



# Ingredients Starting With V

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In the ingredient descriptions: **Good** means that I like to see this in a product's list of ingredients. **Okay** means this product appears safe for a curly person like me to use. **Caution** means that this ingredient may not be good in some hair care products, or for some people. **Avoid** means this ingredient may hurt your hair. If you see this ingredient in a hair product, it's best to put it down and walk away.

## Please select a letter to search for ingredients:

0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### Valine

**Okay**

Amino acid found in hair. This can be a humectant, but it can't repair hair, since hair is dead. Pg 84.

See also: Amino acid

Source(s): Begoun

### Vanilla Planifolia Fruit Extract (aka Madagascar Vanilla)

**Okay**

Extracted from the unripe fruit of a vining orchid that is usually grown in Mexico and the West Indies. Usually used for flavoring food and in perfumes [Winter 7th ed., pg 541].

Source(s): Winter

### Vanilla Planifolia Fruit Oil

**Okay**

Oil made from the pressed fruit of the vanilla orchid. Used as a skin conditioner and emollient [Gottschalck pg 2874-5].

Source(s): Gottschalck

### Vegetable emulsifying wax (aka Emulsifying wax)

**Okay**

Emulsifying wax made from plant materials. See Emulsifying wax.

See also: Emulsifying wax NF Emulsifying wax

### Vegetable Glycerin

**Okay**

Glycerine that is made from plants (such as avocados), instead of from animal sources [Winter (7th ed., pg 542)].

See also: Glycerin

Source(s): Winter

### Verbena officinalis (aka Common verbena)

**Caution**

Flowering herb that grows as an annual in the US. The oil may cause irritation to sensitive scalps.

See also: Irritant

Source(s): <http://plants.usda.gov/java/profile?symbol=VEOF>

### Vinyl

**Caution**

Film-forming/ plasticizing polymer. These are best avoided in shampoo and conditioners because they can build up and get sticky.

Source(s): Begoun

### Vinyl acetate

**Caution**

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky.

Source(s): Begoun

### Vinyl caprolactam/PVP/dimethylaminoethyl methacrylate copolymer

**Caution**

Resin used to hold things together. Winter pg 539. *Fine in gels, mousses and hairsprays, whose function is to keep your hair in place. May build up and make your hair sticky if used in shampoos or conditioners. —T*

See also: Vinyl polymers

### Vinyl neodecanoate copolymer

**Caution**

Sticky film-former. This is best avoided in shampoo and conditioners because they can build up and get sticky.

Source(s): Begoun

### Vinyl polymers

**Caution**

A group of resins often found in nail polish and false nails. Often used in plastics. *May build up and make your hair sticky if used in shampoos or conditioners. These would be fine in gels, mousses and hairsprays, whose function is to keep your hair in held place. —TWinter pg 539.*

See also: Vinyl polymers

Source(s): Winter

### Vitamin B3 (aka Niacinamide; Nicotinamide; Niacin)

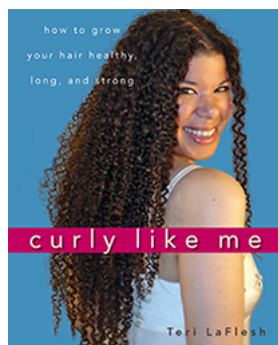
**Okay**

Used as a hair conditioning ingredient [Winter pg 366]. A white, odorless, crystal solid that's water soluble. This is found in tiny amounts in living cells. It's not likely that the teeny amounts used in a product can do anything for the hair, so it's mainly put in products for its marketing appeal, because it is a vitamin [Hunting (Conditioning) pg 289-290].

Source(s): Winter Hunting

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**Vitamin B5** (aka Panthenol, Pantothenic acid)**Okay**

Can moisturize the hair to make it feel softer. Pantothenic acid is able to penetrate deeply into the cortex of the hair, but it is not able to repair hair, nor make hair strand thicker. Pg 85.

Source(s): Begoun

**Vitamin E** (aka Tocopherol acetate)**Good**

Moisturizing oil as well as an antioxidant. Has great benefits for skin. Made from distillation of edible vegetable oils. Can also be taken as a dietary supplement [Winter 7th ed., pg 523]. Per Hunting [(Conditioning) page 420], one of the few vitamins that have benefits to hair is Vitamin E. It has moisturizing properties, protects against sun damage, but whether any of these things would happen when used in a conditioner is doubtful.

Source(s): Winter Hunting

**Vitamins****Okay**

These have no purpose in hair care products. Hair is dead, so it can't be "fed". However, they may have an effect on the scalp. Most of the time, the product is rinsed away before they can do anything. [Begoun (Hair) Pgs 201-202]. Per Hunting [(Conditioning) page 421], The trend in people's concern for getting enough vitamins has created a market for "vitaminized" cosmetics. Because of this, the FDA requested the CTFA to remove "vitamin" from the CTFA Cosmetic Ingredient Dictionary and to use instead the chemical names, since they were concerned the public might believe cosmetics with "vitamin" ingredients listed on their label might believe their products to have medicinal or nutritional function. Whether vitamins have any effect on the hair isn't certain as they are vital to living things, but can't do much for hair, because it's dead. The possible exceptions are Vitamin E (moisturizing), Panthenol (moisturizing, and B5 (Conditioning and flexibility). Again, it's not certain they can do much in a conditioner.

Source(s): Begoun Hunting

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