

## Why Folic Acid is More Important Than Hair Spray&nbsp;&nbsp;

There are three fundamental vitamins which work in conjunction to help the human body synthesize DNA and RNA: Vitamin B6, vitamin B12 and folic acid. Hair is part of the epidermal layer and therefore part of the integumentary system--the body's largest organ. As such it is as dependant on these three vitamins as any other organ. Some believe that because of this if you take folic acid on a regular basis it will aid in the prevention of hair loss. It is essential for the production of normal healthy cells, so if you take folic acid you will have healthy strong hair along with other tissues in your body. It is important to understand the way that folic acid is used in the body. The synthesis of DNA and RNA are important because these are the game plan for the replication of all cells. If there is interruption in the synthesis of this then no normal replication of cells can occur. Another interesting thing to note about the hair is that it can be used to gauge the nutritional status of the body as a whole. A hair sample can be analyzed in a laboratory to reveal not only current levels of ingestion but also previous levels of exposure to both healthy and toxic substances. This sort of testing is used both for nutritional counseling but also for drug testing or forensic investigation. In other words five minutes on the lips perhaps a decade in the hair. Poor nutrition shows up in the skin and hair for a very long time. It takes a very long time to correct years of inadequate macro and micro nutrient intake. But with diligent attention good health will eventually shine through. Folic acid is often included in hair formula vitamins as are other B vitamins. If possible there really is no substitute for a healthy diet. Since 1998 all grain products produced in the United States have been fortified with folic acid. This enrichment program has the potential to add about 100 mcg of folic acid on average to the American diet. The Recommended Dietary Allowance for folic Acid is 400 mcg per day for males over the age of 19. Pregnant women need 600 mcg and lactating women need 500 mcg per day. Children need considerably less. Folic Acid is the most commonly known for its benefits not just to hair but to mothers and babies. This is because of its essential nature in helping the human body synthesize DNA and RNA. Without adequate folic acid many babies would be born with neural tube defects (NTD). Such tragedies are still occurring and it's almost entirely possible to get rid of certain birth defects by making sure you have enough folic acid. You've got to have it. It's especially important for normal growth and development which your hair does constantly.

### About the Author

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