

# ESSENTIAL VITAMINS FOR FITHAIR FROM THE INSIDE OUT

# ALEXANDRIA

*Health Influencer & FitHair Expert*

# LET'S CHAT A BIT...



## *Did you know?*

Growing up, I had to help my grandmother adjust to a diabetic lifestyle; thus causing me to study and learn the direct affect of food has the entire body. Fast-forward a decade later, I went through a season where my body was having an unknown allergic reaction as I was training for a triathlon. **Not knowing what was causing my body to break out, I began tracking my food intake, mood and overall daily habits** as my grandmother had once done years ago. Yikes!

I didn't go to a fancy nutrition school to learn the impact of food on the body. I **had to teach myself everything, spend countless hours researching and talk to experts simply live.** This knowledge lead me to make small changes in my life, which became habits and now a lifestyle. This lifestyle has now become a passion for helping you – **Yes You** – remove the barriers that are stopping you from living a healthy lifestyle from the inside out.

I know how you feel or have probably been in your shoes. **I want you to know your hair doesn't have to stop you from working out nor do you have to go on a depriving diet and drinking some high priced tea to become healthy.** It is my goal to share what I have learned and help you on the road to living an optimal and healthy life one strand and bite at a time. Welcome to the FitHair crew!

**Let's Kale'It Together.**

*Alexandria*

# ABOUT VITAMINS

Have you looked at the supplement aisle now and days? Everywhere I go I see supplements literally everywhere. Supplements are a now a billion dollar industry. From multiple multi-level marketing companies to various vegan supplements, there are a lot of choices. However, when picking a brand to remember

**Whatever the animal ate or the condition of the soil where the fruit/vegetable was planted, it will be passed along once we eat it. Once we intake food or water, our bodies primary focus is to either store, discard, or use it.**

So what does this mean for your hair? It's simple. The condition of the food you're eating will affect what's passed along to not just your hair but your entire body. **The same is true for supplements and vitamins. So, be picky with your supplements just as you are with hair products and what goes into your body.** It's your body, your money, and your choice.

In this e-book, you will find an overview of my top five supplements and vitamins that aid in healthy hair from the inside out.

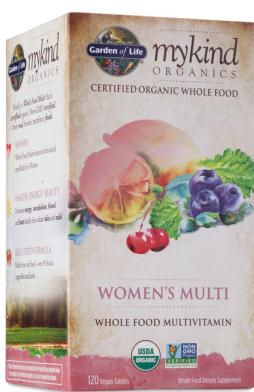
*Click on the images so that you can purchase seconds!*

**NOTE: THIS ORIGINALLY WAS PUBLISHED IN "FITHAIR FOUNDATIONS" AND HAS BEEN ADAPTED WITH PERMISSION FOR THIS E-GUIDE.**

# MULTI-VITAMIN

Multi-vitamins contain a variety of necessary vitamins and nutrients needed in daily overall growth health. Since many folks don't gather the right amount of nutrients in a day, multivitamins are a great way to cover the basic vitamins you are missing. Your multi-vitamin will contain various vitamins such as Vitamin A, which is an antioxidant that aids in the making of healthy sebum and even Vitamin E, which helps in improving the scalp circulation. This is a non-negotiable vitamin for me. Every day one-a-day.

**Why I Picked Them:** This is my favorite multi-vitamin in pill form. It's made from actual food, organic, non-GMO, and doesn't contain artificial ingredients, gluten or soy. It is the only multi-vitamin to date, that I can have on an empty stomach.



**MyKind Women's Multi:** Made from nature, using thoughtfully and scientifically selected real foods, mykind Organics Women's Multi is a whole food multivitamin that's Certified USDA Organic and Non-GMO Project Verified. Organic fruits, veggies and herbs such as lemons, annatto, amla berry and holy basil provide perfect support for your demanding lifestyle. This gentle power-packed formula provides the nutrients you need in only two organic tablets per day. PS: They also have a one-a-day.

# B-COMPLEX

These vitamins assist with keeping our bodies running on a daily base. For example, B12 helps oxygenate the blood vessels, which leads; while B6 helps stop thinning hair. These vitamins directly assist in our energy levels and the conversion of food to fuel.

**Why I Picked Them:** B-Complexes are powerful vitamin and Country Life version is consistently ranked as one of the top ones. Country Life is one of my top brands and a very reliable manufacturer as they ensure the highest quality and contains no artificial ingredients, gluten, soy etc.. This vitamin provides additional benefits above regular b vitamins. It includes coenzymes which improve and enhance the performance of B vitamins and inositol, a vitamin-like substance that helps to combat anxiety and support mental health.



**Country Life Coenzyme B-Complex**  
Coenzyme B-Complex contains essential B Vitamins in its active, "coenzymated" form. This complex that you've known and loved for over 15 years now includes Methylfolate (Quatrefolic®) - the most advanced form currently available. And as always, you don't need to worry about the typical Vitamin B taste or odor.

# OMEGAS

Lack of proper amount and ratio of omega fats in your diet could not only cause issues with hair loss but also the entire body. For example, a deficiency in omega-3 can cause brittle nails, change in skin condition, mental concentration, depression and much more.

**Why I Picked Them:** I have a hard time taking omegas and most fish oils supplements. I hate the taste of 90% of them and they make me want to gag!! This is the only one I have found that I do not have that issue and is gentle on the stomach. It also helps regulate hormonal levels, which can and does affect hair growth. Ocean 3 is a great line and has other options so if this blend isn't right for you, try another one.



## Garden of Life Oceans 3 Healthy Hormones

Oceans 3 Healthy Hormones supports the hormonal and emotional health for women of all ages by providing all the benefits of high potency omega-3 supplement. Additionally, amplified range of targeted benefits unmatched by ordinary Omega-3 formulations. No artificial colors or preservatives. Gluten free. Dairy free.

# PROBIOTICS

Gut health is the foundation for overall health and thus good gut health will help your body produce healthier hair. Probiotics help improve intestinal flora balance, inhibit harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection.

**Why I Picked Them:** Honestly, probiotics are one of the hardest things for me to pick just one. It depends on your need and dietary intake. Fermented foods such as kefir, sauerkraut, and miso are great options for natural probiotics and one I recommend before a pill. Renew Life is a popular brand that can be found at most stores all across the country.



## Renew Life Ultimate Flora

Ultimate Flora Everyday Probiotic 15 Billion is good for use at home or on-the-go. Ultimate Flora™ Everyday Probiotic Go Pack 15 Billion is a high-potency formula with 10 scientifically studied *Bifidobacterium* and *Lactobacillus* strains. This daily probiotic supports digestive and immune health so you feel better, lighter, and more energized. Promotes digestive balance and both digestive and immune health.

# VITAMIN D

Vitamin D is an uncommon and an overlooked vitamin because the body naturally produces it when it's directly exposed to sunlight. Vitamin d helps with depression, weight loss, blood pressure, fighting diseases and much more. Low vitamin D levels are associated with increased risks of cardiovascular and neurological disease, cancer, diabetes, and autoimmune disorders. Yes, lack of vitamin D can even cause hair loss as one of its symptoms.

**Why I Picked Them:** Because who needs one more pill to take. This spray is made from real, nutritious food—not lanolin, (cholesterol stripped from sheep's wool) and is free of any synthetic binders or fillers. A simple spray that can easily be packed in a purse, suitcase or gym bag is a winner for me. Just spray and go.



**Garden of Life - MY KIND Organics Vegan D3**  
mykind Organics Certified Organic Whole Food Vegan D3 Spray is a delicious vanilla spray made with organic foods. In a base of Organic Pumpkin Seed Oil and Organic Cranberry Seed Oil for optimum absorption, one spray daily delivers 1,000IU (250% DV) vegan vitamin D3 as cholecalciferol to help support calcium absorption for healthy bones

# HAVING A HARD TIME TAKING PILLS OR FORGETTING YOUR MULTIVITAMINS?



**SMARTYPANTS** vitamins

The Good Gummies

I have got the solution for you - **Smarty Pants Vitamins**. Here is finally a delicious gummy that's packed with select nutrients hard to get from food, but without synthetic colors or artificial stuff. I recommend these vitamins for those who don't know where to start and just want to establish the basic practice of taking a vitamin.

You can purchase a variety of Smarty Pants on one of my favorite site - **Grove Collaborative**. It's where I get all my healthy living product on a budget!. Grove is committed to delivering the best all-natural products to your door.

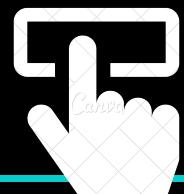
GET \$10 OFF, VIP MEMBERSHIP & FREE SHIPPING



# GET THE BOOK!



FREE DIGITAL WITH PRINTED PURCHASE



Did you enjoy this e-book? Got question? Want to know why I am obsessed with Kale or how I am training for a marathon? Let's connect more socially or send me a personal email.

[info@alexandriawill.com](mailto:info@alexandriawill.com)



**Alexandria Williams** is the FitHair Expert and has helped thousands of women remove barriers hindering them from achieving optimum health. She seamlessly connects the dots between health, hair, and fitness and while emphasizing the value of living a balanced life. As the **2016 Women's Health Magazine Action Hero** Recipient and a Director on the Board of the National Black Marathoners Association, **Alex has made it her mission to teach the importance of a proper foundation for establishing healthy hair from the inside out.** She has been featured on countless media outlets such as Essence Magazine, Fox Sports, Good Morning Texas, Shape, and the Dallas Morning News. A writer, avid Dallas Cowboys fan, and lover of kale and neon; you can catch her as a featured speaker at various workshops, seminars and expos or **training to cross another marathon finish line.**

# Yo! Disclaimer and Copyright

This workbook is for informational purposes only. The information presented herein represents the personal views of Alexandria Williams, as of the date of publication.

This workbook is not intended for use as a source of professional advice. Although the author and publisher have made every effort to ensure that the information in this book was correct at press time, the author and publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Alexandria Williams only endorses products or services that she believes, based on her experiences, are worthy of such endorsement. Any product claim, statistic, quote or other representation about a product or service should be verified with the manufacturer or provider.

ALL RIGHTS RESERVED. You are welcome to print a copy of this document for your personal use. Other than that, no part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from Alexandria Williams.