

*Let your Hair
dance at your tune.....*



NUHAIR

Saw palmetto extract 160 mg, Biotin 5000 mcg, Zinc Sulphate 22.10 mg, Vitamin B1 5 mg , Vitamin B2 5 mg, Niacinamide 3 mg, Vitamin B6 10 mg, Calcium Pantothenate 25 mg, Vitamin E acetate 25 mg, Vitamin C 50 mg, Ferrous fumerate 20 mg, Magnesium Sulphate 45 mg, L-Methionine 50 mg, L-Cysteine 50 mg



Nutrition for Healthy & Strong Hair

NUHAIR

Saw Palmetto

- Inhibits the androgen & Estrogen receptor activity & helps both men & woman to control Hormones¹
- Inhibits DHT production; Inhibits the binding of DHT to its cell receptors; & promotes the breakdown of DHT¹.
- Save the **hair shaft from absorbing follicle-killing DHT**. (The reason behind hair loss is a genetically inherited sensitivity to Dihydrotestosterone (DHT) and 5-alpha-reductase. The enzyme 5-alpha-reductase converts testosterone, to DHT, the substance identified as the end-cause for hair loss.)
- Reduce 5-alpha-reducase activity.
- **Control hair loss & Facial Hair of Woman after Menopause** (Happens because of changing the ratio of estrogen to testosterone in a woman's body)²
- Helps in treating thyroid deficiency¹

MSM -organic source of sulfur. Organic sulfur has been known to promote hair growth and also help keep skin soft, supple and smooth.

L-Cysteine – helps to fortify hair and nails to keep them strong.

L-Methionine –organic sulfur source & is an Amino acid which is essential for lustrous hair, smooth skin and strong nails.

Biotin –used internationally to promote thick and bouncy hair.

Vitamin C – Important for the natural production of Collagen. Vitamin C deficiency can cause split ends and hair breakage.

Vitamin E is necessary to provide good blood circulation to the scalp by increasing the uptake of oxygen.



Vit. B maintain proper health of Hair - key components in maintaining healthy hemoglobin levels in the blood & if these vitamins are deficient in our body, then hair and skin will indeed suffer.

Vitamin A is a key component to developing healthy hair & works with **silica and zinc** to prevent drying and clogging of the sebaceous glands, the glands vital to producing sebum, which is an important **lubricant for the hair follicle**. Deficiencies lead to thickening of the scalp, dry hair, and dandruff.

Zinc Sulphate - effective in stopping hair from turning gray. Even when hair is already gray or becoming thinner and balding, it reverse the effects when taken in proper amounts. Zinc deficiency produces problems with hair loss & Dry & Flaky scalp.

- Hair Loss after Child Birth (Not for nursing mother)
- Alopecia/Baldness of Man¹
- Hair loss in Women with PCOS²
- Hair Loss & Facial hair in woman after Menopause³
- Hirsutism (too much hair, in the wrong places)²
- Male pattern baldness in woman^{1,2}
- Hair loss because of Nutritional deficiency
- Hair loss due to use of Chemicals on scalp

Dosage: One capsule a day after food



1. www.bodybuildingforyou.com/health.../saw-palmetto.htm

2. <http://www.ovarian-cysts-pcos.com/saw-palmetto.html>

3. <http://www.ovarian-cysts-pcos.com/female-hair-loss.html>

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