

Cultural Daily

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The 5 Best Hair Growth Supplements for Men and Women

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Comparing Ingredients, Benefits, and Value To Find the Right Supplement for Healthier, Fuller Hair.

Thinning hair almost never traces back to one cause. Genetics, hormones, stress, age, and simple nutrient gaps all pull on the same follicle, often at the same time. That is why the hair growth supplement aisle has exploded over the past decade, and why it has become genuinely hard to tell a well-built formula from a repackaged multivitamin with a hair-shaped label. It's also why we thought we'd take a closer look and provide what we consider the 5 best hair growth supplements available.

A supplement will not override genetics. What a good one can do is close nutritional gaps, support the keratin production your strands are built from, and give the follicle a better environment to work in. Below are five of the most credible options on the market for men and women, with the key ingredients and the real monthly cost for each. We examined five popular hair growth supplements, evaluating ingredient quality, dosages, manufacturer reputation, pricing, physician perspectives, and customer reviews. While each product offers potential benefits for supporting healthier hair, their effectiveness depends on individual needs and the underlying causes of thinning. We also considered how supplements might complement a broader hair health regimen that includes appropriate nutrition, scalp care, and evidence-based treatments such as red light therapy.

The 5 Best Hair Growth Supplements for 2026

1. GroWell Hair GROWTH Supplements — Best Overall

GroWell Hair Growth Supplements, from **Apira Science**, builds separate formulas for men and women, and the first thing worth noticing is the label itself. Where most premium brands hide their botanicals inside a proprietary blend, GroWell prints an amount next to every single ingredient — you can see exactly how much saw palmetto, ashwagandha, biotin and marine collagen you are taking. In a category built on vague blends, that is unusual, and it lets the formula be compared on its merits.

And it holds up. The GroWell complex delivers **2,295 mg per serving in the men's formula** and **2,210 mg in the women's**, built on the same clinically standardized, trademarked actives the premium brands use, at doses in the range the research points to. You'll also find comfort in that it's made in the USA, so you know the overall quality of high due to standards.

Key ingredients: Saw palmetto fruit extract standardized to 45% fatty acids, hydrolyzed marine collagen types I and III, and SENSORIL® ashwagandha standardized to 10% withanolide glycosides at 430 mg each in the men's formula and 420 mg in the women's, alongside BCM-95 turmeric standardized to 95% curcuminoids at 428 mg and 418 mg respectively. Both formulas add keratin, L-cysteine, L-lysine and L-methionine, horsetail standardized to 7% silica, Japanese knotweed standardized to 50% resveratrol, hyaluronic acid, and a tocotrienol complex, with black pepper and cayenne extracts for absorption. On the micronutrient side, both deliver 3,000 mcg biotin, 25 mg zinc, 200 mcg selenium, 225 mcg iodine, and vitamins A, C, D, and E.

Price: \$69.99 per single bottle, marked down from \$89.99, but *discounts available based on subscription options* that cut as much as 20% off the price per bottle (**as low as \$55.99 as we write this**). Each bottle is a 30-day supply at four capsules daily, with free shipping.



It takes the top spot for three reasons. First, the actives are the same branded, standardized ingredients found in the category leader — SENSORIL ashwagandha, BCM-95 curcumin, marine collagen, saw palmetto, tocotrienols, hyaluronic acid — but with the amounts disclosed rather than pooled into a blend. Second, it adds things most rivals skip: keratin and the sulfur amino acids that hair is literally built from, plus resveratrol and silica. Third, it costs up to \$23 less per month than the benchmark brand. We would also add that Apira Science's 20-plus years of innovation within the hair growth space is something of value. Users typically look for changes in thickness and shedding across an 8 to 16 week window, and the formula, while beneficial when used exclusively, is built to pair with GroWell's red light therapy cap for anyone who wants to work on hair from the inside and the outside at once.

BUY GROWELL SUPPLEMENTS FOR WOMEN

BUY GROWELL SUPPLEMENTS FOR MEN

2. Nutrafol — The Category Benchmark

Nutrafol is the brand most people name first, and it earned that position with heavy dermatologist marketing and an unusually segmented product line: separate formulas for Men, Men 50+, Women,

Women's Balance (45+), and Postpartum. The core of every formula is the Synergen Complex, a standardized botanical blend built around stress and hormonal pathways rather than vitamins alone.

Key ingredients: Sensoril ashwagandha, saw palmetto, BCM-95 curcumin, tocotrienol complex, marine collagen peptides, biotin, vitamins C and E, and hyaluronic acid.

Price: \$88 for a one-time month's supply, or \$79 per month on subscription. Four capsules daily.

The formula is legitimately well-constructed, and the ingredient list is a strong one. Two sticking points. The Synergen Complex is a proprietary blend, so the label tells you what is in the bottle but not how much of each — you cannot verify whether the saw palmetto or ashwagandha is dosed at a meaningful level. And the cost adds up: at \$79 to \$88 a month with no long-term guarantee, a fair six-month trial runs close to \$500 before you know whether it is working for you.

BUY NUTRAFOL FOR WOMEN

BUY NUTRAFOL FOR MEN

3. Viviscal — The Long-Running Marine Complex

Viviscal has been on the market since 1992 and is built around AminoMar, a proprietary marine complex of collagen and oyster extract powder. The women's Extra Strength tablet delivers 1,072 mg of AminoMar alongside 240 mcg biotin, 118 mg vitamin C, 20 mg iron, and 22 mg zinc, with horsetail stem and millet seed extract. The men's version uses a proprietary collagen complex with flax seed extract, zinc, vitamin C, and horsetail.

Key ingredients: AminoMar marine complex (collagen and oyster extract), biotin, vitamin C, iron, zinc, horsetail stem extract, millet seed extract.

Price: \$40 for a one-month supply of 60 tablets, men's or women's. Two tablets daily.

It is drug-free, has been studied across ten clinical trials, and sits at a reasonable price point. Two caveats: the marine base makes it unsuitable for vegans and vegetarians and off-limits for anyone with a shellfish allergy, and the formula is narrower than the botanical blends above, leaning on the marine complex rather than addressing stress or hormonal inputs.

BUY VIVISCAL FOR WOMEN

BUY VIVISCAL FOR MEN

4. Vegamour GRO Biotin Gummies — Best Vegan Option

Vegamour built its brand on clean, plant-based formulations, and the GRO Biotin Gummies are the easiest entry point in the line. This is a nutrient-support product rather than a botanical blend: a strawberry gummy that covers the vitamin and mineral bases most closely associated with hair and nail health, with none of the animal-derived collagen found in most competitors.

Key ingredients: Biotin, zinc, iodine, choline, inositol, and vitamins A, C, D3, E, B6, B12, and pantothenic acid.

Price: \$36 one-time, or \$30 per month on Subscribe & Save. One gummy daily.

The one-gummy-a-day format is the most compliance-friendly on this list, and vegan and cruelty-free certification fills a real gap in the category. Just set expectations accordingly: there is no saw palmetto, ashwagandha, or collagen here, so it is closing nutritional gaps rather than working on the hormonal and stress side of thinning. Vegamour points most users toward month three before evaluating results.

BUY VEGAMOUR

5. Hims & Hers Biotin Gummies — Best Budget Entry Point

The telehealth brands Hims and Hers sell a shared biotin gummy that is the cheapest credible option in the category. It is a straightforward B-vitamin-forward multivitamin in cherry gummy form, and the company is refreshingly direct about what it is not.

Key ingredients: Biotin, vitamin B12, vitamin B6, vitamin D, and folic acid, plus vitamins A, C, and E, niacin, and pantothenic acid.

Price: \$16 per month through Hims; the Hers listing runs \$32 per bottle. One gummy daily.

Hims states plainly on its own product page that the gummies are not a hair loss treatment — they supply nutrients for fuller-looking hair, and anyone dealing with active hair loss is directed to a healthcare provider. Taken on those terms, it is a sensible, inexpensive way to close a nutrient gap. It is not a substitute for the more complete formulas above.

Our General Take on Hair Growth Supplements?

Every product on this list is drug-free, and every one of them asks for the same thing: consistency across a three to six-month window. Hair grows on a slow cycle, and a bottle abandoned at week five has not been given a fair test.

Nutrafol has the most decorated formula and charges accordingly, though its proprietary blend keeps the actual doses out of view, which is not ideal. Viviscal has the longest track record but a narrower ingredient story. Vegamour and Hims & Hers are reasonable nutrient-support products at accessible prices, without the botanical depth. **GroWell** lands in the best position on the list: the same clinically standardized actives as the premium tier, every amount printed on the label, keratin and amino acids the others leave out, and a lower monthly cost than the category leader. If you are choosing one supplement to commit to for the next six months, that combination is hard to beat.

Frequently Asked Questions About Hair Growth Supplements

Do hair growth supplements really work?

Hair growth supplements may help people experiencing thinning hair related to nutritional deficiencies. Ingredients such as biotin, zinc, and certain vitamins support normal hair health, but results vary depending on the underlying cause of hair loss. Supplements are not guaranteed to reverse genetic hair loss.

What ingredients should I look for in a hair growth supplement?

Common ingredients include biotin, zinc, vitamin D, marine collagen, saw palmetto, and ashwagandha. Look for clearly disclosed ingredient amounts and independent quality testing. The presence of an ingredient does not necessarily establish that a formula improves hair growth.

How long do hair growth supplements take to work?

Many manufacturers recommend evaluating results after three to six months of consistent use. However, improvement depends on the cause of thinning hair, the specific formulation, and whether a nutritional deficiency is present.

Are hair growth supplements different for men and women?

Some brands offer separate formulas for men and women to reflect different nutritional needs or product positioning. However, both men and women can experience hair loss related to genetics, hormonal changes, stress, or nutritional deficiencies. The most appropriate supplement depends on individual circumstances.

Can hair growth supplements be used with red light therapy?

Some people combine nutritional supplements with low-level light therapy as part of a broader hair care routine. These approaches work differently, and evidence supporting their combined effectiveness remains limited. A dermatologist can help determine which interventions are appropriate.

The statements in this article about the 5 best hair growth supplements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Prices listed reflect manufacturer pricing at the time of writing and are subject to change. If you are experiencing sudden or significant hair loss, talk with a healthcare provider before starting any supplement. This article does include affiliate links to purchase the three products that are available on Amazon, benefitting Cultural Daily's nonprofit cause if they produce any sales.

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