PRACTITIONER PAPER

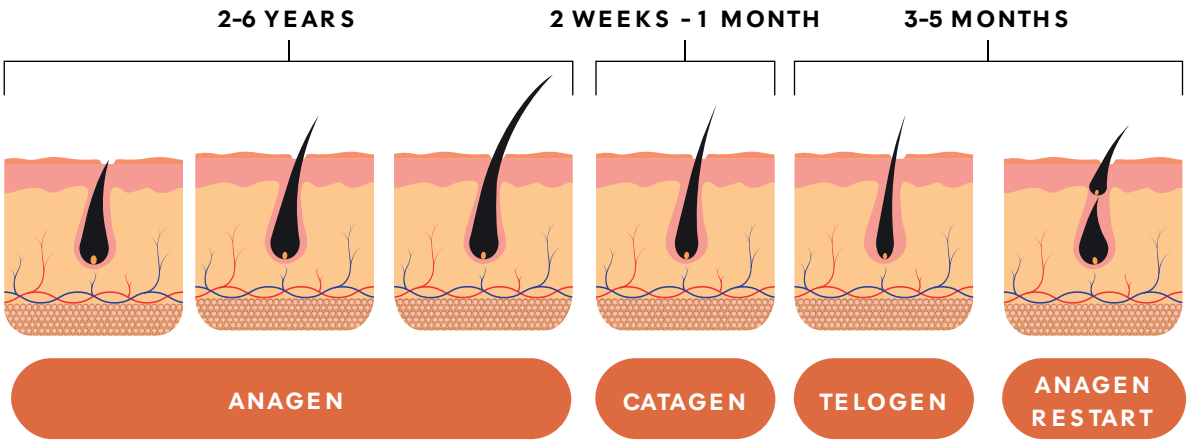
For practitioner use only

Hair health

Fuel naturally strong, healthy hair

DRV+®

Hair growth cycle



Hair growth phases

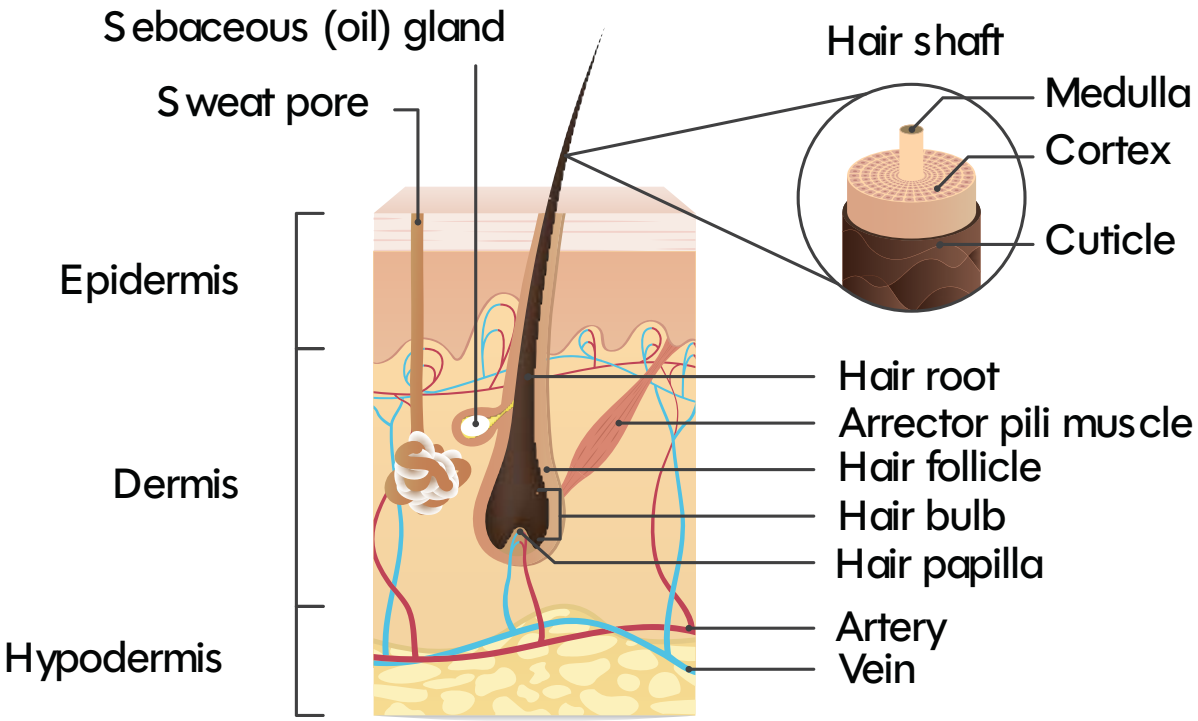
Anagen (growth phase): This is the active phase of hair growth, which lasts 2-7 years. About 85-90% of hair follicles are in this phase at any given time.

Catagen (transitional phase): This short phase lasts 2-3 weeks, during which hair growth stops, and the hair follicle shrinks.

Telogen (resting phase): Lasting around 3 months, this phase results in the shedding of hair. About 10-15% of hair follicles are in the telogen phase at any time.

Androgenetic Alopecia (AGA): The most common cause of hair loss, also known as male-pattern baldness in men and female-pattern hair loss in women. It's typically caused by genetic sensitivity to androgens (male hormones), particularly dihydrotestosterone (DHT), which shortens the anagen phase and causes hair follicles to shrink. A history of hair loss in the family increases the likelihood of developing androgenetic alopecia.

Hair anatomy



The physiology of hair growth and loss

Telogen effluvium: Often triggered by significant hormonal changes, including pregnancy, childbirth, menopause, or the use of birth control. It leads to diffuse shedding of hair, typically 2–3 months after the triggering event.

Polycystic ovary syndrome (PCOS): Hormonal imbalances in PCOS can lead to an increase in androgens, resulting in thinning or loss of hair, especially along the temples and crown.

Thyroid disorders: Both hypo and hyperthyroidism can result in hair thinning or hair loss due to the disruption of metabolic and hormonal regulation.

Alopecia areata: An autoimmune condition where the body attacks hair follicles, leading to round patches of hair loss.

Scalp infections: Fungal infections, such as tinea capitis, can cause hair loss, often with scaling or inflammation of the scalp.

Anaemia: Iron deficiency anaemia and other types of anaemia (e.g. Vitamin B12 or folate deficiencies) can contribute to hair loss because of insufficient nutrients required for hair follicle function.

Chronic illnesses: Conditions like lupus, diabetes, and certain types of cancer can cause hair thinning due to inflammation or the use of medications like chemotherapy.



Dietary and lifestyle advice

CASTOR OIL AND ROSEMARY ESSENTIAL OIL

Three times a week at night massage the scalp with castor oil mixed with a few drops of rosemary oil. Castor oil nourishes the scalp and promotes blood circulation, while rosemary oil stimulates hair follicles and improves hair regrowth.[16]

CONSUME ADEQUATE PROTEIN

Protein is needed for growing healthy hair. Hair is mainly composed of keratin, a protein that requires adequate dietary protein for synthesis. Aim for at least 0.8–1.2 grams of protein per kilogram of body weight per day or more.

GET YOUR THYROID CHECKED

Thinning hair can be due to low levels of thyroid hormones. Check for TSH, T3, T4 and reverse T3 levels to rule out hypothyroidism or other thyroid-related conditions.

CHECK IRON LEVELS

Low levels of iron are associated with excessive hair shedding. Check blood ferritin levels and correct where appropriate.[17]

CONSUME DAILY OMEGA 3 FATS

Omega 3 fats help with the health of the scalp which supports hair growth. Omega 3 reduces inflammation and improves hydration, which promotes a healthy environment for hair growth.

Hair Saviour®

Hair Saviour® is an award-winning, unique formula of scientifically studied ingredients, including AnaGain™, to fuel healthy hair growth and strong, smooth, lustrous hair. Hair Saviour® is a nutrient-rich formula to support hair thinning, dull, dry and brittle hair, and fuelling naturally strong, healthy hair.



FREE FROM

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

	PER 2 CAPSULES	EC NRV %*
MSM	400mg	**
Silica	125mg	**
AnaGain™ Extract	100mg	**
Horsetail Extract 5:1	60mg	**
Alfalfa Herb	50mg	**
Saw Palmetto Extract 4:1	37mg	**
Cayenne Pepper Extract 8:1	10mg	**
Iron	8mg	57%
Zinc	10mg	100%
Black Pepper	10mg	**
Copper	1mg	100%
Biotin	900mcg	1800%
Folate	200mcg	100%
Iodine	150mcg	100%

* NRV= Nutrient Reference Value ** No NRV Established

INGREDIENTS

Methylsulphonylmethane (MSM) Powder, Bamboo Silica Extract (*Bambusa Vulgaris*), AnaGain™ Pea Extract (*Pisum Sativum*), Horsetail Extract (*Equisetum Arvense*), Alfalfa Herb Powder (*Medicago Sativa*), Iron (Ferrous Bisglycinate), Saw Palmetto Extract (*Serenoa Repens*), Zinc Citrate, Kelp Extract (*Laminaria Japonica*), Cayenne Pepper Extract (*Capsicum Annuum*), Black Pepper Powder (*Piper Nigrum*), Copper Bisglycinate, D-Biotin, Folate (Calcium-L-Methylfolate), Capsule Shell (Hydroxypropyl Methylcellulose).

DIRECTIONS

For best results, take two capsules daily, together or separately, in the morning, daytime or evening.

WHAT CUSTOMERS CAN LOOK FORWARD TO

4 WEEKS Hair loss and thinning might decrease by a third.

6-8 WEEKS A difference in new hair growth. Support for nail strength. More manageable and less brittle hair.

12 WEEKS Smoother, thicker and glossier hair. Healthier skin and nails.

PAIRS WELL WITH



Skin Saviour®



Vegan Omega 3



Gut Works®



MenoFriend®

Stronger, healthier hair with consistent use

Hair Saviour® is a comprehensive blend of clinically studied vitamins, minerals and botanicals, formulated to support hair strength, growth, condition and thickness – for those who commit to consistent daily use.

76 respondents (from 194 surveyed) | 2024-2025 | Cross-sectional customer survey

79%
FOUND IT EFFECTIVE

87%
SAW IMPROVEMENT IN 1+ AREA

55%
WOULD RECOMMEND IT

Study findings

We surveyed 76 customers who had taken Hair Saviour® daily for two months or more – long enough to reflect the hair-growth cycle – tracking strength, growth, condition and thickness.

The results? 78.9% rated Hair Saviour® effective. 86.8% noticed improvement in at least one area – most often hair strength (68.4%) and condition (60.5%) – and 54.7% reported new hair growth. Notably, not one person who saw a physical hair improvement rated the product 'not at all effective'.

What this means

Strength and condition first

68.4% saw stronger hair and 60.5% better condition. The two most consistently reported improvements across users.

New growth is achievable

54.7% reported new hair growth. A meaningful result, since new growth is the slowest hair benefit to appear.

Consistency is everything

Most users saw results between 4 and 8 weeks – some longer. Hair works to its own cycle, so daily use for at least 2-3 months gives it the best chance.

Key ingredients in Hair Saviour®



MSM (Methylsulfonylmethane)

MSM is an organic sulphur compound found naturally in plants, animals, and humans. It is essential for collagen synthesis and the formation of connective tissues. MSM promotes the production of keratin, one of the main proteins in hair, skin, and nails.

Blood circulation to the scalp: MSM plays a role by supporting blood vessel elasticity. Blood vessels with good elasticity help maintain adequate perfusion, ensuring that the scalp receives sufficient blood flow.

In a study looking at MSM supplementation and hair growth, 41 female and male participants, aged between 19 and 60 years and presenting with telogen effluvium hair loss, found that after 120 days, MSM significantly improved hair density, hair-density terminal, and hair diameter. MSM was effective in reducing hair loss and improving hair strength, resistance and volume. The participants found growth of new hairs as well as more voluminous and less brittle hair after 45, 90, and 120 days.[1]



Saw Palmetto Extract

Prevent DHT conversion: Saw Palmetto helps to prevent the conversion of testosterone into dehydrotestosterone by inhibiting the enzyme 5-alpha reductase. DHT is a hormone implicated in androgenetic alopecia (male-pattern baldness) and female hair thinning. By reducing DHT levels, Saw Palmetto can slow hair loss and promote hair regrowth.

Saw Palmetto has been shown in research to have a positive effect in patients with androgenetic alopecia and telogen effluvium. There was a 60% improvement in overall hair quality, a 27% improvement in total hair count, and an increased hair density in 83.3% of patients. Additionally, 52% of patients had stabilised the disease progression.[3]



Horsetail Extract and Silica

Horsetail is a source of silica, a trace mineral essential for collagen synthesis and the overall strength of hair, skin, and nails. Silica promotes hair growth by enhancing circulation to the scalp and increasing the strength of the hair shaft, preventing breakage and thinning. The antioxidant properties of horsetail extract also help protect hair follicles from oxidative stress, a common cause of hair loss.

Silica and blood flow to the scalp: Silica helps maintain the elasticity of blood vessels by promoting elastin synthesis. Elastin is a protein in the blood vessel walls that provides elasticity. Healthy elasticity allows blood vessels to dilate and constrict efficiently, ensuring appropriate blood can flow to the scalp and hair follicles.

Higher silica hair content results in thicker hair: Research has found that a higher silicon content of hair equates to better tensile strength, better elasticity and an improved break load, which results in thicker hair.[2]



AnaGain™ Extract

AnaGain™ is an extract from pea sprouts. It stimulates hair growth by promoting the expression of specific dermal papilla markers that are essential for hair follicle regeneration. AnaGain™ helps activate proteins responsible for hair growth, increasing hair density and reducing shedding.

A pilot nutrition intervention study in 21 volunteers showed AnaGain™ is effective when taken as a food supplement. Subjects took 100mg of AnaGain™ for 8 weeks and found a statistically significant reduction in hair loss for 28 days after treatment.[4]



Iron

As Iron is a fundamental portion of haemoglobin, its levels in the body are essential for tissue oxygen saturation, including oxygen saturation of the hair follicles.

Iron deficiency is a common cause of hair thinning and hair loss as it is needed for hair follicle function and hair growth.[11]



Alfalfa

Antioxidant support: Alfalfa has a high level of antioxidant activity and contains vitamins and minerals that support hair health. The antioxidants in Alfalfa protect hair follicles from oxidative stress, which can cause hair loss. Alfalfa also promotes the nourishment of the scalp, supporting stronger and thicker hair growth.

Genistein for hair growth: Alfalfa contains genistein, which is a major phytoestrogen known to accelerate skin repair and increase the rate of hair growth. The phytooestrogen genistein targets oestrogen receptor sites found in the dermal papilla cells of hair follicles.[6]



Cayenne Pepper Extract

Scalp blood flow: Cayenne Pepper contains the active compound capsaicin. Capsaicin stimulates blood flow to the scalp and activates the TRPV1 receptors, promoting the dilation of blood vessels. This increased circulation provides more oxygen and nutrients to hair follicles, supporting healthy hair growth. Research suggests that capsaicin increases the rate of hair growth.[5]



Zinc

Zinc is a trace mineral essential for over 200 biological functions, including protein synthesis and cell division. Zinc helps to maintain the health of hair follicles by preventing the conversion of testosterone into dihydrotestosterone.[7]

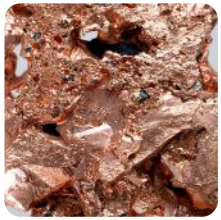
Zinc also helps to maintain the oil balance of the scalp, preventing both hair loss and scalp conditions like dandruff.

Zinc deficiency is associated with hair loss[8,9] and dandruff.



Black Pepper

The active compound in Black Pepper, Piperine, increases the bioavailability of other nutrients. It stimulates circulation in the scalp, supporting follicular function. Piperine increases thermogenesis and metabolic rate, promoting the growth of hair.[10]



Copper

Copper is a trace mineral that plays a crucial role in the formation of haemoglobin and collagen. Copper is needed for hair pigmentation as it stimulates melanocytes. Copper increases the strength of hair fibres and improves scalp health.[12]



Biotin

Biotin is needed for keratin production, a protein that forms the structural foundation of hair.

Biotin strengthens the shaft of the hair, reducing hair thinning, and promoting faster hair growth. Research concludes that biotin supplementation effectively promotes significant hair growth in women with temporary hair thinning.[13]



Folate

Folate deficiency is widespread, with up to 50% of the population being deficient in folate.[14,15] Folate deficiency can cause hair changes.

DNA synthesis: Folate is needed for normal DNA synthesis and cell division. It is required in larger quantities by fast-dividing cells such as hair cells.

Blood flow: It supports healthy hair growth by promoting the rapid cell division needed for follicular regeneration. Folate also helps in producing red blood cells, which ensures an adequate oxygen supply to the scalp.



Iodine

Iodine is an essential trace mineral needed for the production of thyroid hormones (T3 and T4). Thyroid hormones regulate hair growth, and an imbalance can lead to hair thinning or loss. Iodine supports thyroid function, a normal metabolic rate, and a normal rate of hair growth.

Drug interactions

INTERACTION SEVERITY

MAJOR

Warfarin	Alfalfa may decrease the effects of this drug.

MODERATE

Lithium	Horsetail and Piperine may increase the levels and effects of this drug.
Nucleoside reverse transcritase Inhibitors (NRTIs)	Horsetail may decrease the effects of these drugs.
Antidiabetes Drugs	Horsetail, Alfalfa, Black Pepper and Capsicum may increase the risk of hypoglycaemia when taken with these drugs.
Diuretic Drugs	Horsetail may increase the rate of hypokalaemia.
Efavirenz	Horsetail may decrease the effects of this drug.
Anticoagulant / Antiplatelet Drugs	Saw Palmetto, Black Pepper and Capsicum may increase the risk of bleeding when taken with these drugs.
Contraceptive Drugs	Saw Palmetto and alfalfa may interfere with these drugs.
Oestrogens	Saw Palmetto and alfalfa may interfere with these drugs.
Asprin	Capsicum may reduce the effect of this drug.
Ciprofloxalin	Capsicum may increase the effects of this drug.
Theophylline	Capsicum may increase the effects of this drug.
Immunosuppressants	Alfalfa may decrease the effects of these drugs.
Photosensatising Drugs	Alfalfa may increase the phytosensatising effects of these drugs.
Cephalexin	Zinc may decrease the effects of these drugs.
Cisplatin	Zinc may decrease the effects of this drug.

INTERACTION SEVERITY

MODERATE

Integrase Inhibitors	Zinc may decrease the effects of these drugs.
Penicillamine	Zinc may decrease the effects of these drugs.
Quinolone Antibiotics	Zinc may decrease the effects of these drugs. Iron may reduce the absorption of this drug. Take at least 2 hours after this drug.
Ritonavir	Zinc may decrease the effects of these drugs.
Tetracycline Antibiotics	Zinc may decrease the effects of these drugs. Iron may reduce the absorption of this drug. Take at least 2 hours after this drug.
Bisphosphonates	Iron may decrease the effects of these drugs. Iron may reduce the absorption of this drug. Take at least 2 hours after this drug.
Dolutegravir	Iron may reduce the absorption of this drug. Take at least 2 hours apart.
Integrase Inhibitors	Iron may decrease the effects of these drugs.
Levodopa	Iron may decrease the absorption of this drug.
Levothyroxine	Iron may reduce the absorption of this drug. Take at least 2 hours apart.
Methyldopa	Iron may reduce the absorption of this drug. Take at least 2 hours apart.
Mycophenolate	Iron may reduce the absorption of this drug. Take at least 2 hours after this drug.
Penicillamine	Iron may reduce the absorption of this drug. Take at least 2 hours after this drug.
Cyclosporine	Piperine may increase the effects of this drug.
Nevirapine	Black Pepper may increase blood levels of nevirapine.
P-glycoprotein Substrates	Black Pepper may increase levels of these drugs.

MODERATE

Pentobarbital	Black Pepper may increase the effects of these drugs.
Phenytoin	Black Pepper may increase the blood levels of this drug.
Propranolol	Black Pepper may increase the blood levels of this drug.
Rifampin	Black Pepper may increase the blood levels of this drug.
Theophylline	Black Pepper may increase the blood levels of this drug.

Drug-nutrient interactions have been taken from the Natural Medicines Database, October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

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