

## Hair Growth+

Promotes Thickness & Reduces Loss‡

### DESCRIPTION

Hair Growth+ contains a clinically studied combination of grape seed and green tea polyphenols, zinc, and taurine to support the natural hair growth cycle and provide support for hair follicles. The complementary ingredients also support healthy hair density and volume. A unique ingredient to the formula is AnaGain™ Nu, a pea shoot extract clinically shown in men and women to promote healthy hair growth and reduce loss.‡

### INDICATIONS

- Supports the natural hair growth cycle and reduces loss‡
- Supports hair quality, thickness, and volume‡
- Protects hair follicles‡

### FUNCTIONS AND MECHANISM OF ACTION

Hair follicles regulate the continuous three phases of hair growth: anagen (active growth), catagen (degeneration), and telogen (shedding). In normal hair cycles, about 90% of hairs are in anagen phase and 5-10% are in telogen phase. An imbalance of these two phases results in hair loss. In addition, disruption of normal hair growth may occur due to nutritional deficiencies, endocrine imbalances, and/or sudden changes in routine. Several clinical studies have shown that supplementation with a combination of taurine (150 mg), zinc (10 mg), grape seed extract (150 mg), and green tea extract (375 mg) helped maintain hair balance. This was marked by an increase in the anagen rate and decrease in the telogen rate after 12 weeks, which resulted in decreased loss and increased hair density. The combination also improved hair quality by increasing hair mass and volume.‡

Free radicals caused by oxidative stress can promote cellular damage and induce the secretion of transforming growth factor (TGF)-β1 to inhibit the growth of hair matrix epithelial cells. Taurine is synthesized in the body from amino acids and has been shown to promote hair survival by protecting hair follicles against TGF-β1 *in vitro*. Zinc is an essential trace mineral that requires daily intake, as it cannot be stored long-term in the body. Among its many biological functions, zinc provides support against oxidative stress and contributes to factors involved in the regulation of hair growth.‡

Polyphenolic compounds possess a multitude of health benefits, and their ability to promote hair growth and protection has been evidenced in various studies. Grape seed extract (GSE) provides a unique profile of proanthocyanidins and other polyphenols that support blood microcirculation. Proanthocyanidins from GSE were shown in preclinical research to promote proliferation of hair follicle cells *in vitro* and play a role in promoting the transition from telogen phase to anagen phase *in vivo*. The polyphenolic compounds in green tea are known as catechins. Green tea extracts were shown to support hair regrowth compared to the control group *in vivo*. Preliminary data also suggest that epigallocatechin-3-gallate (EGCG), a unique catechin, may promote hair growth by maintaining dermal cell viability.‡

Pea sprouts are rich in isoflavones, polyphenolic secondary plant metabolites that possess health-promoting properties. AnaGain™ Nu is a water-soluble pea sprout (*Pisum sativum*) extract developed to support hair growth cycle balance. In a human pilot study, individuals who supplemented with 100 mg of AnaGain™ Nu had a significant hair loss reduction of 34% and improved hair density after two months. Concurrent enhancement of noggin and fibroblast growth factor 7 (FGF7) gene expression suggest involvement of these proteins in the mechanism of action. Noggin is a protein required for the induction of hair follicle growth phase, while FGF7 is a signaling factor required for hair development.‡

## FORMULA (#202565)

Serving Size 2 vegetarian capsules:

Zinc (from zinc gluconate) .....	15 mg
Green tea extract.....	375 mg
(98% polyphenols, 75% catechins, 45% EGCG, decaf*)	
Grape seed extract .....	150 mg
(Vitis vinifera, 90% polyphenols)	
Taurine.....	150 mg
AnaGain™ Nu (pea shoot extract, <i>Pisum sativum</i> ) .....	100 mg

Other ingredients: Microcrystalline cellulose, capsule (hydroxypropyl methylcellulose), ascorbyl palmitate

\*Contains <0.5% caffeine

AnaGain™ Nu is a trademark of Mibelle Biochemistry.

## SUGGESTED USE

Adults take 2 capsules daily with food or as directed by a health professional.

For additional hair support, take in combination with Omega Beauty<sup>‡</sup>

## WARNING

Take with food. If you have liver problems, consult your health professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Hair Growth+, visit [douglaslabs.com](http://douglaslabs.com)**

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Omega Beauty

Hydrates and Nourishes Hair, Nails & Skin‡

### DESCRIPTION

Omega Beauty delivers a clinically studied blend of unique oils and antioxidants for supporting healthy hair, skin and nails. Black currant seed oil, coriander seed oil and omega-3 fish oil combined with vitamin C, vitamin E, and lycopene provide essential fatty acids and antioxidant protection to help promote hair thickness and skin moisture, as well as provide support for the skin barrier against environmental stressors.‡

### INDICATIONS

- Promote hair thickness and density‡
- Improves nail strength and reduces brittleness‡
- Supports skin hydration‡

### FUNCTIONS AND MECHANISM OF ACTION

Polysaturated fatty acids (PUFAs) are essential for health maintenance and have a wide range of benefits. PUFAs are involved in the synthesis of lipid molecules called ceramides that are located within the cell membrane. Ceramides are important for skin texture and maintenance of skin barrier function. PUFAs omega-3 and omega-6 are also converted to eicosanoids, which regulate diverse physiological processes. These fatty acids can only be obtained through dietary means or supplementation. Fish oil and black currant seed oil are rich in omega-3 and omega-6, respectively. Studies show that both oils support skin defenses and promote collagen synthesis. Combining these well-studied omega-3 and omega-6 sources may provide nutritional value and benefits to the skin.‡

Clinical studies have shown that individuals who supplemented with a combination of fish oil, black currant seed oil, lycopene, vitamin C, and vitamin E had improved skin moisture retention and decreased itchiness. Improvements were associated with an increase in ceramide levels. The specific combination also reduced nail brittleness after three months and improved hair density and thickness, while reducing shedding, after six months.‡

Lycopene is a carotenoid that supports epidermal homeostasis. Lycopene supplementation in adults has been shown to replenish degraded forms of lycopene to produce a skin-rejuvenating effect and more closely resemble a younger skin profile. Furthermore, lycopene-rich supplements have been shown to regulate indicators of oxidative stress, suggesting that lycopene may support the skin's defenses against environmental stressors.‡

Vitamins C and E are known antioxidants that quench free radicals to help protect the skin's lipids. Vitamin C supplementation has been shown to support skin health, wrinkle reduction, and collagen synthesis by directly mediating the generation of radicals while providing antioxidant protection. Oral vitamin E is transported to the skin surface by the sebaceous glands and supports skin barrier function by its antioxidant activity.‡

Coriander is an herb indigenous to the Mediterranean region that has traditionally been used for its many health benefits. Coriander seeds are rich in essential oils, triglycerides and polyphenols. Oral supplementation of the extracts has been shown to enhance superoxide dismutase and catalase antioxidant activity, and decrease lipid peroxidation. The seeds have particularly high levels of the monounsaturated fatty acid petroselinic acid, which is produced in human skin and nails, and has been shown to promote healthy skin *in vitro*. Clinical studies have reported that individuals who supplemented with 600 mg of coriander seed oil increased hair thickness and density compared to placebo. Thus, this unique seed oil may promote antioxidant activity and support healthy hair, skin and nails.‡

### FORMULA (#202576)

Serving Size 2 softgels:

Vitamin C (as ascorbic acid)..... 30 mg  
 Vitamin E (as d-alpha tocopherol)..... 5 mg  
 Omega-3 Triglyceride Concentrate ..... 500 mg

Providing:

EPA ..... 200 mg  
DHA ..... 100 mg  
Black Currant Seed Oil ..... 500 mg  
Providing:  
Gamma linolenic acid (GLA) ...70 mg  
Coriander Seed Oil .....600 mg  
Petroselinic acid .....360 mg  
Lycopene..... 1 mg  
Other ingredients: Glycerin, Gelatin, Yellow Beeswax, Purified Water, Annatto (for color), Sunflower Lecithin

Contains: Fish (anchovies, sardines)  
Gluten-Free, Non-GMO

## SUGGESTED USE

Adults take 2 softgels daily with food or as directed by a health professional.  
For additional hair health benefits, take with Hair Growth+.‡

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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