

Where Science and Nature Come Together.®

# FOODSCIENCE® of Vermont

## Superior Hair™

- **A dietary supplement to support hair health and growth for both men and women.\***
- **Superior Hair™** is a vegetarian formula that contains well recognized and scientifically researched nutrients to support the repair of damaged hair follicles.\*
- Saw Palmetto is a phytosterol that seems to work locally at the actual site of hormone binding to receptors on cells and also blocks the enzymes 5-alpha reductase and 3 ketosteroid reductase at the hair follicle, to support healthy hormone balance.\*
- Pygeum extract (which contains phytosterols including beta sitosterol) and Stinging Nettle root; research indicates that the combination of these two phytonutrients helps to balance hormone levels to support hair follicle repair.\*
- Diindolylmethane (DIM) is a plant indole that is similar to our own hormones.
- Green Tea seems to be able to balance serum concentrations of hormones.\*
- Beta Sitosterol (a phytosterol) and GLA (an essential fatty acid) inhibit the action of the enzyme, 5-alpha reductase to help balance hormone levels and support healthy hair growth.\*
- Biotin and Zinc have been shown to support hair growth and may even help keep hair from turning gray.\*
- MSM, L-Cysteine and DL-Methionine are sources of sulfur. Sulfur has been known to support hair growth and also keep skin soft, supple and smooth.\* They also support the quality and health of the hair and efficient blood supply to the scalp.\*
  - MSM aids in the manufacture of keratin, which give hair its tensile strength.\*
  - Cysteine and Methionine works synergistically to support hair quality, texture and growth and aid in the production of collagen to support the surface of the scalp.\*
- Grape Seed Extract contains a special class of bioflavonoids called proanthocyanidins (PCOs). PCOs support scalp circulation and as antioxidants, help to protect hair follicles.\* Research indicates that PCOs support growth of hair epithelial cells and hair follicle cell growth.\*

### Supplement Facts

#### Three capsules contain:

Biotin	600 mcg
Zinc (as Zinc Picolinate)	15 mg
Copper (as Copper Sulfate)	3 mg
DL-Methionine	500 mg
Saw Palmetto ( <i>Serenoa repens</i> ) Berry Extract	360 mg
yielding plant sterols (free fatty acids)	162 mg
Methylsulfonylmethane (MSM)	200 mg
L-Cysteine	200 mg
Grape Seed Extract	200 mg
yielding proanthocyanidins	190 mg
Equisetum africanum (Horse Tail Rush)	100 mg
Pygeum africanum	75 mg
yielding plant sterols	1.87 mg
Beta Sitosterol Blend	75 mg
Gamma Linolenic Acid (GLA) Powder	50 mg
Stinging Nettle ( <i>Urtica dioica</i> ) Root Extract	50 mg
DIM®	50 mg
DIM® is a proprietary blend of Diindolylmethane, Vitamin E (d-alpha tocopheryl succinate) and Phosphatidylcholine	
Green Tea Extract	50 mg
yielding EGCG	15 mg

Other ingredients: vegetable cellulose, rice flour, vegetable stearate.

#### • **Allergy Information: This product contains phosphatidylcholine (from soy).**

• **Warning:** If you are pregnant, nursing, or planning to become pregnant, do not take this product.

• **Suggested Use:** As a dietary supplement, take 3 capsules daily with food. The daily amount can be divided between AM and PM.

DIM® is a registered trademark of BioResponse, LLC, Boulder CO US Patent #6,086,915

• Sold Exclusively Through Retailers.

• 0300723.090 (90 Vegetarian Capsules)

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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