

Healthy Hair Support Supplements

Many people struggle with hair thinning, shedding, or slow growth at some point in their lives. While genetics and aging play a role, lifestyle, nutrition, and nutrient status can make a real difference in supporting healthy hair and improving regrowth. This guide outlines practical tips for nourishing your hair from the inside out, plus key supplements that provide essential nutrients for follicle health and growth.

Below are the products featured in the Perfectly Healthy Hair Growth Bundle from Perfect Supplements — each chosen for its nutrient profile that supports hair strength and growth. Use code REALVITALITY for an additional savings.

1. Perfect Hydrolyzed Collagen

A high-quality collagen powder sourced from pasture-raised, grass-fed cows that delivers bioavailable amino acids to support hair, skin, nails, and connective tissues. Collagen is broken down (hydrolyzed) for easier absorption and can be added to beverages or smoothies.

2. Perfect Acerola Powder

A whole-food source of vitamin C and phytonutrients that helps protect follicles from oxidative stress and supports collagen absorption — a nutrient partner to collagen peptides.

3. Perfect Desiccated Liver

A nutrient-rich organ meat supplement providing natural iron, B-vitamins including biotin, zinc, and amino acids — all foundational nutrients for hair growth and follicle health.

4. Green Pasture Fermented Cod Liver & Butter Oil Blend

Provides fat-soluble vitamins A and D as well as omega-3 fatty acids to support scalp health, reduce inflammation, and support overall nutrient balance.

Enjoy a savings on Perfect Supplements when you shop using code REALVITALITY at checkout.

This guide is informational and not medical advice. Consult a qualified healthcare professional before starting any new supplement regimen.