

About Hair N Skin

Hair N Skin is a comprehensive nutritional support for those experiencing hair loss.

The nutritional support also has the complementary support for skin and nail health.

Composition of Hair N Skin :

Natural Extracts

Borage Oil 20%	50 mg
Grape Seed Extract	10 mg
Green Tea Extract	10 mg
White Tea Extract	10 mg
Betacarotene (30% dispersion)	5 mg

Vitamins

Biotin	10 mg
Choline Bitartrate	10 mg
Niacin	10 mg
Inositol	2.5 mg

Hair N Skin - Healthy Hair

About Hair loss :

Hair loss as a problem, is quite prevalent to an extent of approximately 30 percent of all people.

Hair loss is of 2 types: i) Genetic (Permanent) hair loss and ii) Non-genetic (Temporary) hair loss

Causes for hair loss :

Hair loss in men and women is directly related with hormonal imbalances and changes inside their body. Hormonal imbalance is due to physical, emotional problems and hair loss too. In women the major cause of hair loss before the age of 50 is nutritional, with 30% affected due to following:

1. Vitamin deficiency
2. Amino acid deficiency
3. Mineral deficiency
4. Essential fatty acid deficiency
5. Malignancy
6. Postpartum depression
7. Infection
8. Irregular menstrual cycles
9. Trauma
10. Hormone replacement therapy
11. Starting or stopping the birth control pill

To support hair follicles in good shape, the requirement is an adequate flow of nutrients, vitamins, essential fatty acids and minerals.

Role of Natural Extracts for Healthy Hair :

Borage Oil : Borage seeds is one of the few selected plants, that contain gamma linoleic acid (GLA), an omega 6 fatty acid that converts to a hormone called prostaglandin that has amazing anti-inflammatory activity. Regardless of the cause of hair loss, borage oil (rich source of omega-6 fatty acids) is able to prevent further loss and encourage re-growth of the hair.

Grape Seed Extract : Grape Seed Extract is concentrated from grape seeds and contains proanthocyanidolic oligomers (PCOs) which contributes to its powerful antioxidant properties. Proanthocyanidins of grape seed extract helps promote the proliferation of hair cells. It is also determined that proanthocyanidins converted the non-growing (telogen) phase of hair growth into the growing (anagen) phase of hair growth.

Green Tea Extract : Green tea extract is a herbal derivative from green tea leaves (Camellia sinensis), containing antioxidant ingredients – mainly green tea catechins (GTC). Dried tea extract contains four main catechins such as epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECG), and epigallocatechin gallate (EGCG) .

White Tea Extract : White tea is a rare tea produced almost exclusively in China and comes from the same plant (Camellia sinensis) as green and black teas. The descriptive term "white" comes from the high proportion of silvery buds on the plants, which impart a silvery color to the tea. White tea is the least processed of all teas, as it is picked then rapidly steamed and dried rather than fermented or roasted.

Beta Carotene : β -Carotene (β -C) is one of the most abundant carotenoids found in the human diet. Beta-carotene is important for hair growth, lower than normal levels may be due to dietary inadequacy and the signs of deficiency include hair loss and skin rashes.

Role of Vitamins for Healthy Hair :

Biotin : Biotin is a member of the B-vitamin family and a major component in the natural hair growth process. It is essential not only to grow new hair, but it also plays a major role in the overall health. Biotin is so important to hair health, that many dermatologists prescribe biotin supplements to their patients as part of their medical treatment for hair loss. Biotin - Dietary insufficiency or other causes can limit the absorption of this vital vitamin, resulting in thinning of hair and hair loss.

Choline Bitartrate : Choline is a B vitamin like nutrient. Choline is an essential nutrient required by the body to make several important compounds necessary for healthy cell membranes. Lecithin is a very good source of choline, it also supplies inositol. Inositol and Choline help to protect follicles in the scalp from damage. Insufficient dietary choline content, may be one of the factors for hair loss.

Niacin : Niacin is a B vitamin essential for normal function of the body. Niacin, enhances blood circulation of the scalp and stimulates the metabolism of hair follicles. It is suggested that Niacin can help to widen dilation of blood vessels. Some suggest that Niacin may be a natural substitute for the drug minoxidil because of its function as a vasodilator.

Inositol : Inositol is found in Vitamin B complex and is used in the body's cell membranes. Inositol is vital for hair growth. Inositol and Choline work together synergistically, and are responsible for the formation of lecithin in the body. In a book called Hair loss prevention, by Ken Peters and David Stuss the authors reveal that, "Inositol, another part of the Vitamin B complex is a cell membrane stabilizer, and an antioxidant that has a protective affect on the hair follicles, perhaps by shielding them from membrane damage caused by oxidized cholesterol in the scalp". Inositol is said to promote healthy

hair, hair growth, and helps in controlling estrogen levels. If the intake is not sufficient, symptoms such as eczema, hair loss etc. are observed.

Role of Minerals for Healthy Hair :

Zinc : Zinc is a trace mineral that is found in the body. It plays a vital part in many bodily processes and functions such as in cell reproduction, hormonal balance, proper absorption of vitamins, and in protein synthesis. Zinc is an essential mineral that is naturally present in some foods, added to others, and available as a dietary supplement.

Groups at risk for zinc deficiency include the elderly & vegetarians. Deficiency in zinc can contribute a lot to hair shedding, hair breakage and very slow hair regrowth. Researchers have observed deficiencies of selenium and zinc generally lead to hair loss.

Iron : Iron is the mineral that occurs in the greatest amount in the blood. Iron is also involved in the oxygenation of body's red blood cells. It is essential for the normal growth and maintenance of hair. One of the most common causes of hair loss in pre-menopausal women is not hormones, but a nutritional deficiency, with depleted iron stores.

Selenium : Selenium is a trace mineral that is essential to good health but required only in small amounts. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes.

Hair N Skin – Nail

The following are the commonly encountered **Nail Problems** :

Brittle nails : Lack of vitamin A and calcium causes dryness and brittleness.

Ridges : B vitamin deficiency causes fragility with horizontal and vertical ridges in the nail.

Rounded nails : Vitamin B12 deficiency leads to rounded and curved nails.

Hangnails : Lack of protein, folic acid, and vitamin C causes hangnails.

Spooning : Low iron can cause soft nails that look scooped out.

White spots : White spots often indicate a zinc deficiency.

Role of Natural Extracts in Nail Health :

Borage Oil : Gamma-linolenic acid is part of the omega-6 family of essential fatty acids (EFAs). These fatty acids are generally necessary for brain functioning, human growth, metabolism, reproduction and healthy bones. The essential fatty acids found in borage seed oil work splendidly with amino acids that support for healthy nails. Essential fatty acids also assist in providing relief from several inflammation problems that crop up around the nail area.

Green Tea Extract & White Tea Extract : Being a rich source of sulphur essential for healthy nails and skin, helps provide protection on a cellular level from the free radicals that can weaken nails. These extracts make them more resistant to breaking, peeling and chipping.

Beta Carotene : Beta-carotene is converted to vitamin A as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails.

Role of Vitamins in Nail Health :

Biotin : Studies have confirmed, that supplementation, with Biotin increased nail thickness in almost 25% of the participants who had brittle nails. Biotin improves hardness and firmness.

Niacin : Niacin is a key component in the health of you hair, skin and nails. A vitamin B complex may play a role in the protection against brittleness.

Role of Minerals in Nail Health :

Selenium, iron and zinc along with biotin supplementation are key nutrients for nail health and play a role in tissue repair. Iron-deficiency anemia, which affects 20 percent of women and 50 percent of pregnant women, can affect the nails by causing brittleness if it becomes severe. Iron deficiency may cause nails to become fragile and develop vertical stripes. Nail plate changes are also observed. Zinc deficiency has been associated with poor nail health, manifesting as deformed nails, hangnails, inflamed cuticles, and white spots on the nail plate. Studies show that oral supplements of zinc can be helpful in resolving nail abnormalities as in yellow nail syndrome.

Hair N Skin – Silky Skin

Men and Women always have an expectation to have silky skin. In truth, however, dealing with skin problems and maintaining a fresh and youthful skin and body can be a difficult feat, due to common problems such as Dry Skin, Aging (Wrinkles), Skin disorders due to sun light. Free radicals are the first and common cause of skin aging, in particular photo aging. Dry skin has a low level of sebum and can be prone to sensitivity. The skin has a parched look caused by its inability to retain moisture. It usually feels "tight" and uncomfortable after washing unless some type of moisturizer or skin cream is applied. Chapping and cracking are signs of extremely dry, dehydrated skin. Dryness is exacerbated by wind, extremes of temperature and air-conditioning, all of which cause the skin to flake, chap and feel tight.

Role of Natural Extracts for Silky Skin :

Borage Oil : Good source of Gamma Linoleic acid. Recent studies indicate that borage oil taken orally helps to suppress chronic inflammation of skin. The high Linoleic acid content aids in maintaining the cell membrane's structural integrity. It is helpful in renewal of the skin and appropriate for varying skin types.

Grape seed extract : Grape Seed Extract are also naturally high in silicon, a mineral essential for healthy, soft, smooth skin. Grape Seed Extract may support collagen, elastin and hyaluronic acid within the skin in good shape by blocking enzymes that might disrupt their chemical structure. Its flavonoids also inhibit allergic reactions that can generate skin problems. Grape Seed Proanthocyanadins have antioxidant activity, and reduced UV-induced oxidative stress. Proanthocyanidin also helps in protection from skin ageing and loss of elasticity. Proanthocyanidin-rich extracts from grape seeds may also be supportive in boosting the immune system, strengthening the blood vessels, aids in improving circulation thus helping to support skin.

Green Tea Extract : A powerful antioxidant, that contains EGCG to fight free radicals: Green tea contains a combination of potent antioxidants called catechins, which help fight damage caused by free radicals. In several scientific studies, green tea extract was shown to neutralize the damage done by exposure to UV rays.

White Tea Extract : It is more potent than Green tea. Scientists at University Hospitals of Cleveland and Case Western Reserve University have proven that ingredients in white tea are effective in boosting the immune function of skin cells and protecting them against the damaging effects of the sun. Studies have shown the white tea extracts helped the immune system in the skin, helps prevent the cell damage of the skin when exposed to sunlight. It is believed that the antioxidant properties of the extracts contribute to this effect. The extracts may help prevent photo damage, wrinkling and pigmentation of the skin.

