

### B Vitamins (Complex)

B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B9 (Folate), B12 (Cobalamin)

**Role:** All work synergistically and are crucial for cellular metabolism, energy production, and red blood cell formation, all of which indirectly support healthy hair and skin.

B1 (Thiamin).

B2 (Riboflavin): Supports cell growth and repair.

B3 (Niacin): Important for skin barrier function and can help with acne.

B5 Pantothenic Acid): Contributes to hair strength and flexibility.

B6 (Pyridoxine): Involved in protein metabolism, essential for hair structure.

B9 (Folate): Essential for cell division and growth, including hair follicles. Deficiency can slow hair growth.

B12 (Cobalamin): Crucial for red blood cell production, which carries oxygen and nutrients to hair follicles and skin. Deficiency can lead to hair loss and pale skin.

#### Top Food Sources:

- Whole Grains: Oats, brown rice, whole wheat bread (good sources of various B vitamins).
- Legumes: Lentils, beans, chickpeas (rich in B9, B6).
- Eggs: Good source of various B vitamins, including B7 and B12.
- Meat & Poultry: Beef, chicken, pork (especially liver and organ meats, very rich in B vitamins).
- Fish: Salmon (good source of multiple B vitamins, including B12).
- Leafy Greens: Spinach, kale (good sources of folate).
- Dairy Products: Milk, yogurt (especially B2, B12).
- Nuts & Seeds: Peanuts, sunflower seeds (contain biotin and other B vitamins).
- Avocados: Contain B2, B6, B5, and biotin.
- Fortified Cereals: Many breakfast cereals are fortified with B vitamins.

#### RDA:

B1 (Thiamin): 1.1-1.2 mg

B2 (Riboflavin): 1.1-1.3 mg

### B Vitamins (Complex) (CONT'D)

B3 (Niacin): 14-16 mg

B5 (Pantothenic Acid): 5 mg (AI)

B6 (Pyridoxine): 1.3-1.7 mg

B9 (Folate): 400 mcg

B12 (Cobalamin): 2.4 mcg

**Notes:** Deficiencies in various B vitamins can lead to a range of symptoms affecting hair and skin, including hair loss, dry skin, dermatitis, and pale complexion.

B vitamins often work best when consumed together as a complex.

**Other sources include** Dark Chocolate, Pumpkin Seeds, Fortified cereals.

## Understanding Hair & Skin Health

At Verdia Botiva, we believe true beauty shines from within. A balanced diet, rich in essential vitamins and minerals, is the foundation for healthy, vibrant hair and glowing skin. Learn how key nutrients can transform your beauty from the inside out.

Deficiency in certain vital nutrients can manifest as common beauty concerns such as:

- Hair thinning or loss
- Dry, brittle hair
- Dull, lackluster skin
- Scaly patches or breakouts

By providing your body with the right building blocks, you empower your natural beauty.

VERDIA BOTIVA

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VERDIA BOTIVA

### Unlock Your Natural Radiance: The Power of Vitamins for Hair & Skin

At Verdia Botiva, our mission is to enhance your natural beauty through science-backed, botanical solutions.

### Supporting Your Verdia Botiva Journey

- Holistic Approach: We advocate for "beauty from within," emphasizing a healthy diet alongside targeted supplementation.
- Synergistic Formulas: Our products are designed to leverage the power of combined nutrients (e.g., Vitamin C + Iron, Antioxidant blends).
- Targeted Solutions: Explore our specialized blends for Hair Growth or Skin Radiance, crafted to address your unique needs.
- Quality & Purity: We commit to high-quality, bioavailable ingredients for maximum efficacy.
- Education & Transparency: We believe in empowering you with clear, accurate information about our ingredients and their benefits.
- Natural Sourcing: Our "Botiva" essence means prioritizing natural, plant-based origins wherever possible.
- Beyond Supplements: We encourage a complete wellness lifestyle, including hydration, sleep, and stress management, as partners to our products.
- Responsible Guidance: While our products offer significant support, we always recommend consulting a healthcare professional or dermatologist before starting any new supplement regimen.

## Some Key Vitamins for the Care of Hair & Skin (Please note that this list is not exhaustive)

Biotin (B7)

Role: Supports keratin; strengthens hair/skin.

### Top Food Sources:

- Egg yolk (~10–25 µg)
- Almonds (~1.5 µg/¼ cup)
- Sunflower seeds (2.6 µg/¼ cup)
- Sweet Potatoes (2.4 µg/½ cup)
- Avocado (~3.2-10 µg /100 g)
- Salmon (~5 µg/3 oz)
- Peanuts (~5 mcg/1 oz)

RDA: 30-100 µg/day adults & adolescents

Children (age-dependent): 10-30 mcg/day

**Notes:** Deficiency is rare; excessive consumption of raw egg whites hinder absorption; Symptoms of deficiency include hair thinning and dry/scaly skin, dry eyes & cracking at the corners of the mouth.

**Other sources include** Mushrooms (Good source; specific amounts vary), Liver (One of the richest sources), Legumes (Lentils, chickpeas, soybeans (specific amounts vary)), Whole Grains (Oats, barley, brown rice (contain beneficial amounts)), Spinach (100g offers a good helping), Dairy Products (Yogurt, cheese (good sources)).

### Vitamin A

Role: Essential for cell growth, sebum production (natural moisturizer), skin cell turnover, and repair. Beta-carotene acts as an antioxidant.

### Top Food Sources:

- Sweet Potatoes (~1,403 µg/1 baked (in skin))
- Cod Liver Oil (~4080 µg/1 Tablespoon)
- Carrots (~459 µg /½ cup (raw))
- Beef Liver (~6,582 µg/3 oz (cooked))
- Spinach (~900 µg/cup (frozen))
- Red Bell Pepper (~250 µg/1 large)
- Cantaloupe (~135 µg/½ cup)
- Milk; Fortified skimmed (~150 µg/cup)
- Eggs (~75 µg/1 hard boiled)

RDA: Men 900 µg | Women 700 µg | Tolerable Upper Intake Level: 3000 µg

**Notes:** High doses of preformed Vitamin A (retinol) can be toxic and leads to hair loss, dry skin, and liver damage. Beta-carotene from food sources is generally safe even in high amounts. Deficiency can lead to dry hair, dull skin, and impaired vision.

### Vitamin A (CONT'D)

Beta-carotene from food sources is generally safe even in high amounts. Deficiency can lead to dry hair, dull skin, and impaired vision.

It's important to distinguish between preformed Vitamin A (retinol) from animal sources and provitamin A carotenoids (like beta-carotene) from plant sources.

**Other sources include** Kale (Dark leafy green, excellent source), Broccoli (Contains beneficial amounts), Mango (Good source, also rich in Vitamin C).

### Vitamin C (Ascorbic Acid)

Role: Powerful antioxidant, crucial for collagen production (skin elasticity, hair strength). Protects cells from damage, enhances iron absorption.

### Top Food Sources:

- Orange (~70 mg/medium)
- Red bell pepper (~95 mg/½ cup)
- Kiwi (~64 mg)
- Strawberries (~49 mg/½ cup)
- Broccoli (~49 mg/½ cup cooked)
- Tomatoes (~19 mg/medium)

RDA: Men 90 mg | Women 75 mg | UL 2000 mg

**Notes:** Deficiency linked to dry, brittle hair and delayed wound healing. Enhances plant-based iron absorption.

Vitamin C can be destroyed by heat and light, so consuming raw or lightly cooked sources is beneficial. Smokers: Need an additional 35 mg per day. Excessive intake can cause gastrointestinal upset.

**Other sources include** Cruciferous Vegetables (Brussels sprouts, cabbage, cauliflower).

### Vitamin D

Role: Aids in new hair follicle creation and hair growth cycling. Supports overall skin health and immune function.

### Top Food Sources:

- Fatty Fish; Salmon (~600–1000 IU/3.5 oz)
- Cod Liver Oil (~450 IU/teaspoon)
- Fortified Foods; milk (~100 IU/cup)
- Egg Yolk (~40 IU/yolk)

RDA: 600 IU (<70 yrs) | 800 IU (>70 yrs) | UL 4000 IU

**Notes:** The primary source of Vitamin D is sun exposure. Deficiency can lead to hair loss, fatigue, and bone pain. High doses can lead to excess calcium in the blood.

**Other sources include** Mushrooms (Some varieties, especially those exposed to UV light), Fortified Foods (Orange juice, cereals, plant-based milks (soy, almond, oat)).

### Vitamin E

Role: Powerful antioxidant, it protects cells from damage, supports scalp circulation, maintains skin moisture, reduces inflammation.

### Top Food Sources:

- Wheat Germ Oil (~20 mg/tablespoon)
- Sunflower seeds; dry roasted (~7.4 mg/¼ cup)
- Almonds; dry roasted (~6.8 mg/oz)
- Hazelnut; dry roasted (~4.3 mg/oz)
- Avocado (~2.7 mg/fruit)
- Spinach; cooked (~3.7 mg/cup)
- Broccoli; cooked (~1.2 mg/1/2 cup)

RDA: 15 mg adults | UL 1000 mg

**Note:** Deficiency is rare but can cause dry, brittle hair, increased oxidative damage to skin cells. High doses from supplements can increase the risk of bleeding.

**Other sources include** Olive Oil.

### Iron

**Role:** Component of hemoglobin, carrying oxygen to hair follicles and skin.

### Top Food Sources:

- Red Meat Beef sirloin (~3.2 mg/3 oz)
- Organ Meats; Liver, very rich (~5 mg/3 oz)
- Poultry (Dark Meat)
- Oysters (~4.5 mg/6)
- Lentils; cooked (~3 mg/½ cup)
- Spinach; boiled (~3.2 mg/½ cup)

RDA: Men/Postmenopausal Women 8 mg | Premenopausal Women 18 mg | UL 45 mg

**Note:** Iron deficiency anemia is a common cause of hair loss. Vitamin C boosts plant-based iron absorption.

### Zinc

**Role:** Essential for cell growth/repair, immune function, protein synthesis. Supports oil glands around follicles, aids wound healing.

### Top Food Sources:

- Oysters; medium (~33 mg per 6)
- Legumes (~2.5 mg per 1 cup cooked lentils)
- Red Meat, Poultry, Shellfish,
- Nuts & Seeds (Pumpkin seeds ~2.2 mg per 1 oz)

RDA: Women 8 mg | Men 11 mg | UL: 40 mg

**Note:** Deficiency can lead to hair loss, skin changes, delayed healing.

**Other sources include** Dairy, Eggs, Whole Grains, Dark Chocolate.