

Vitamin B₆, also called pyridoxine, is essential in many metabolic functions, along with cell growth and multiplication. A deficiency of this vitamin can be a factor contributing to hair loss.

Biotin, formerly called vitamin B₇, is recognized for its importance regarding the health of hair and nails.

Folic acid (as folate), or vitamin B₉, supports DNA synthesis critical for the growth and maintenance demands of the skin, hair, and nails.

Vitamin D₃ is also called cholecalciferol and synthesized by the skin. A deficiency of this “sunshine vitamin” can contribute to hair loss. Animal trials at the UCLA School of Medicine have also shown vitamin D₃ to stimulate the growth of hair in laboratory mice.

Vitamin B₁₂, also called methylcobalamin, is critical for the synthesis of keratin, the key structural protein for hair and nails. A deficiency of this vitamin is common for those suffering from hair loss.

HAIR & SCALP CONTAINS SPECIFIC NUTRACEUTICALS THAT TARGET HAIR HEALTH, FORMULATED WITH CRITICAL COMPONENTS OF THE B-COMPLEX GROUP OF VITAMINS THAT PROMOTE THEIR METABOLISM AND BIOAVAILABILITY



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Each softgel contains:

Certified organic pumpkin (<i>Cucurbita pepo</i>) seed oil	400 mg
Taurine (2-aminoethanesulfonic acid)	240 mg
Wild-crafted saw palmetto (<i>Serenoa repens</i>) fruit liposterolic extract, 95% fatty acids (CO ₂ -extracted)	185 mg
Field horsetail (<i>Equisetum arvense</i>), 4.9 mg of silicon	150 mg
Certified organic evening primrose (<i>Oenothera biennis</i>) seed oil	100 mg
Fish oil (omega-3 from wild, deep-sea whole anchovies [<i>Engraulidae</i>] and/or whole sardines [<i>Clupeidae</i>]), 40% eicosapentaenoic acid (EPA), 20% docosahexaenoic acid (DHA)	50 mg
Flaxseed (<i>Linum usitatissimum</i>) seed extract, 40% secoisolariciresinol diglucoside	50 mg
Whole stinging nettle (<i>Urtica dioica</i>) extract, 1% silicic acid	50 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	35 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	35 mg
Apple (<i>Pyrus malus</i>) fruit extract, 5% proanthocyanidins B2	12 mg
Vitamin B3 (niacinamide)	8 mg
Vitamin B5 (calcium D-pantothenate)	8 mg
Silicon (from silicon dioxide)	7 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	2 mg
Vitamin B6 (pyridoxine hydrochloride)	2 mg
Biotin	150 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	50 mcg
Vitamin B12 (methylcobalamin)	25 mcg
Vitamin D3 (cholecalciferol)	12.5 mcg (500 IU)

Other ingredients:

Beeswax, sunflower lecithin, and microcrystalline cellulose in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use:

Adults: Take 2 softgels daily with meals or as directed by your health-care practitioner.

Duration of use:

Consult a health-care practitioner for use beyond 3 months.

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- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
- **All ingredients and finished products are tested for quality and safety in an ISO 17025-accredited laboratory.**

To ensure these products are right for you, always read and follow the label.

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Hair & Scalp

HAIR LOSS AND THINNING REMEDY FOR MEN AND WOMEN



HORMONES AND HAIR HEALTH

The botanical backbone of **Hair & Scalp** are the therapeutic amounts of certified organic saw palmetto and flax seed lignans. These specialized nutrients are recognized to be effective in the treatment of pattern baldness (hereditary androgenic alopecia) and thinning hair. Compounds present in **Hair & Scalp** can block the enzyme 5-alpha reductase from converting testosterone to dihydrotestosterone. Excess production of dihydrotestosterone is considered a key contributing factor for the onset and progression of androgenic alopecia (pattern baldness). Over time, an abundance of dihydrotestosterone can cause hair follicles to decay and gradually shrink in size, until they are only capable of producing finer hairs that are barely visible.

Receding hair lines and thinning hair have long been accepted as a natural by-product of aging; however, premature hair loss can result in a corresponding loss of self-esteem that can negatively affect many aspects of daily life. Excessive hair loss can also be the “tip of the iceberg” for a cascade of health problems of both physical and psychological origin, for both women and men.

Pattern hair loss affects 38% of women, according to Dr. Shapiro of the University of British Columbia's Department of Dermatology.

Furthermore, the drop in estrogen levels for women following menopause leaves them more prone to hair loss. Estrogen counterbalances the effects of elevated blood serum levels of dihydrotestosterone (DHT), often the root cause of hair loss.

Hair & Scalp promotes healthy and favorable conditions that can stop hair loss and activate dormant hair follicles.

A fuller head of hair will reflect a healthier, more confident you!

HAIR & SCALP CONTAINS:

WILD-CRAFTED SAW PALMETTO

Hair loss can often be attributed to the conversion of testosterone to dihydrotestosterone; active compounds in saw palmetto inhibit production of the 5-alpha reductase enzyme responsible for this conversion. Dihydrotestosterone exerts damaging effects on the health of hair follicles.

FLAX SEED LIGNANS

Secoisolariciresinol diglucoside (SDG) is the lignan present in flax that extends the broad-spectrum effectiveness of **Hair & Scalp**. SDG inhibits production of the enzyme 5-alpha reductase that converts testosterone to potentially harmful dihydrotestosterone.

GRAPE SEED

The oligomeric proanthocyanidins (OPCs) in grape seeds exert an inhibitory effect on the conversion of testosterone to dihydrotestosterone that plays a role in hair loss.

GREEN TEA

The compounds found in a specialized extract of 75% EGCG of green tea promote higher levels of globulin. This stabilizes circulating testosterone to deter its conversion to dihydrotestosterone that contributes to hair loss.

NETTLE

Research in Germany suggests the active ingredients in stinging nettle can work to block the production of dihydrotestosterone, which has been identified as a culprit for hair loss.

WILD FISH OIL

Nutritionists at New York University Medical Center have shown that supplementation with omega-3 fatty acids found in fish oil reduces inflammation and damage to skin cells, and increases blood flow critical for the nourishment of hair follicles.

TAURINE

This amino acid may promote hair growth for its ability to block the protein TGFβ responsible for hair-follicle inflammation and miniaturization.

HORSETAIL

Silica-rich horsetail also contains fatty acids and flavonoids that promote hair quality and stimulate microcirculation to fortify and invigorate hair follicles.

EVENING PRIMROSE OIL

Contains the essential fatty acids linoleic and gamma-linolenic acid that promote overall health benefits that include the prevention of hair loss.

CERTIFIED ORGANIC PUMPKIN SEED OIL

Mineral-rich pumpkin seed contains compounds that deter the transformation of testosterone to dihydrotestosterone, which appears to cause hair follicles to enter a resting phase associated with baldness.

B-COMPLEX VITAMINS

The B-complex vitamins present in **Hair & Scalp** promote the production of keratin, the pivotal protein in hair, skin, and nails. B vitamins also improve microcirculation critical for productive hair follicles, and promote the effectiveness and bioavailability of the natural nutrients in **Hair & Scalp**.

Vitamin B₃, or niacinamide, is a versatile vitamin that improves blood circulation to the scalp and supports energy production throughout the body.

Vitamin B₅, or pantothenic acid in its provitamin form, is essential for good skin and hair follicle health.

Vitamin B₂, also called riboflavin, is essential for the metabolism of proteins critical for the health of skin, hair, and nails.