

Dermatologists Say These Nail Strengtheners Will Give You Healthier, Stronger Nails

If you're struggling with weak nails that keep breaking, splitting, or peeling, there's one effective [solution for weak nails](#) to consider adding to your cart: the best nail strengthener. While it may be tempting to mask the issue with a fresh set of acrylics or a gel manicure, these may actually do more harm. Nail strengtheners, however, are formulated to [strengthen brittle nails](#), potentially also helping [nails grow faster](#).

"Similar to hair, nails are made of dead keratin. Once they have developed, you cannot change or remodel their structure, but you can help enhance what has already been created," explains [Joshua Zeichner, M.D.](#), a board-certified dermatologist and director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. "Nail strengtheners can help offer protection from the environment, hydration, and form scaffold on the surface of the nails to improve their appearance and minimize breakage."

Meet the experts: [Joshua Zeichner, M.D.](#), a board-certified dermatologist and director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City; [Pooja Rambhia, M.D.](#), a board-certified dermatologist in New York City; [Michele Farber, M.D., F.A.A.D.](#), a board-certified dermatologist at Schweiger Dermatology Group in Philadelphia.

"On average, fingernails grow approximately 3.0 mm per month, while toenails grow at about 1.0 mm per month. Research indicates that starting around age 25, the growth rate of nails decreases by approximately 0.5% annually," explains [Pooja Rambhia, M.D.](#), a board-certified dermatologist, who notes that there is a long list of potential causes behind weak nails or nails that won't grow. Dr. Rambhia agrees

that over-the-counter nail strengtheners, usually enriched with ingredients like keratin and biotin, may effectively protect and fortify brittle nails.

Keep reading for the best nail strengtheners recommended by dermatologists and tested by editors to get your strongest, healthiest nails yet.

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