



ND FORMULAS

# Hair Support\*

**A dietary supplement to support hair health and growth for both men and women.\***

**Hair Support\*** is a vegetarian formula that contains well recognized and scientifically researched nutrients to support the repair of damaged hair follicles.\*

## Supplement Facts

**Serving Size: 3 Capsules**

### Amount Per Serving:

Biotin	600 mcg
Zinc (as Zinc Picolinate)	15 mg
Copper (as Copper Sulfate)	3 mg
DL-Methionine	500 mg
Saw Palmetto ( <i>Serenoa repens</i> )	
Berry Extract	360 mg
yielding plant sterols	
(free fatty acids)	162 mg
Methylsulfonylmethane (MSM)	200 mg
L-Cysteine (Enteric Coated)	200 mg
Grape Seed Extract	200 mg
yielding proanthocyanidins	190 mg
Horsetail Rush ( <i>Equisetum arvense</i> ) Herb	
Extract	100 mg
<i>Pygeum africanum</i> Bark Extract	75 mg
yielding plant sterols	1.87 mg
Beta Sitosterol Whole Powder	
Complex	75 mg
Gamma Linolenic Acid (GLA) Powder	50 mg
Stinging Nettle	
( <i>Urtica dioica</i> ) Root Extract	50 mg
DIM®	50 mg
(a proprietary enhanced bioavailability	
complex of starch, diindolylmethane, Vitamin	
E as d-alpha tocopheryl succinate,	
phosphatidylcholine, silica.)	
Green Tea Extract	50 mg
yielding EGCG (Epigallo-catechin-	
3-gallate)	15 mg

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

**Contains: Soy.**

**Warning:** If pregnant, nursing, or planning to become pregnant, do not take this product.

**Suggested Use:** As a dietary supplement, take 3 capsules daily with food. The daily amount can be divided between AM and PM, or as directed by your healthcare practitioner.

DIM® is a Registered trademark of, and is licensed from, BioResponse, LLC, Boulder CO  
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- Saw Palmetto is a phytosterol that seems to work locally at the actual site of hormone binding to receptors on cells and also blocks the enzymes 5-alpha reductase and 3 ketosteroid reductase at the hair follicle, to support healthy hormone balance.\*
- Pygeum extract (which contains phytosterols including beta sitosterol) and Stinging Nettle root; research indicates that the combination of these two phytonutrients helps to balance hormone levels to support hair follicle repair.\*
- Diindolylmethane (DIM) is a plant indole that is similar to our own hormones.
- Green Tea seems to be able to balance serum concentrations of hormones.\*
- Beta Sitosterol (a phytosterol) and GLA (an essential fatty acid) inhibit the action of the enzyme 5-alpha reductase to help balance hormone levels and support healthy hair growth.\*
- Biotin and Zinc have been shown to support hair growth and may even help keep hair from turning gray.\*
- MSM, L-Cysteine and DL-Methionine are sources of sulfur. Sulfur has been known to support hair growth and also keep skin soft, supple and smooth.\* They also support the quality and health of the hair and efficient blood supply to the scalp.\*
  - › MSM aids in the manufacture of keratin, which give hair its tensile strength.\*
  - › Cysteine and Methionine works synergistically to support hair quality, texture and growth and aid in the production of collagen to support the surface of the scalp.\*
- Grape Seed Extract contains a special class of bioflavonoids called proanthocyanidins (PCOs). PCOs support scalp circulation and as antioxidants, help to protect hair follicles.\* Research indicates that PCOs support growth of hair epithelial cells and hair follicle cell growth.\*

\*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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