



Contains biota, which is traditionally used to promote **hair growth** and reduce **mild hair loss** in Chinese medicine

KEY BENEFITS

In Chinese medicine, hair is traditionally believed to be nourished by the blood, which keeps it shiny and healthy, and hair loss, thinning hair and poor hair health are often attributed to excess heat in the blood.

In Chinese medicine:

- ✓ Biota is traditionally used to decrease hair loss and promote the growth of new hair
- ✓ Biota is also traditionally used to help maintain healthy hair follicles and relieve an itchy scalp by cooling blood heat
- ✓ Dong quai is traditionally used to improve hair health by enhancing blood health

PRODUCT FEATURES

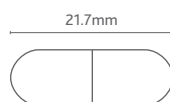
- ✓ New updated formula
- ✓ With high quality herbal extracts

ACTIVE INGREDIENTS

Each capsule contains herbal extracts equivalent to:

Biota (<i>Biota orientalis</i>) twig leafy	150mg, dry equiv.	1.5g
Dong quai (<i>Angelica polymorpha</i>) root	83.3mg, dry equiv.	1.25g
White peony (<i>Paeonia lactiflora</i>) root	70mg, dry equiv.	490mg
Cuscuta (<i>Cuscuta hygrophilae</i>) seed	60.7mg, dry equiv.	425mg
Rehmannia (<i>Rehmannia glutinosa</i>) root	41.7mg, dry equiv.	250mg
Rehmannia (<i>Rehmannia glutinosa</i>) root	35.7mg, dry equiv.	250mg
Total Rehmannia equiv. to dry		500mg
Szechuan lovage (<i>Ligusticum striatum</i>) root	35mg, dry equiv.	350mg
Chinese licorice (<i>Glycyrrhiza uralensis</i>) root	35mg, dry equiv.	175mg

Made in Australia. Suitable for vegetarians and vegans. NO ADDED artificial colours, flavours or preservatives, yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 2 capsules once or twice daily.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and lactation

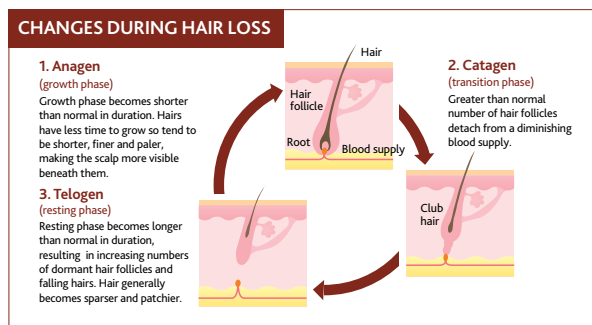
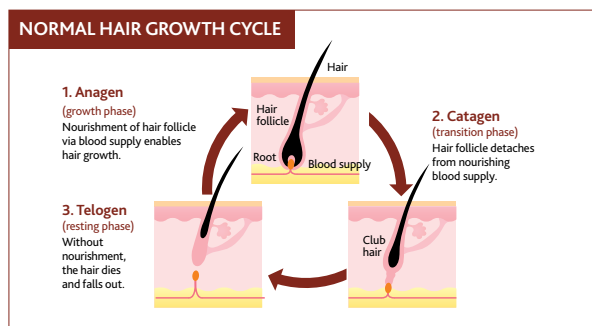
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly talk to your health professional.

BACKGROUND INFORMATION

HAIR GROWTH CYCLE

Under normal circumstances, the hairs on your scalp undergo a continual process in which each individual strand moves through a cycle:

1. A growth phase
2. A transition phase
3. A resting phase



The signs and symptoms of hair loss can vary; however many affected people find that it affects their quality of life and has emotional consequences such as psychological distress and reduced self-esteem.

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Ph: 1800 550 103

TRADITIONAL CHINESE MEDICINE (TCM) AND HAIR HEALTH

From a TCM perspective, blood heat and blood deficiency may be the cause of premature hair loss with poor quality of hair. In TCM, heat in the blood can dry and deplete blood, leading to 'blood deficiency'. This can contribute to poor hair health and hair loss. In addition, strengthening the blood supports the health of the Kidney.

HERBS TO SUPPORT HAIR GROWTH



Biota is traditionally used in TCM to promote hair growth, reduce hair loss, cool blood to help maintain healthy hair follicles and relieve an itchy scalp.



Dong quai is traditionally used in TCM as a blood tonic to promote hair health, support kidney Jing and promote healthy ageing.

The formula is further supported with **white peony, rehmannia, cuscuta, szechuan lovage and Chinese licorice.**



COMPANION PRODUCTS

Hair, Skin & Nails - Provides silica, as well as essential vitamins and minerals needed to maintain healthy hair.



Kidney Tonic - Contains herbs used as kidney tonics and to help regulate fluid balance in traditional Chinese medicine.