

NATURE'S BEST®

NutriHair®

FOR WOMEN

119

90 tablets

Patient Information Leaflet

Please read this entire leaflet carefully before you start to take Nutrihair® because it contains important information for you.

What is in Nutrihair®?

Nutrihair® is a food supplement.

This pack contains 6 blister strips of 15 tablets. Each red/brown tablet provides the following nutrients:

		%NRV
Vitamin C	24mg	30
Vitamin B12	3µg	120
Biotin	50µg	100
Iron (as Ferrous Fumarate)	24mg	171
Selenium	10µg	18
L-Lysine	500mg	-

*NRV = Nutrient Reference Value

Multinutrient formula with biotin and selenium, which contribute to the maintenance of normal hair.

Nutrihair® is suitable for vegetarians.

What is in Nutrihair®?

Nutrihair® has been formulated to provide certain essential nutrients to help maximise hair growth in women who have a specific type of hair loss termed Chronic Telogen Effluvium (CTE).

CTE is hair loss which is evenly distributed across the scalp without the presence of patches. In fact, it is often only the sufferer who notices that their hair is shedding more than it used to.

Women suffering from this type of hair loss are usually aged between 18 to 50, and generally have one of the following signs:

- An increase in the number of hairs lost when shampooing, brushing or combing.
- Less hair to clip or tie back than before.

How does Nutrihair® work?

Research has found that a large proportion of women with CTE have low blood ferritin levels (iron stores), compared with levels generally found in women without hair loss. Low serum ferritin levels usually result from the loss of blood during menstruation, which is just enough to cause a gradual depletion of iron stores, particularly in women who eat little or no red meat.

Studies show that if this type of iron deficiency is corrected and the ferritin level is raised to a certain 'trigger point', then hair growth will start. In fact, what actually happens is that the growing phase of the hair follicles is lengthened so there are, at any one time, more hairs 'growing' as opposed to 'resting'. This means that hair volume will start to increase and any excessive shedding will reduce.

It has been identified, however, that an iron supplement alone is insufficient for a significant proportion of women who reach this 'trigger point' and that other nutrients are required such as the amino acid L-Lysine to correct the nutritional imbalance. Nutrihair® provides those nutrients that have been identified from extensive research that are needed to raise iron stores to the 'trigger point' for optimal hair growth.

Before you take Nutrihair®

You should **not** take Nutrihair® if:

- You are taking oral antibiotics.

Ask your doctor or pharmacist **before** taking Nutrihair® if:

- You are taking prescribed medication.
- You are breast-feeding, pregnant or planning to become pregnant.

DO NOT TAKE ANY OTHER SUPPLEMENTS THAT CONTAIN IRON WHILST TAKING NUTRIHAIR®

How to take Nutrihair®

Please observe the following directions in order to fully benefit from Nutrihair®.

- These tablets should only be taken orally and swallowed whole with water half to one hour before food or on an empty stomach.
- Try to avoid drinks containing milk or tea and coffee within an hour of taking Nutrihair® as these drinks may affect the absorption of the nutrients.
- Nutrihair® should not be taken within 2 hours of taking any medication, including indigestion remedies.

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How much to take

Nutrihair® should be taken at three tablets daily for the first six months. Most women take 1 tablet in the morning followed by 2 before bedtime.

Thereafter a maintenance intake of 1 to 2 tablets per day is recommended (see table below for guidance on the most appropriate maintenance dose for you).

We would suggest having your ferritin levels rechecked at six monthly intervals if possible, to ensure you are always taking the appropriate dose.

Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

Guidance on maintenance dose

Type of Menstrual Loss	If you consume at least 3 portions of red meat per week	If you consume no red meat or less than 3 portions per week
Light to Moderate Flow	1 tablet per day	2 tablets per day
Moderate to Heavy Flow	1 tablet per day	2 tablets per day
Very Heavy Flow	2 tablets per day	2 tablets per day

How long will it take before I notice a difference?

This depends on how low your serum ferritin was when you started taking Nutrihair®, and also on whether you are following the dosage instructions above. The hair growth cycle is about six months, but if your iron stores are low, the hair will be the last to benefit from supplementation. This is because iron is needed for many other processes in the body, so any supplemental iron will be taken up for these processes first.

Iron contributes to the reduction of tiredness and fatigue. Therefore, if you are feeling better and are generally less tired, this is a positive sign that the supplement working, so it is worth persevering.

Whilst taking Nutrihair®

Side effects

Nutrihair® contains iron and a small proportion of people who are unusually sensitive may experience

some minor digestive disturbance such as nausea. This generally disappears, but should it persist, then take Nutrihair® with a 'light' meal. Some individuals may also notice a darkening of the stools.

Nutrihair® is safe at the recommended intake. In cases of overdose, seek medical help.

How should the tablets be stored?

Do not use after the best before end date shown on the pack.

Store in a cool, dry place.

This product contains iron, which if taken in excess, may be harmful to young children. Keep out of sight and reach.

Hair problems that Nutrihair® will not help

It is important to note that Nutrihair® is not relevant for the treatment of genetic hair loss (androgen-dependent alopecia), this is characterised by hair loss on the top of the head. Nor will it help hair loss associated with pregnancy, thyroid problems or other health disturbances. It is also not applicable for hair conditions such as hair lacking shine and/or 'life', split ends or hair that is breaking due to colouring and/or perming.

How can you obtain more information about Nutrihair®?

Further information is available in our booklet 'Understanding Hair Loss in Women' & on our website at www.nutrihair.co.uk To obtain your free copy of our booklet, ask your pharmacist or call our Hair Helpline on 01892 554348.

Further notes on Nutrihair® for doctors and health professionals

The serum ferritin level is the most critical measurement to ascertain whether Nutrihair® is applicable. However, other blood measurements can influence what level this reading should be.

For further information contact the Nutrition Advice Department on 01892 554175

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