



ULTIMATE



NPN 80083699

HAIR GROWTH FORMULA

Helps maintain hair growth and improves hair thickness and volume

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism and hormone balance as well as providing stress and immune support. Effective nutrient supplementation can often be the missing piece to optimal health. Our supplements are carefully formulated to provide the Ultimate in abundant energy, metabolism, health, and longevity.

Product summary

Ultimate Hair Growth Formula is a comprehensive supplement featuring soy isoflavones and Capsimax™ capsaicin, alongside biotin, silicon, zinc, and L-methionine to help nourish hair and sustain healthy hair growth. This one-per-day formula helps stimulate hair growth in people with androgenic alopecia (male pattern baldness), a leading cause of hair loss in men.

Benefits

- Promotes healthy hair growth and improves hair thickness and volume
- Inhibits dihydrotestosterone (DHT) and stimulates hair follicle formation
- Ideal for individuals suffering from androgenic alopecia (male pattern baldness)
- Helps maintain healthy hair, skin, nails, and mucous membranes
- Supports cognitive and immune function, energy metabolism and tissue formation

Research

Androgenic alopecia (AGA), or “male pattern baldness”, is a leading cause of hair loss, and can have a significant effect on self-esteem and confidence. An estimated 50–80% of all men are affected by AGA at some point in life (1).

AGA is associated with changes in the hair follicles related to higher levels of dihydrotestosterone (DHT), a testosterone metabolite created through the activity of 5-alpha-reductase, a key enzyme in hormone metabolism. DHT causes hair follicles to shrink, and results in a longer “resting” telogen phase and shorter “growth” anagen phase, which leads to thinning hair.

Ultimate Hair Growth Formula contains soy isoflavones, including genistein, which appear to inhibit the activity of 5-alpha-reductase and lower levels of DHT (2). Taiwanese men who consume higher amounts of soy have been found to have a lower incidence of AGA compared to men who eat less or no soy (3).

Isoflavones and capsaicin have also been shown to increase the production of insulin-like growth factor-I (IGF-I) in hair follicles, which promotes hair growth. (4) In one study, 48 male volunteers with alopecia were assessed for new hair growth and plasma levels of IGF-I after taking either a placebo or a capsaicin (6 mg) and isoflavone (75 mg) supplement for 5 months. The results showed that the 31 men taking the supplement, but not those taking the placebo, had significant increases in IGF-I from baseline. Promotion of hair growth was also significantly higher (64.5%) at 5 months in those receiving the supplement compared to the placebo (11.8%). (4)

Capsaicin has also been found to increase the expression of endothelial nitric oxide synthase (eNOS), an enzyme that helps open small blood vessels, promoting healthy circulation. (5) By supporting vascular function in the scalp, capsaicin may have indirect benefits for healthy hair growth. (6) Capsaicin also promotes the removal of cholesterol and the activity of brown fat, which raises the metabolic rate. It has even been linked to decreased expression of pro-inflammatory proteins, which may help guard against inflammation-related damage to hair follicles. (5)

Men with AGA are significantly more likely than men without AGA to develop metabolic syndrome (51% vs. 28%) and benign prostatic hyperplasia (36% vs. 6.8%), which suggests a shared underlying mechanism related to hormonal health and metabolism. (7)

Zinc and biotin are essential nutrients for protein metabolism, healthy hair growth, and hormone health. Biotin helps promote the growth of strong, thick, healthy looking hair, and can help reverse the loss of hair and hair colour that may result from a biotin deficiency. Biotin is also used to address brittle nails and can help in some dry skin conditions as it supports the production of fatty acids essential for skin health. (8)

Zinc is essential for the activity of numerous enzymes involved in hormone balance, and non-competitively inhibits 5-alpha-reductase activity, decreasing the conversion of testosterone to DHT. (9)

HAIR GROWTH FORMULA

Helps maintain hair growth and improves hair thickness and volume

Silicon and L-methionine are necessary building blocks for strong, healthy hair, with methionine also playing a role in maintaining hair pigmentation. (10)

Ingredients

Each tablet contains:

Soy Isoflavones (<i>Glycine max</i>) (seed)	75 mg
Providing:	
Total Isoflavones	13.4 mg AIE*
Genistein/Genistin Compounds	3.6 mg AIE*
Capsimax™ Capsaicin (<i>Capsicum annuum</i>) (fruit)	6 mg
Biotin	250 mcg
Zinc (citrate).....	15 mg
Silicon (<i>Equisetum arvense</i>) (herb top)	10 mg
L-Methionine	25 mg

*AIE: Aglycone Isoflavone Equivalents

Non-medicinal ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, stearic acid, coating (carbohydrate gum, glycerin), vegetable grade magnesium stearate (lubricant).

Recommended adult dose: 1 tablet daily with food for 5 months. Consult a health care practitioner for use beyond 5 months. Take a few hours before or after taking other medications, health

care products, or natural health products, or as directed by a health care practitioner.

Caution: Do not use if you currently have or previously had breast cancer and/or breast tumours or if you have a predisposition to breast cancer, as indicated by an abnormal mammogram and/or biopsy, or a family member with breast cancer. Ensure you are up-to-date on mammograms and gynaecological evaluations prior to use. Consult a health care practitioner if symptoms worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have stomach ulcers or inflammation, a history of hormonal or gynaecological disease, including ovarian cancer, endometriosis, and/or uterine fibroids, a liver disorder or develop liver-related symptoms (e.g., abdominal pain, jaundice, dark urine), or if you are taking blood thinners or hormone replacement therapy (HRT), including thyroid hormone replacement therapy. Discontinue use and consult a health care practitioner if you experience breast pain, discomfort, and/or tenderness, or if you experience a recurrence of menstruation and/or uterine spotting. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.



References

1. Piraccini, B.M., & Alessandrini, A. (2014). Androgenetic alopecia. *G Ital Dermatol Venereol*, 149(1), 15-24.
2. Bae, M., Woo, M., Kusuma, I.W., et al. (2012). Inhibitory effects of isoflavonoids on rat prostate testosterone 5 α -reductase. *J Acupunct Meridian Stud*, 5(6), 319-22.
3. Lai, C.H., Chu, N.F., Chang, C.W., et al. (2013). Androgenic alopecia is associated with less dietary soy, lower [corrected] blood vanadium and rs1160312 1 polymorphism in Taiwanese communities. *PLoS One*, 8(12), e79789.
4. Harada, N., Okajima, K., Arai, M., et al. (2007). Administration of capsaicin and isoflavone promotes hair growth by increasing insulin-like growth factor-I production in mice and in humans with alopecia. *Growth Horm IGF Res*, 17(5), 408-15.
5. McCarty, M.F., DiNicolantonio, J.J., O'Keefe, J.H. (2015). Capsaicin may have important potential for promoting vascular and metabolic health. *Open Heart*, 2(1), e000262.
6. Hernandez, B.A. (2004). Is androgenic alopecia a result of endocrine effects on the vasculature? *Med Hypotheses*, 62(3), 438-41.
7. Agamia, N.F., Abou Youssef, T., El-Hadidy, A., El-Abd, A. (2016). Benign prostatic hyperplasia, metabolic syndrome and androgenic alopecia: Is there a possible relationship? *Arab Journal of Urology*, 14(2), 157-62.
8. Yazbeck, N., Muwakkit, S., Abboud, M., et al. (2010). Zinc and biotin deficiencies after pancreaticoduodenectomy. *Acta Gastroenterol Belg*, 73(2), 283-6.
9. Leake, A., Chisholm, G.D. & Habib, F. K. (1984). The effect of zinc on the 5-alpha-reduction of testosterone by the hyperplastic human prostate gland. *J Steroid Biochem*, 20(2), 651-5.
10. Schallreuter, K.U., Salem, M.M., Hasse, S., Rokos, H. (2011). The redox--biochemistry of human hair pigmentation. *Pigment Cell Melanoma Res*, 24(1), 51-62