

THE ULTIMATE GUIDE TO **HAIR LOSS**



HAIR RESTORATION LABORATORIES, LLC

This book is dedicated to anyone who has ever had to suffer through hair loss and wanted to give up. It is for every failed product that did not work as advertised, every "snake oil" that fell short, and every time you had to look in the mirror and not be 100% satisfied. With the right treatment, you can and will slow or stop hair loss and start to regrow a thick, healthy head of hair again!

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THE HISTORY OF HAIR LOSS

OVERVIEW

If you've ever dealt with hair loss, then you already know how serious an issue it is. It's not just about your appearance (and that's important). It goes way beyond the physical. Hair loss effects a person's confidence and psyche in ways that only the sufferer would truly ever understand.

Our mission is to educate our readers, and the general public, about the root causes of hair loss—and how to treat it. We begin by examining the stigma of hair loss in society before delving into the prevalence of the issue and who all is affected.



When you think about hair loss, there are very likely certain images that come to mind. You probably imagine a middle-aged man with crazy, Einstein-looking eyebrows and little tufts of brown hair around the sides of his head forming the familiar “U” shape pattern.

If that's the first image that comes to mind (or one eerily similar to it) you wouldn't necessarily be wrong—but you wouldn't be looking at the “big picture.” Hair loss is entirely more common than you realize and effects more people than you may have previously noted. In fact, hair loss is prevalent in both men and women—and the results can often be debilitating as the sufferer is faced with the daunting proposition of not being 100% happy and confident in their appearance.

Fortunately, there is hope.

THE PREVALENCE OF HAIR LOSS

Hair loss impacts more than just middle-aged men. Hair loss effects people of all ages—and women, for that matter. In fact, hair loss for women is especially challenging and difficult to grapple with.

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As many as two-thirds of men experience some degree of hair loss by age 35 and one-fourth of those men were losing some of their hair as early as 21. Moreover, a whopping 40% of women have visible hair loss by age 40.

Regardless of your background or sex, educating yourself about hair loss is the first step toward dealing with it. Ideally, many of our “hacks” are taken at the earliest signs of hair loss.

MEN AND WOMEN EFFECTED

We know that women experience hair loss, as well. In fact, we noted that as many as two out of every five women will experience some form of “visible” hair loss by the age of forty. For more on what causes men and women to lose their hair, let’s take a look at the most common types and causes of hair loss in the following section.

THE MOST COMMON TYPE OF HAIR LOSS

Androgenic Alopecia is the most common type of hair loss, and men and women can suffer from this form of hair loss. It is also termed genetic hair loss, and the pattern of hair loss, physiology, and etiology presents differently in the sexes. This also leads to the difference in terminology between “male pattern hair loss” and “female pattern hair loss.”

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There are two main causes of androgenic alopecia:

1. Genetic factors and hormonal factors. The hair follicle will respond differently to an external stimulus like hormones according to genetic variations, leading to different hair characteristics.
2. Testosterone is the most important androgen (male sex hormone) in men and is needed for normal reproductive and sexual function. During male puberty testosterone modulates the main physical changes of the body. This includes the development of typical features of adult males such as increased facial and body hair.



THE ROLE OF DHT IN THE HAIR LOSS PROCESS

In the body, testosterone is converted to Dihydrotestosterone (DHT) by an enzyme called 5-alpha reductase. DHT acts on different organs in the body including the hair follicles and cells in the prostate.

Increasing levels of androgen affect the hair growth rate and decrease the length of the anagen phase (refer to the HAIR GROWTH PHASE section for more details). In some families, there are genes passed down that make the men more likely to have androgenic alopecia. However, as we noted, women are often effected, as well.

Here's how it happens: Testosterone enters the hair follicle through gateways known as androgen receptors. Once the testosterone enters the follicles, it interacts with a particular type of enzyme (5-alpha reductase). Once that interaction occurs, DHT is produced.

While DHT is necessary during the early stages of life, as we age, DHT has no known benefit in adults. And once formed, DHT causes havoc our hair follicles.

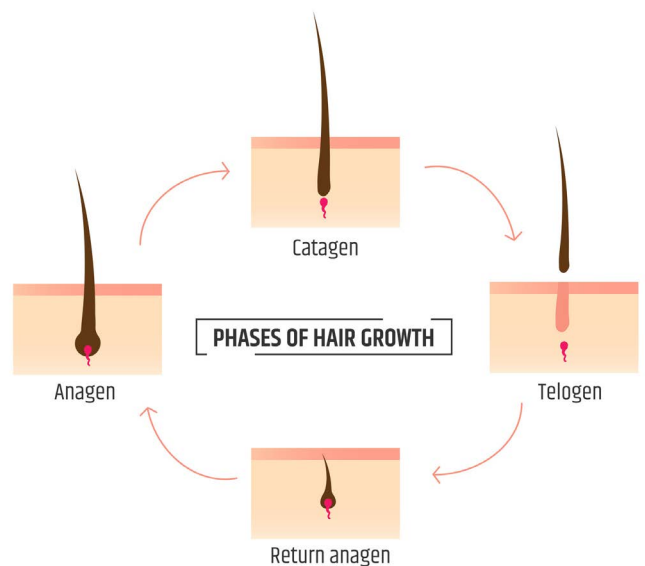
DHT connects to the androgen receptors at the base of our hair follicles, which leads to a process called, "miniaturization," which stunts the hair growth phase. Let's take a look at the hair growth cycle in more detail.

THE HAIR GROWTH CYCLES

Hair growth has three phases: anagen, catagen, and telogen. Anagen is the growth phase. Hairs remain in this phase for 3 to 6 years. The longer it lasts, the longer the hair grows. Normally, around 80 to 85% of the hairs on the head are in this phase.

The "catagen phase" is next and lasts approximately two weeks. It allows the hair follicles to renew. The "telogen phase" is commonly known as the "resting phase." The follicle lies dormant for 5 to 6 weeks; about 20% of hairs are in this phase.

After the telogen phase, the anagen phase begins again, and so, in ordinary conditions, the cycle repeats. The existing hair is pushed out of the pore by the new growth and naturally sheds. As the hair follicles become miniaturized, however, hair that grows in during the anagen phase, will grow in thinner and thinner.



HOW DO WE STOP HAIR LOSS?

To properly stop and reverse hair loss, you must block DHT. While there is one FDA-approved medication that can help reduce the amount of DHT in your body (finasteride, also known as Propecia), it is only approved for men and can result in serious side effects.

There are hundreds of topical products that claim to block DHT and help reverse hair loss. However, almost none of them contain ingredients that are clinically-proven to help block DHT, which is necessary in order to reverse hair loss. Thus, they are of little to no value. In order to effectively reverse the miniaturization process, you must use a hair loss treatment that has the ability to lower DHT levels. Once DHT levels are lowered, hair follicles will have the ability to generate thicker, fuller and healthier hair. We'll focus more on specific hacks—and products—that will help in the following chapters.

THE HISTORY OF SNAKE OILS

Unfortunately, there's a history of bad products, many of which used either Propecia or Minoxidil. It's not that these chemicals are per se “bad,” however. But they do have limitations. Simply put, there are a lot of myths in popular culture today—and we need to have a discussion about hair loss, debunk some of those myths, and look at ways to REALLY treat hair loss by targeting the DHT component.

If you're not having a conversation about blocking DHT, you're not talking about hair loss.



CHAPTER REVIEW

Our primary mission at Hair Restoration Laboratories is to educate you as to what actually causes hair loss and what is clinically-proven to help reverse it. To that end, we certainly hope our eBook helps.

Unfortunately, there are numerous myths that have been shared over the years as to what causes hair loss—and many of those are patently false. However, many people still believe these myths. They panic—and often wonder why they are still losing their hair despite trying numerous products and strategies.

At this time, we'd like to spoil some popular myths about hair loss.

HAIR LOSS MYTHS

MYTH ONE

1

Washing your hair too much leads to hair loss. Cleanliness, they say, is godliness, so why would shampooing your hair make your hair fall out? Though you might notice some strands of hair in your bathroom every time you wash your hair, it is normal. Actually, it is normal to lose between 150-200 hairs per day. Showering does not accelerate hair loss. Regular washing of hair removes excess grease, dead skin cell and can actually stimulate hair growth.

GRADE: **FALSE**

MYTH TWO

2

Hair loss genes ONLY come from your mother's side. Genes contribute highly to our body makeup and hair is not an exception. Hair loss is polygenic. While the primary baldness gene is on the X chromosome, which men get only from their mothers, research suggests that men who have a bald father are more likely to develop male pattern baldness than those who do not. Therefore, your extended family members on both sides determine whether you will lose hair or not, not just family members on your mother's side.

GRADE: **FALSE**

MYTH THREE

3

Younger People Do Not Lose Hair. The belief that only older people lose their hair is, unfortunately, a myth. On the contrary, hair loss can strike in the teens and is common among 20- and 30-year-olds. The earlier it begins, the more severe it will likely become.

GRADE: **FALSE**

MYTH FOUR

4

You will grow multiple grey hairs if you pull one out. It is a fact that continuously pulling hair out can damage your scalp and prevent hair from growing in the particular area. However, hair does not multiply from the place you pluck one out.

GRADE: **FALSE**

MYTH FIVE

5

Stress can cause hair loss. Yes, stress and hair loss can be related.

Three types of hair loss that can be associated with high stress levels are:

- 1 **Telogen Effluvium,**
- 2 **Trichotillomania, and**
- 3 **Alopecia Areata.**

With telogen effluvium, significant stress pushes large numbers of hair follicles into a resting phase. Within a few months, affected hairs might fall out suddenly when simply combing or washing your hair.

Trichotillomania is an irresistible urge to pull out hair from your scalp, eyebrows or other areas of your body. Hair pulling can be a way of dealing with negative or uncomfortable feelings, such as stress, tension, loneliness, boredom or frustration.

With alopecia areata, the body's immune system attacks the hair follicles — causing hair loss. A variety of factors are thought to cause alopecia areata, possibly including severe stress. However, stress and hair loss do not have to be permanent. If you get your stress under control, your hair should grow back. We mark this “myth,” as true.

GRADE: **FALSE**

MYTH SIX

6

Dyeing your hair can cause it to fall out. Using coloring products on your hair does not make you lose it. The chemicals that you put on your hair to bleach or dye it may cause the shaft to break off. The root portion typically grows back after the scalp heals from the chemical irritation that creates itching and redness. If you are experiencing hair loss after you have color-treated your hair it is most likely due to damage to the hair shaft. Your hair will be somewhat weaker, and you may see extra hair in your brush or in the shower drain.

GRADE: **FALSE**

MYTH SEVEN

7

MYTH SEVEN Wearing a hat can cause hair loss. Nope. A lot of people believe that wearing a hat will contribute to premature baldness. However, there is no scientific research that shows hats can cause hair loss. There is a myth that wearing a hat can cut off the circulation to the hair follicles, but this is extremely unlikely. If you consistently wear an extremely tight hat, you could experience traction alopecia (gradual hair loss resulting from repetitive pulling or tension of hair). But the chances are extremely slim that you could even wear your hat that tight.

GRADE: **FALSE**

MYTH EIGHT

8

Excessive exposure to the sun can lead to hair loss. This myth could be perceived either way, but it's always a good idea to protect ourselves—we should note. But here's the thing, vitamin D from the sun is good for the body.

And that same vitamin D is good for hair growth. You must, however, remember to put on sunscreen while in the sun if you are losing hair to prevent sunburn on your scalp. Long-term exposure to UV rays may damage your hair, leaving it dry and brittle, and more prone to breakage as well as split ends. So, also do not forget to condition your hair on a regular basis.

GRADE: **FALSE**

MYTH NINE

9

Birth control pills make you lose your hair. Birth control pills can cause hair loss in women who are especially sensitive to the hormones the pill contains or who have a family history of hormone-related hair loss.

Hair normally grows in cycles. Anagen is the active phase. During this phase, your hair grows from its follicle. This period can last for two to seven years. Catagen is the transitional stage when hair growth stops. It lasts for about 10 to 20 days. Telogen is the resting phase. During this phase, your hair doesn't grow. Between 25 and 100 hairs are shed daily in this phase, which can last for up to 100 days.

Birth control pills can cause the hair to move from the growing phase to the resting phase too soon. This form of hair loss is called telogen effluvium and large amounts of hair can fall out during this process. So, this “myth” is actually true.

GRADE: **FALSE**

MYTH TEN

10

There is a misconception that styling products can cause hair loss. Sometimes, it stems from the fact that certain styling products, particularly gel or wax, can make the hair look greasy, which can make hair look thinner.

Another reason people associate using styling products with hair loss is based on the normal amount of hair shedding that is experienced on a daily basis. Everyone – including people with no hair loss conditions – sheds around 100-150 hairs per day as part of the normal hair growth cycle.

These hairs often drop as we are moving around so we do not notice them. However, when you are doing something where the focus is purely on your hair—such as washing, brushing or applying product—your attention is drawn to those hairs that come out as you agitate your locks, causing pre-shed hairs to fall.

What you are doing is not causing hair loss, it is simply making you more aware of this natural shedding process, so this “myth” is actually false.

GRADE: **FALSE**

CONVENTIONAL TREATMENTS

OVERVIEW

In order for men and women to prevent and reverse hair loss, DHT in the hair follicle must be blocked. While there is one FDA-approved medication that can help reduce the amount of DHT in your body (finasteride, also known as Propecia), it is only approved for men and can result in serious side effects.

Recent research has actually called into question some fairly popular hair loss treatments (and their apparently-substantial side effects). To that end, we want to make clear what products are actually scientifically-proven to help reverse hair loss and to what extent such products can actually help you in your fight to reverse hair loss and regrow hair.

THE HISTORY OF MINOXIDIL

Minoxidil's ability to help regrow hair was, quite literally, an accidental discovery. Minoxidil was developed to treat high blood pressure. However, during clinical trials, researchers noticed that certain patients being tested started to regrow some hair. Rogaine, manufactured by Upjohn, subsequently obtained FDA approval to market a solution, containing minoxidil, as a hair loss treatment.

While the FDA has approved minoxidil as a hair loss treatment, the medical community is not in agreement as to how it may actually stimulate hair regrowth. The Rogaine website states that minoxidil promotes blood flow to the hair follicles and increases both the size of the follicles and the diameter of the hair shaft. This stimulates hair growth and prolongs that growth. Follicles that had, over time, become shrunken and were therefore producing finer hairs should then become larger and subsequently produce thicker hair.

During initial clinical testing, minoxidil was only tested on males. It was initially sold as a 2% minoxidil formulation only for males. And, because the subjects only used it in the crown of the scalp, it has only ever been approved to help regrow hair in that area--and not along the hairline or the center of the scalp. Minoxidil was subsequently approved to be used at a 5% concentration, for both men and women.

Furthermore, Minoxidil is only recommended for men and women with hereditary or "pattern" hair loss, and not hair loss caused by any other source, such as stress, medication, childbirth, etc. Here's some things to consider when using Minoxidil.

WHAT TO EXPECT WHEN USING MINOXIDIL

Unfortunately, it is well-settled that the effectiveness of a standard minoxidil solution is quite limited. For many experiencing genetic hair loss, it will not provide any benefit, particularly if the hair loss is advanced. Additionally, side effects can be pronounced when using it.

At the inception of treatment, most users will actually experience an increase in hair loss (also referred to as the “shedding period”). This is caused by the minoxidil triggering a new growth cycle in which existing, older hairs are shed to make way for the hopefully new and thicker hair growth. This shedding period should only last a few weeks.

Between 3 to 6 months of use, fine, colorless and very soft hairs may begin to emerge. The new hair should begin to thicken and strengthen somewhat, although it may be a little different in color and texture in comparison to the rest of your hair. If regrowth occurs, and you wish to maintain it, you will need to keep using the minoxidil every day, for the rest of your life, as minoxidil is not a permanent fix or hair loss “cure”. It works only as long as it continues to be used.

There are other possible side effects to be aware of. A change in the texture or color of the hair could occur. Another possible side effect is dry/flaky/itchy scalp (although this is more common with a 2% solution that contains propylene glycol).

You may also undergo increasing in hair shedding, rapid heartbeat, dizziness or light-headedness, or even weight gain. Swelling of stomach and chest pain have also been linked, in some cases, with Minoxidil. There are also some reported cases of hair appearing on the face and other parts of the body.



The fact is, if you decide to use minoxidil, you must have realistic expectations. There are a number of ways your hair may respond. With use, you may grow a little hair back. In other cases, people do not regrow hair or maintain the hair they have left.

To date, only one medication has been approved by the Food and Drug Administration (FDA) to help males (not females) to reduce DHT in your body. While this drug, Propecia, has the ability to accomplish a critical step in helping reverse hair loss, understanding whether it is appropriate to add to your hair loss treatment regimen, requires consideration of many factors.

CAN PROPECIA HELP?

Propecia is the brand name of a prescription drug called finasteride, and it is used as a treatment for male pattern baldness, the most common type of hair loss. Propecia was approved by the FDA in 1997.

It helps block the body's ability to turn testosterone into DHT, a hormonal change that somehow keeps hair from falling out of prematurely (the medical term is androgenetic alopecia).

In pre-market studies, Propecia's manufacturer conducted a 48-week study of more than 200 men with androgenetic alopecia. Some participants were given placebos, but the ones taking Propecia "showed increase from baseline in total and anagen hair counts of 7 hairs and 18 hairs, respectively." The men on placebos lost hair throughout the study.

Propecia works by blocking the conversion of testosterone into DHT and, in many men, this process can slow down the process of male pattern hair loss. In fact, over five years, the majority of men either grow new hair or did not lose more hair while on Propecia, while 75% of men taking a placebo continued to lose hair.



PROPECIA IS NOT A "GUARANTEED" CURE

While Propecia has the potential to help slow down hair loss and provide some regrowth, its results are mixed. First, it is not approved for women. The drug can cause serious birth defects should a woman become pregnant while using finasteride. For this reason, many physicians never prescribe finasteride to women of child-bearing age.

Second, among men, it has been established to provide inconsistent results. During the first couple of months taking Propecia, some men experience additional hair shedding, which can be alarming.

Because hair growth takes time, it generally takes up to 3 months to notice a difference after taking Propecia every day. Thickening and strengthening of hairs that have become miniaturized tends to take six to 6 to 12 months.

Due to factors like individual rates of hair growth, doctors typically tell patients taking Propecia for male pattern baldness to give the drug 6 months to a year before deciding whether it's helping or not.

Doctors also say that how you respond to Propecia during the first year of taking it is an indicator of how effective your long term treatment will be. The better the results during the first year, the more likely you'll have continued positive results over the long term. Additionally, men over 30 tend to have better hair growth long term than younger men taking Propecia.

Propecia appears to work best in men who don't wait until thinning is advanced.

Propecia's effects are in general limited to areas of the scalp that are thinning, but where there is still hair present. In areas that are completely bald, regrowth is rare.

While Propecia can produce regrowth, its main benefit appears to be its ability to slow or stop male pattern hair loss. If you want optimal results, it is generally best to start taking Propecia as soon as possible after the onset of hair loss. Even delaying for a year can prevent men from "catching up" to the results seen by men who start taking it early.

Unfortunately, Propecia results can be unpredictable. For some men, it will only slow thinning, not stop it altogether. It is typically best suited for those who are at the beginning stages of hair loss. It is also important to note that hair growth will usually only be seen for the duration of use. Once you stop using Propecia, it is not unlikely that you may lose all the hair that has grown as a result of the prescription within a year.

SIDE EFFECTS OF USING PROPECIA

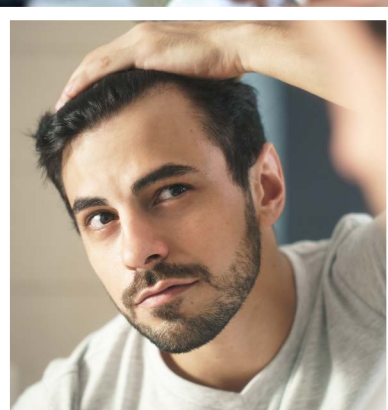
The potential side effects of using Propecia have generated substantial controversies, lawsuits and hesitation among physicians to prescribe it.

If you're thinking about taking Propecia, it's imperative to educate yourself about your chances of a positive outcome and the potential harms.

Researchers from George Washington interviewed 54 men under age 40 who reported side effects for three months or more after taking Propecia to treat their hair loss. None of the men reported having any sexual, medical or psychiatric problems before they took the drug. Some of the men took the drug for a few weeks, others took it for years, but all of them reported side effects such as erectile dysfunction, decreased sexual drive, problems with orgasms, shrinking and painful genitals, even some neurological problems, such as depression, anxiety and mental foginess.

For 96 percent of the men, the sexual problems lasted for more than a year after they stopped taking the drug.

Propecia's manufacturer says these effects are rare and impact up to just 2% of drug users. But some studies suggests that incidence is much higher. Further, there are forums dedicated to helping men who once took Finasteride for hair loss, then stopped due to sexual side effects, but after stopping, never saw their sexual side effects resolve.



THE NEED FOR A DHT BLOCKER

As DHT must be blocked to help reverse hair loss, certain shampoos and conditioners contain ingredients which studies establish have the ability to target hair loss and help block DHT.

Commercial shampoos will usually contain harmful chemicals, such as sulfates and parabens. Parabens, for example, are preservatives used to destroy bacteria and fungus. They can irritate sensitive scalps and impede hair growth. Sulfates can also strip natural oils from the scalp and hair. That can make hair dry and brittle. And if your scalp is sensitive, sulfates can cause irritation like redness, dryness, and itching. This can also lead to hair breakage and loss.

If you are suffering from hair loss or thinning, a good shampoo to consider will be free of sulfates and parabens and contain natural ingredients that have been clinically established to help block DHT.

When you are suffering from male or female pattern hair loss, the right shampoo can mean the difference between hair growth and hair loss.

CHAPTER REVIEW

On average, only about 33% of users report moderate hair regrowth with using Minoxidil. So, the most common response people experience with minoxidil is slight regrowth, no regrowth and/or slowing of further hair loss.

As far as Propecia, there are often some positive results, but not in all men—and it's never been approved for treatment with women. Also, we made sure to note some potential side effects.

Also, neither Propecia nor Minoxidil is particularly good to regrow hair in the front of the hairline, which is right where many people would like to see results. Rather, in general, these products have only been proven to provide some benefit, for a minority of users, in the crown of your scalp.

After reviewing this chapter, you may have lost some amount of "hope." That was not our intent; in fact, we'd like to share with you some "hair loss hacks" that we have found through careful research and experimentation before introducing you to FIVE PRODUCTS that will actually help!

HAIR LOSS HACKS



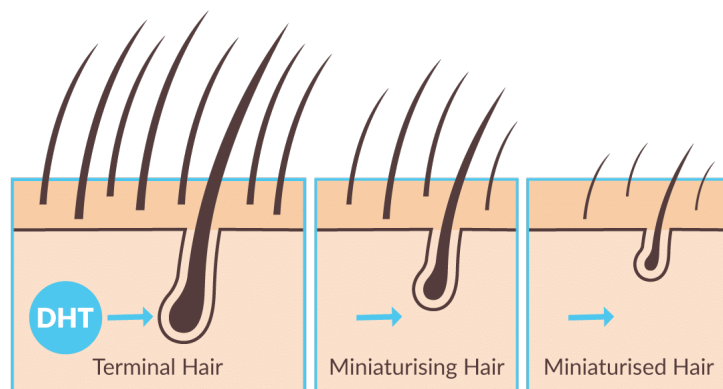
OVERVIEW

It is imperative to realize that you have solutions. The important thing is to figure out which solutions are going to be your best choices. This is once again where the value of seeing a trusted medical professional is clear. Only your doctor can ultimately determine why your hair is falling out in the first place.

Once they do this, they can help you to figure out a viable solution or treat the underlying illness that may be the cause of your hair loss. Nevertheless, what we have found is that blocking DHT is the absolute best method of preventing hair loss and encouraging the regrowth of your hair. Let's take a look.

BLOCKING DHT IS THE BEST SOLUTION

There are numerous reasons people lose their hair from stress to genetics and other factors. But one thing is clear, blocking DHT is the best method to actually treat hair loss and encourage hair restoration. Some products have shown more effectiveness than others.



What we recommend, once you have ruled out any other non-genetic causes for your hair loss, you can start with treating the biggest culprit and that's the DHT we discussed in the opening chapter.

As mentioned previously, DHT has a direct effect on the hair follicle, causing miniaturization, thinning hair and eventually hair loss. When we block the effects of DHT on the hair follicle and hair growth cycle, we will start seeing results such as improved hair growth and hair thickness.

The best way to block DHT if you do not want to use a product containing finasteride for the reasons discussed above is to use a topical hair care product with ingredients clinically proven to block DHT.

There are many plant extracts and ingredients that claim to work. At Hair Restoration Laboratories we only use ingredients that have been clinically-proven to block the effects of DHT. Our proprietary formulations discussed in a later section contain a combination of these ingredients.

For more information, refer to TABLE 1 and TABLE 2 on the following page.

TABLE 1

Ingredient	Effect on hair and hair loss
<i>Caffeine</i>	Promotes hair shaft elongation, prolongs anagen duration and stimulates hair matrix keratinocyte proliferation. Acts as a phosphodiesterase inhibitor
<i>Saw Palmetto</i>	Non-selective inhibitor of both forms of 5-alpha reductase, inhibits DHT
<i>Astragalus (Fo-ti)</i>	Promotes hair growth by blocking DHT
<i>Stinging nettle</i>	Anti-androgen properties. Promotes regrowth by restoring hair follicles
<i>Sea Buckthorn</i>	Anti-androgen properties. Oil form helps unclogging hair follicles to promote growth
<i>Peppermint oil</i>	Promotes hair growth through anti-microbial, anti-inflammatory and antioxidant properties
<i>Ketoconazole</i>	Anti-fungal properties, disrupts DHT pathway
<i>Lycopene</i>	Inhibits DHT
<i>Pea Extract</i>	Extremely nutrient rich, loads of antioxidants that promotes hair growth, contains isoflavones
<i>Niacin</i>	Promotes hair fullness

TABLE 2

<i>Ginger</i>	Anti-inflammatory, promotes hair growth
<i>Argan oil</i>	Rich in vitamin E and antioxidants, moisturizes and promotes hair growth and hair thickness
<i>Hops Extract</i>	Vitamin and nutrient rich, contains oils and antioxidants that promotes hair growth
<i>Rosemary Extract</i>	Has 5-alpha reductase inhibitory properties, blocks DHT
<i>Pygeum bark Extract</i>	Anti-androgenic properties, DHT blocking properties
<i>Pumpkin seed oil</i>	Has 5-alpha reductase inhibitory properties, blocks DHT
<i>Green tea Extract</i>	Rich in polyphenols, strengthen hair follicles and promotes hair growth
<i>Cayenne fruit</i>	Vitamin and nutrient rich, stimulates hair growth and improve blood supply to the hair follicles
<i>Black cumin oil</i>	Contains unsaturated and saturated fatty acids, improves hair regrowth and hair thickness
<i>Biotin</i>	B vitamin promoting hair restoration by strengthening the hair follicle and hair shaft
<i>Reishi mushroom</i>	Inhibits DHT in the scalp and hair follicles

HAIR RESTORATION LABORATORIES' PRODUCTS

Our Hair Restore products contain the best combination of ingredients able to help block DHT, minimize or prevent future hair loss, and in many instances, regrow hair. Our products are 100% safe and cruelty-free, meaning we never—and would never—test our products on animals. They are free from unnatural color, parabens, sulphates, phthalates, and other harsh chemicals.

Our products work to promote the growth of healthier and thicker looking hair by leveraging our potent DHT Hating Technology® to block the effects of DHT on the hair loss process.

No more snake oils and bad products! We use a proprietary blend of extracts, amino acids, oils, and nutrients that help fight hair loss, reverse the thinning of hair, and encourage healthy hair growth.

Let's take a closer look at each product.



HAIR RESTORE SHAMPOO (REGULAR STRENGTH)

Our Hair Restore Shampoo works to dramatically improve the appearance of thinning hair with a blend of plant extracts, amino acids, essential oils, and antioxidants. These powerful nutrients deeply nourish hair follicles, leaving hair feeling stronger and more voluminous while promoting healthy hair growth.

In this shampoo, we incorporated a potent combination of ingredients that make up our DHT Halting Technology®, which work to reduce hair loss without the unwanted side effects (noted earlier).

These ingredients include saw palmetto, biotin, pumpkin seed extract, caffeine, green tea extract, black cumin oil, and pygeum africanum bark extract.



HAIR RESTORE CONDITIONER

Our Hair Restore Conditioner works to dramatically improve the appearance of thinning hair with a blend of plant extracts, amino acids, essential oils, and antioxidants. These powerful nutrients deeply nourish hair follicles, leaving hair feeling stronger and more voluminous while promoting healthy hair growth.

In this shampoo, we incorporated a potent combination of ingredients that make up our DHT Halting Technology®, which work to reduce hair loss without the unwanted side effects (noted earlier).

These ingredients include saw palmetto, biotin, pumpkin seed extract, caffeine, green tea extract, black cumin oil, and pygeum africanum bark extract.



PROFESSIONAL STRENGTH HAIR RESTORE SHAMPOO

Our Professional Strength Hair Restore Shampoo has been developed for men and women who require an even stronger and more powerful shampoo to help prevent hair loss and thinning, while supporting hair growth and promoting healthier, thicker, stronger hair.

This powerful formula contains our proprietary DHT Halting Technology® in even greater concentrations compared to our Regular Strength Hair Restore Shampoo. This is to maximize nourishment of hair follicles and promote even healthier hair growth, while improving the strength, thickness, and quality of your hair's overall appearance.

No shampoo leaves your hair appearing fuller and feeling stronger than our Professional Strength Hair Restore Shampoo.

Ingredients in this product includes ketoconazole, green tea extract, biotin, black cumin seed oil, saw palmetto, caffeine, pisum sativum (pea) extract, pygeum africanum bark extract, pumpkin seed oil, and cayenne fruit extract.

ULTRA STRENGTH HAIR REGROWTH TREATMENT

Our Ultra Strength Hair Regrowth Treatment uses a formula with FDA-approved 5% minoxidil, which helps prevent and reverse the progression of hair loss and thinning.

Additionally, this product contains a number of powerful DHT-blocking ingredients that, when combined with the 5% minoxidil, significantly improves the quality of your hair and scalp. Using caffeine, green tea extract, biotin, black cumin seed oil, pumpkin seed oil, saw palmetto, vitamin E and vitamin C, in the proper doses, you are getting a powerful combination of ingredients.

Nevertheless, some customers choose the thickening serum—in addition—to our shampoos and conditioner.



MAXIMUM HAIR THICKENING SERUM

Our Maximum Hair Thickening Serum is a powerful leave-in treatment, packed with clinically-studied ingredients to immediately provide maximum thickness to existing hair, minimize hair loss and maintain the scalp and hair follicles in optimum condition to promote the growth of thicker and stronger hair, while reducing hair loss.



Our serum contains the highest levels of our proprietary DHT Halting Technology® along with ingredients like green tea extract, saw palmetto extract, azelaic acid, pumpkin seed oil, black cumin seed oil, caffeine, biotin, hydrolyzed pea protein, cayenne fruit extract and ginseng that work synergistically to stop hair loss and help regrow and thicken hair.

The serum also contains vital hair strengthening, building, and anchoring ingredients, such as keratin, hydrolyzed collagen and caprylic triglyceride to dramatically maximize the thick appearance of your hair from the first application.

Ingredients such as vitamin C, vitamin E, sunflower seed oil, argan oil and jojoba seed oil provide intense nourishment to your hair, noticeably improving the strength, natural shine and vibrancy.

CHAPTER REVIEW

Our products can be used alone or in combination. Perhaps, our regular strength shampoo will work for you along with the conditioner. Other customers may require more concentrated doses of our DHT-halting proprietary technology found in the professional and ultra-strength shampoos—or the serum.

We fully appreciate the fact that you take your appearance very importantly—as well as you should. We also appreciate the fact that hair loss can be incredibly damaging emotionally.

Our hope is that you would spot the early signs and symptoms of hair loss—such as some thinning of the hair at the crown or a little bit of recession at the hair line—and seek ways to immediately address the issue at that point. Stopping hair loss at the earliest stages is the most powerful tool to prevent hair loss in the first place.

But, if you are already experiencing hair loss, there is hope. In fact, several products have shown to stop hair loss and promote the regrowth and thickening of hair. Products like Minoxidil and Propecia are popular options; however, we wanted to notate the possible side effects, as well.

When we were working to formulate products that would actually work—without the same side effects—we took a lot of factors into consideration. For one, there is a lot of current studies and literature on blocking DHT, stopping hair loss, and encouraging the regrowth of healthy hair. In our appendix, you will find a list of additional resources. They are not entirely comprehensive, but we do hope that they will serve as a jumping off point for you for further research.

APPENDIX A

CLOSING THOUGHTS

The best thing you can do to keep your hair from thinning and falling out is to act as soon as you notice the first signs of hair loss. Consider that 66% of men experience some hair loss by age 35 and a quarter of these men already start losing their hair by age 21. 40% of women also have visible hair loss by age 40. We fully understand the dizzying statistics—and know that stopping hair loss at the earliest signs is the most effective way to stop the process and promote healthier hair growth.

However, using shampoos and conditioners for hair loss that promotes hair restoration can greatly improve the outcomes for hair regrowth. Ensuring that you apply products that contain ingredients that have been scientifically and clinically researched for their properties to inhibit DHT, such as Hair Restoration Laboratories' DHT Halting Technology®, together with ingredients promoting hair growth and optimal hair health, will be the best treatment option for men and women suffering from hair loss.

The ingredients we use (and noted in the above listed tables) are a natural alternative to chemical and drug treatment with the same, and in some cases, better results.

If you would like to actually learn more about the ingredients contained in our DHT Halting Technology®, please refer to the following studies, all of which involve the preventing of hair loss and the promotion of stronger, thicker, and healthier hair! Education is your most powerful weapon to stop hair loss and regrow your hair. We also know that our products have been shown to work effectively, as well. But, here's a list of additional resources.

In the meantime, we wish you all the best and future success on your way to stopping hair loss and regrow your hair!

ADDITIONAL RESOURCES

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