

SUPPORTS

NATURAL

HAIR
GROWTH

pantogar.

vegan

For dietary management of
diffuse hair loss in women

Nutrient combination of B-vitamins,
cystine and minerals



Content: 35.4 g (90 capsules)
Food for special
medical purposes



Patient information

**Power
for your hair –
Pantogar® vegan!**



Food for special medical purposes

Suffering from hair loss? You can do something about it

Dear reader,

You are suffering from hair loss yourself or know someone who is? The following will provide you with information about the causes of hair loss and how it can be treated.

Because you don't have to simply accept it – there is actually something you can do about it.

We lose around 80 hairs each day. This is completely normal and no reason for concern. If, however, the number of hairs being shed increases significantly over an extended period of time, this is considered abnormal hair loss that is in need of treatment.

Hair loss is often perceived as very stressful because thick, natural hair is often considered a sign of attractiveness and vitality. If your hair becomes thinner or falls out at a greater rate, you should not panic, but instead determine the causes of the hair, to treat it in a targeted manner.



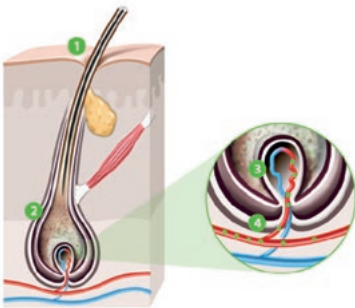
A closer look at hair to understand the causes of hair loss

In order to better understand the causes of hair loss, one has to first take a look at hair itself.

Did you know that ...

- ... we have around 100,000 hairs on our heads?
- ... hair grows by around 1 cm per month?
- ... a hair's life span is around 2–6 years?

Hair is a flexible strand of keratin around 0.1 mm thick with a relatively high tensile strength and elasticity. It consists of three layers: The core of the hair is called medulla, followed by the cortex that forms the main bulk and pigment of your hair and the outer protecting layer, the cuticle. The cortex contains fibres that are important for the hair's strength and elasticity. The cuticle is composed of scales that overlap each other like roof tiles. In a natural hair, these scales lie flat against the hair. In damaged hair, the scales are rough and the hair appears dull and lacklustre.



- 1 Hair shaft:**
the visible part of the hair
- 2 Hair bulb:**
where the hair shaft is formed
- 3 Blood vessels:**
transport nutrients to the hair root
- 4 Micro nutrients:**
essential vitamins and amino acids

The hair is fed via the hair root. It is embedded in the skin and absorbs nutrients via tiny blood vessels. They are important for the development of new cells and thus for hair formation. Interrupting the supply of nutrients affects hair growth.

The life cycle of a hair

As previously mentioned, we lose around 80 hairs each day. What at first sounds like an alarmingly large number has to do with the life cycle of our hair. This is divided into 3 different phases: the growth phase, the transitional phase and the resting phase.

The growth phase

The growth phase lasts for about 2–6 years and is thus much longer than the other two phases. The majority of all human hair is in this phase at any considered time. The hair cells are very active and the hair grows by around 1 cm per month. The hair is at its most vulnerable during the growth phase. Disruptions during this time can lead to hair damage or the growth phase being cut off.

The transitional phase

The transitional phase follows the growth phase and lasts just a few weeks. Hair growth stops and the hair root recedes. Around 1 % of all hair is in the transitional phase.

The resting phase

Before a hair falls out, it enters the resting phase. This lasts for about 3–4 months. The shed hair makes space for the growth of a new hair, which emerges after a few weeks.

The life cycle reveals why hair loss must always be treated over a period of several months. The damaged or dead hair needs this time to be able to grow back strong and natural.

Patterns and causes of hair loss

Hair loss and hair damage can have different causes and express themselves in a variety of ways. Patterns of hair loss are also gender-specific.

Diffuse hair loss

In the case of **diffuse hair loss**, which occurs more frequently in women than in men, **the entire head is affected**. Although the hair root is intact, it receives an **inadequate supply of the nutrients** required for hair growth, **such as amino acids and vitamins**. These normally enter the hair via tiny blood vessels. In the absence of these nutrients, the hair root is unable to produce natural hair and may cease activity altogether. The result: the growth phase is cut short and the hair is shed.

A useful approach in this case is to provide the hair root with an adequate supply of the nutrients it needs for growth. A combination of nutrients can be found, for example, in **Pantogar® vegan** capsules.

There are numerous things that trigger diffuse hair loss: medical conditions, such as infections or metabolic disorders, certain medicines, stress, psychological stress, poor nutrition or hormonal changes (e.g. stopping the pill or giving birth) can lead to hair being inadequately nourished. If the cause of the diffuse hair loss can be determined, it should be medically treated as soon as possible. **Pantogar® vegan** can help to cover the specific nutritional requirements for diffuse hair loss.



Vegan power for your hair

Pantogar® vegan

Pantogar vegan is thanks to its specific nutrient combination suitable for balancing the nutritional deficits responsible for diffuse hair loss. Scientific data proves that a nutrient combination of B-vitamins, cystine and minerals is appropriate for the **nutrient requirements** in dietary management of diffuse hair loss.

Vegan
Gluten-free
Lactose-free



Ingredients:

- **Cystine** is an amino acid and a main component of hair keratin.
- **Pantothenic acid** (vitamin B5), **thiamine** (vitamin B1), **biotin** (vitamin B7 or vitamin H) and **folic acid** are essential, water-soluble vitamins from the B-group.
- **Iron** is a mineral responsible for various metabolic processes within the body.
- **Zinc** is a mineral that, for example, contributes to the synthesis of collagen.

Directions for use:

One Pantogar® vegan capsule is taken orally 3 times a day with some liquid.



Tips for long-lasting, beautiful hair

1 Proper care

The use of shampoos that are too aggressive can, over time, cause damage to hair. A mild shampoo with a pH value of around 5.5 is gentle to both hair and scalp. Your hairdresser can advise you best on choosing the right hair care products.

2 Blow-drying and styling

Your hair needs to be treated gently after washing too. Excess moisture can be squeezed out with a towel and the wet hair carefully combed through using a wide-toothed comb. The effect of excessive heating on delicate hair, caused by blow-drying or styling at a too high temperature, can result in hair breakage. In order to dry hair gently, it is best to set the hairdryer to a medium heat setting and use a brush with natural bristles for styling.

3 Colouring hair

DIY bleaching or other colour treatments can severely impair the hair structure if used incorrectly. Your hairdresser knows your hair best and knows what colour treatment it can tolerate.

4 The right diet

Do you eat a natural, balanced diet? Do you drink enough mineral water each day? Fresh fruit, vegetables and whole-grain products should be part of your daily diet too. Amino acids and B vitamins have an especially beneficial effect on hair growth.

5 Environmental influences

As pleasant as sea and sun are for the spirit, they are harmful to hair. Protect your hair and scalp when exposed to strong sunlight by providing additional care and wearing a head covering.

6 Avoid stress

Adequate amounts of sleep, fresh air, regular exercise and a relaxed lifestyle have a beneficial effect on hair and body too. Always treat yourself to something pleasant between stressful phases – e.g. a head massage. This not only has a relaxing effect, but increases blood circulation, and thus the uptake of nutrients, in the scalp.

For more information visit our website
www.pantogar.com

You can find detailed information about the most frequent causes of hair loss and other hair-related problems, as well as current options to deal with it on the website **www.pantogar.com**

Now
available

