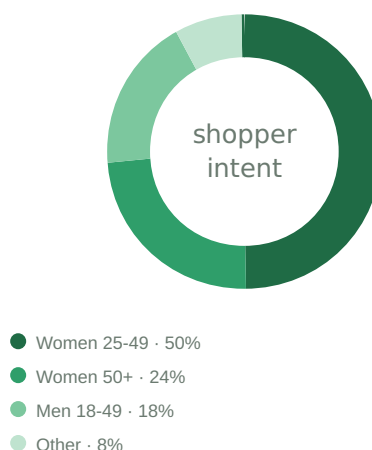
Higher = stronger support, especially where a deficiency is being corrected.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Brittle or slow-growing nails and thinning or shedding hair, especially when linked to low iron or vitamin D or a restricted diet.

When to take

Daily and consistently for 3-6 months to match growth cycles. Take iron on an empty stomach or with vitamin C, away from calcium and coffee.

What to pair

Iron with vitamin C for absorption; biotin with zinc; collagen with a protein-rich diet.

Safety & interactions

- High-dose biotin is the most common cause of skewed lab tests (thyroid, troponin) - always tell your clinician.
- Only supplement iron if you're low - test ferritin first, since excess iron is harmful and constipating.
- Sudden or patchy hair loss can be medical (thyroid, hormones, autoimmune) - see a doctor rather than only supplementing.
- Balance zinc with copper if using higher doses long-term.
- Oral supplements support but don't replace brushing, flossing, and dental care.

Frequently asked

Does biotin really regrow hair?

Biotin helps mainly when you're deficient, which is uncommon. If your levels are normal, extra biotin rarely makes a visible difference - iron and vitamin D status often matter more.

How long before I see results?

Plan on 3-6 months. Hair grows about a centimeter a month and nails regrow slowly, so consistency over time is what shows up.

Why is my hair thinning?

Common reversible causes include low iron or vitamin D, stress, crash diets, and thyroid issues. A blood test helps target the real cause.

Are these safe to take together?

Yes for most people at label doses. The main caution is biotin's effect on lab tests and iron only when it's actually needed.

Featured products

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