

These vital substances ensure healthy hair and strong nails.

A strong trio

- Collagen
- Hyaluronic acid
- Methylsulfonylmethane (MSM)

1



2

Biotin requires support

- Biotin
- Pantothenic acid (vitamin B₅)
- Silica (bamboo shoot extract)
- Vitamins B₆ and B₁₂
- Vitamin C
- Folic acid
- Iron, zinc
- Copper, selenium, manganese

3

Amino acids

- L-methionine
- L-cysteine
- L-proline

4

Botanicals (secondary plant substances)

- Millet extract
- Fenugreek seeds
- Pepper
- Ginger

Tips for exceptionally attractive hair and nails:

Hair

- Don't wash too often
- Use mild shampoo (silicon-free)
- Avoid styling methods that involve heat (straightening iron, curling tongs)
- Avoid rubbing hair dry after washing
- Use a deep hair conditioner occasionally

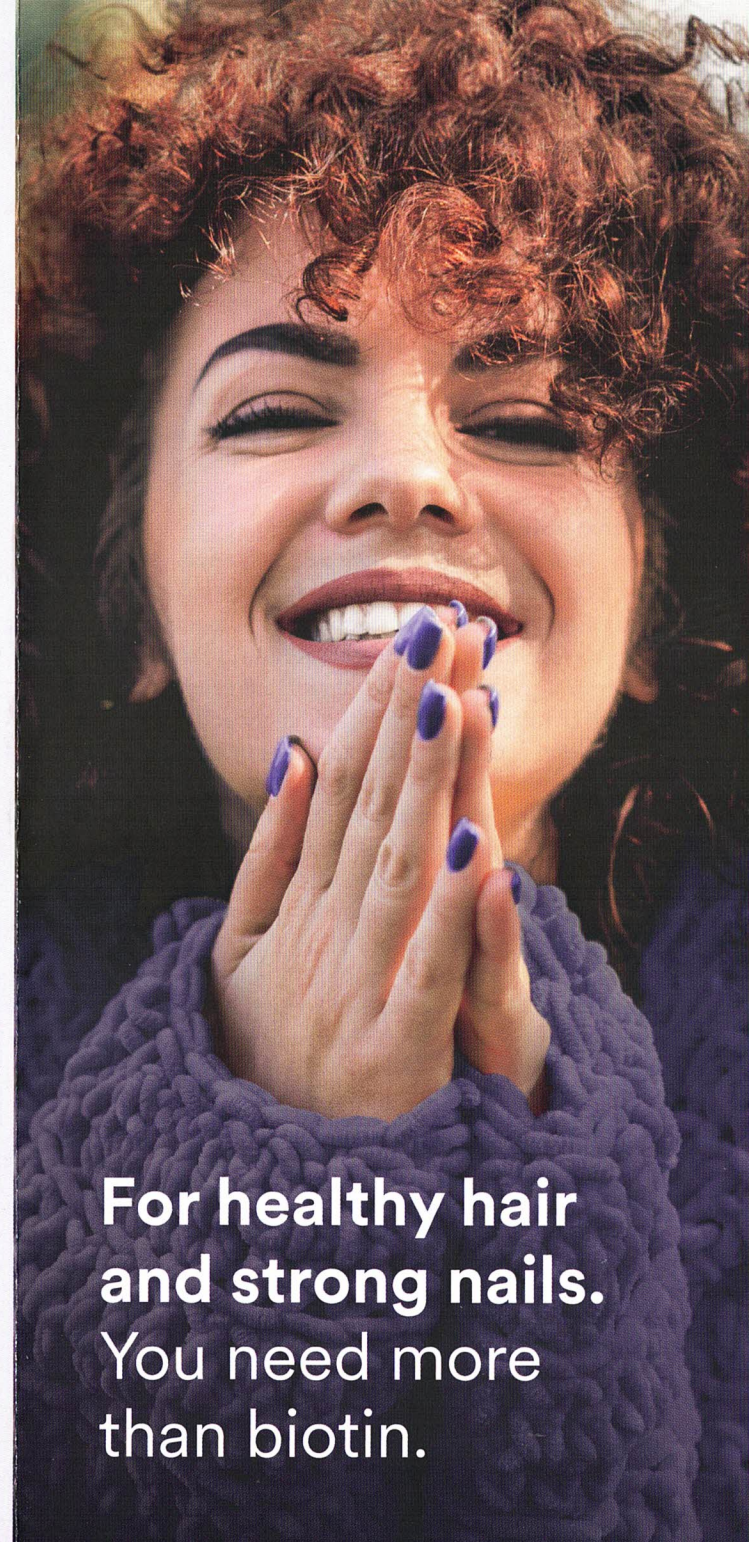
Nails

- File nails rather than cut them
- File brittle nails in only one direction
- Use glass nail files
- Use nail oil for nails and nail bed
- Use acetone-free nail polish remover

An effective deep conditioner for hair and nails takes time. The initial successes will first be visible in around three months. You will be pleased with the results.

Naturally also suitable for men.

For healthy hair and strong nails. You need more than biotin.



The renewal process

Our hair and nails are constantly growing and regenerating.

Hair – when an old hair strand falls out, a new one usually grows in its place. However, this renewal process takes around one and a half to three months. A hair strand grows around 10 mm per month.

Nails – a healthy nail grows max. 1 mm per week. It takes over three months for a fingernail that has been completely lost to regrow. Toenails grow significantly slower than fingernails.

Care from inside and outside

Healthy, strong and beautiful hair and nails need, on the one hand, gentle cosmetic products for external care. On the other hand, care from within – i.e. a regular supply of required vital substances – is just as important. Brittle, fragile and thin hair and/or nails are often an indication of a chronic nutritional deficiency. The most important vital substances for beautiful hair and nails include collagen, hyaluronic acid, MSM, vitamins, minerals, amino acids and secondary botanicals. To achieve the desired success, i.e. to create healthy hair and nails, taking the nutrient for 3 months or on a long-term basis, is recommended.

Aim 1 – reduce hair loss

Aim 2 – Increase the thickness of hair and nails

Aim 3 – Improve the quality of hair and nails



1. A strong trio – collagen, hyaluronic acid and MSM

These three natural nutrients form the structure of the skin, hair and nails. Methylsulfonylmethane (MSM) is an organic source of sulphur and plays an important role in healthy hair and nails, for which it serves as a building block. This organic sulphur compound (MSM), together with hyaluronic acid, also encourages cell renewal and the formation of collagen.

Collagen is a structural protein that acts as a framework for our connective tissue, keeping it firm and flexible. Collagen is an important component of hair and nails. The more of this protein that is available, the firmer and glossier these appear to be. Hair growth also benefits enormously from the intake of these three vital substances.

2. Support for biotin – the most important hair and nail vitamin

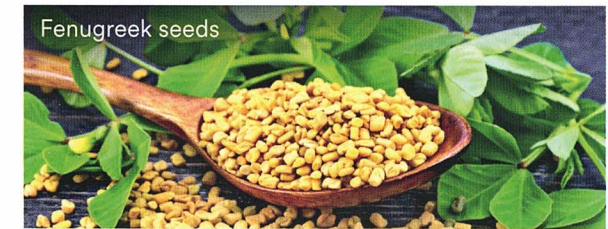
Biotin, also known as vitamin H or Vitamin B₇, supports the formation of keratin for healthy cell growth in hair and nails. Biotin is only present in food in minimal amounts. It is one of the water-soluble vitamins and cannot therefore be stored by the body. Your body needs to be supplied with it on a daily basis, to ensure healthy hair and nails. The recommended daily dose is at least 3 mg. But biotin alone is not sufficient – it needs support.

Several vitamins and minerals synergistically supplement the biotin, i.e. they increase the positive effect of biotin:

- ⊕ Pantothenic acid (vitamin B₅) the vitamin to combat brittle nails and hair
- ⊕ Hair and nail vitamins: Vitamins C, B₆, B₁₂ and folic acid
- ⊕ Minerals: Iron (important: liposomal iron is well-tolerated), zinc, copper, selenium and manganese

The list of these vital substances for hair and nails is rounded off by silica, which is obtained from bamboo shoots.

Scientific studies show that orally taking silica has a positive effect on the tensile strength, elasticity and breaking point of hair. Taking silica regularly makes hair thicker and stronger.



3. Amino acids for the formation of keratin

Hair is formed in the hair roots and consists mainly of keratin, a protein. Proteins are made up of amino acids. The amino acids L-proline, L-methionine and L-cysteine are particularly important as they nourish the hair and nails from within. They help in the formation of keratin and improve its quality. The connective tissue is strengthened, the nails remain robust and the hair remains strong. Other important co-factors in the formation of keratin are biotin and zinc.

4. Botanicals help in the event of hair loss

Plant substances such as fenugreek seeds or millet extract have been used as a treatment for hair loss in traditional popular medicine for a very long time. Newer scientific studies emphatically confirm their efficacy. Through the additional support of pepper and ginger extracts, all hair and nail vital substances are absorbed and utilised more effectively by the body. The efficacy is holistically strengthened.