



# Role of Proteins

- Hair is made up of **Keratin** protein
- **Spirally twisted** multiple Keratin protein **strands** form structure of the **hair shaft – Cortex**
- **Interlocking Keratin scales** form **protective hair Cuticle** layer which gives strength and shine
- **Weak cuticle** invites damage and **causes split ends**
- **Sulphur** containing amino acids **Cysteine and Methionine** are required for keratin synthesis
- **Vit. B6 pyridoxyl phosphate**, increases L-cysteine incorporation into formation of keratin
- **L-lysine** is another important amino acid in the **inner root sheath**, which gives **shape and volume** to the hair
- L-lysine deficiency makes the **hair thin, limp and brittle**
- L-lysine is important for **absorption, utilization of iron & zinc**