

The 5 Key Elements For Beards

Check out below the 5 key elements you need from your beard products to support and grow a healthy beard.

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Cowells Beard Oil

1. Omega Fatty Acids

Fatty acids promote healthy hair growth and hydrate your beard hair. Essential when waking first thing in the morning.

Omega fatty acids can be found in sweet almond oil, sunflower seed oil and avocado oil.

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Cowells Poured Butter

2. B vitamins

Especially biotin and vitamin B5, prevent thinning and beard hair loss. They also stimulate hair growth.

Avocado Oil is rich in Vitamins A, B1, B2, B5, B6, C, D, E, magnesium, copper, iron, amino acids, sterols, pantothenic acid, lecithin, folic acid and other fatty acids.

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Cowells Beard Wax

3. Vitamin C

Besides keeping a healthy beard. In addition to boosting your body's iron absorption, vitamin C increases collagen production. This grows and strengthens the beard hair.

Mango butter is one key ingredient packed with fiber, vitamins (C, B6, A, E, and more), and minerals.

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Cowells Whipped Beard and Mustache Oil

4. Zinc

Like iron, zinc promotes healthy hair growth. In fact, too little zinc in your diet can cause hair loss.

Sweet almond oil is an excellent source of vitamin E and vitamin A, Omega-3 fatty acids, and a good source of Zinc. Vitamin E has anti-inflammatory properties hence preventing beard itch and beardruff.

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Cowells Beard Balm

5. Iron

Essential not only for healthy beard hair growth, but also for your overall health. To increase your body's ability to absorb iron, eat foods rich in vitamin C or use products with vitamin C.

Grapeseed Carrier Oil contains a high percentage of linoleic acid (more than many other carrier oils), Vitamin C, A, E, Iron, Calcium and Omega 6 & 9, and is rich in antioxidants.

Find out more at:

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