




24
Key Nutrients
Multivitamins

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Nail Strength



Hair Growth

Hi Hair®

With Biotin, Zinc, Copper and Essential Vitamins, Spirulina & Grape Seed Extract Suitable for everyday wellness seekers To Strengthen and Repair Damaged Hair & Brittle Nails

Supplement Facts

Serving Size: 2 Capsules
Each Serving Contains:

Ingredients	Amount Per Serving	%RDA
Vitamin A	900 IU	45
Vitamin C	250 mg	100
Vitamin D	400 IU	115%
Vitamin E	40 IU	80%
Biotin	10 mg	200
Inositol	10 mg	100
Albacore	1.8 g	444
Vitamin B6	10 mg	100
Protein	647 mg	127
Vitamin B12	10 mcg	200
Iron	40 mg	100
Pantothenic Acid	10 mg	200
Calcium Hydroxide	125 mg	62
Hydroxy-methyl-nicotinamide	150 mg	100
Zinc (as zinc sulfate)	12 mg	124
Selenium (as seleno-methionine)	25 mcg	182
Copper (as copper sulfate)	1 mg	111
Manganese (as manganese sulfate)	0.5 mg	26
Chromium (as chromium picolinate)	20 mcg	200
Spirulina	25 mg	-
Grape Seed Extract	25 mg	-
MSM	10 mg	-
Resistal	50 mg	-




Hi Hair®

24 Key Nutrients, Multivitamins
To Promote Hair Growth, Strong Nails & Healthy Skin

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Hair care is important for both Men and Women. When dealing with the subject of products and ingredients that help to promote long, healthy, natural hair, there is a vast assortment of products to choose from. Indeed, given that styling and caring for natural hair is very much a matter of trial and error, what works great for someone else, might not work as well for another. Vitamins and minerals deficiencies can weaken the body and impact hair density and condition. The problem of hair loss should be treated as a complex disease - find the cause, cure and prevent it.

What is Hi Hair®?

Hi Hair® Multivitamin tablets for women and men combine minerals, vitamins, and antioxidants. The comprehensive formulation is required for the better health of skin, hair, and nails, while helping fight free radicals.

Biotin is an integral water-soluble B vitamin. In the multivitamin capsules, it may help with boosting the production of keratin. Keratin later enhances the effect of multivitamin supplements by improving growth and texture of hair and nails.

Consuming multivitamin capsules by Hi Hair® provides natural glow to the skin that is otherwise prevented because of oxidative stress. Additionally, it also helps with the growth of hair and nails.

What ingredients does Hi Hair® have?

Inositol

Inositol, also known as vitamin B8, is a part of the B complex family that has a host of possible uses. Inositol is also great for promoting long, healthy natural hair. One of the main ways in which inositol helps with natural hair is by helping to strengthen each follicle so that it is it retains moisture. This is especially great, given that one of the main issues with growing long, natural hair is that it often doesn't retain enough moisture. This often causes breakage amongst follicles as the hair can turn brittle without the ability to remain properly moisturized. This makes inositol one of the essentials for hair growth for Naturalists that are struggling to achieve substantial growth due to the lack of sufficient moisture.

Can Inositol help hyperandrogenism?

Hyperandrogenism, or androgen excess, is a condition marked by the excess of androgens. This disease can cause a host of other ailments including ovarian cysts, acne, excess facial hair, and most importantly, alopecia. Alopecia being a hair and scalp disorder that causes massive hair loss in otherwise healthy people. This disorder affects many men and women across the

globe and there are said to be very few suitable remedies to address this issue. By using vitamin B8, you could effectively address an ailment that could be highly detrimental to your hair health.

Grape seed extract

Procyanidins that are present in the grape seeds helps to exert anti-inflammatory effects in order to prevent skin aging, and helps in reducing the effects of UV from the sunlight. Vitamin E is an important antioxidant in grape seed, but even more powerful are the flavonoids called oligomeric proanthocyanidin complexes, or OPCs. Antioxidants deal with free radicals, which are waste products that develop from the conversion of food to energy and also occur in response to environmental elements. Procyanidins also bond with collagen in the body and a key component of skin, gums, bones, teeth, hair and body tissues. The bonding promotes cell health and skin elasticity, making it seem more youthful, in a process that works almost like a natural face-lift. Procyanidins additionally help protect the body from sun influence, which can also cause premature aging of the skin.

Blood flow is the most important factor when it comes to the health of your hair. When blood flow is restricted then the miniaturization of the hair follicles is sure to follow. This means the follicles are no longer able to support strong and healthy hair growth. One way to reverse these effects, however, is to increase the blood flow to these follicles. This will allow them to receive the nutrients they require.

With grape seed oil extract supplementation, you can not only increase blood flow to the scalp and nutrient delivery to the hair follicles, but this may also enable you to stimulate hair growth.

Grape seed extract, however, has actually been proven to jumpstart the hair cycle and push the follicle from telogen (the phase in which the most hair is lost) to anagen (the phase in which active hair growth occurs).

Antioxidants play an important role in the fight against hair thinning and hair loss. And, fortunately, grape seed oil is one natural and easy-to-obtain source of these free radical fighting molecules.

Para-aminobenzoic acid, or PABA

PABA is naturally found in the liver, brewer's yeast, wheat germ, and grain. While it's widely known for its effectiveness in sunscreen when applied topically, PABA may also support healthy skin and hair. PABA functions as a coenzyme and helps to maintain healthy skin.

PABA is a precursor of folic acid and may be used by our gut microbiota to produce folic acid. PABA supplements may help maintain the natural color of your hair as you age. PABA helps keep the skin looking healthy. It's especially useful for maintaining a consistent skin tone and soft texture.

Spirulina

Spirulina is being widely used for promoting hair growth and to combat hair problems like thinning hair and baldness. Spirulina contains amino acids, essential fatty acids, vitamin A and all of which are great for hair. With 70% protein, fatty acids and iron, spirulina offers a synergy of nutrients needed to promote hair growth.

The sugars, proteins, and amino acids of Spirulina are naturally designed to soothe, rebalance, and moisturize the scalp, actually helping its barrier function work the way it's supposed to. Beta-carotene (vitamin A), vitamin E, B1, B2, B6, folic acid, biotin, choline, pantothenic acid, are also contained in spirulina. Spirulina also contains many important amino acids, including glycine and proline, which keep the skin firm and support the body's collagen production.

Chromium

Chromium helps metabolize carbohydrates. It monitors blood sugar levels, and helps stabilize blood sugar. It can also prevent hypertension or high blood pressure. It aids in combating hair loss by preventing hypoglycemia and hyperglycemia.

Zinc

One of the most important macronutrients is zinc which is responsible for the functioning of the immune system. Amino acids are key to hair growth and zinc regulates amino acids in the metabolism. It impacts keratin synthesis and vitamin A absorption which regulates the functioning of the sebaceous glands. A daily recommended intake of zinc is 15 mg.

What are the other ingredients?

Hi Hair® in addition to spirulina, PABA, inositol and grape seed extract contains vitamin B complex, vitamin C, E, D, A. It also contains minerals such as zinc, iron, Magnesium, Manganese, Copper, Chromium, selenium and iodine. The vitamins and minerals present help fight free radicals that cause oxidative stress which may prevent visible signs of ageing and may also promote glowing skin. Vitamin A and Vitamin C present along with biotin can help with cell regeneration that may lead to better hair, skin and nail.

Recommended Daily Intake:

Adults and children over 12 years take 2 capsules daily. Do not exceed recommended daily intake before consulting with your doctor.

Caution:

If you are taking this supplement with other supplements or drugs such as antacids or some antibiotics, be sure to observe the interval of two to four hours.

If you are suffering from liver or kidney diseases, food allergies or you are allergic to any of the ingredients of this product and also if you are pregnant or breastfeeding women, you should consult with your doctor.

Storage:

Store below 30°C and keep away from light and moisture. Keep out of reach of children.