

Skin and Hair Supplements

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Biotin

- Important factor in metabolism of amino acids and carbohydrates
- Biotin deficiency is rare
- It is found in various foods
 - Liver
 - Salmon
 - Carrots
 - Yeast
 - Soy flour
 - Bananas
- Reduced by cooking or preserving of the food

Biotin

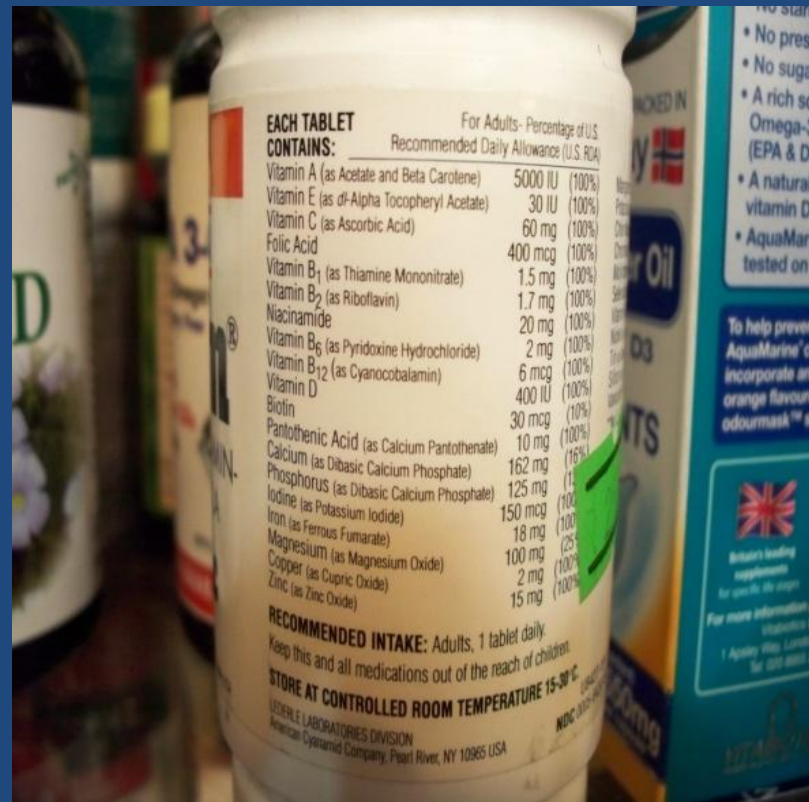
- Biotin deficiency
 - Skin rash
 - Hair loss
 - Fragile nails
- Conditions which increase person's need to supplemental biotin
 - Genetic disorder of biotin deficiency
 - Gastric bypass surgery

Biotin

- Anti acne properties of biotin
 - It is NOT proven by studies
- RDA for biotin in adults
 - 300 mcg per day to prevent deficiency
 - Up to 10 mg per day is tolerable if used to treat deficiency per physician recommendation

Biotin

- Centrum
 - 30 mcg
- Centrum silver
 - 30 mcg
- Pharmaton
 - 150 mcg
- Zinc plus
 - 60 mcg



Biotin

- Stress formula
 - 45 mcg
- Super B complex (Nature Made)
 - 30 mcg
- Rigendiet
 - 50 mcg
- Ecophane
 - 150 mcg



	Pour 100 g de produit	Pour 2 comprimés	AJR**
Hydrolysats de protéines	52 g	1200 mg	
Cystine*	4 g	92 mg	
Méthionine*	5,1 g	118 mg	
Spiruline	565 mg	13 mg	
Vitamine B5	260 mg	6 mg	100%
Vitamine B6	87 mg	2 mg	100%
Biotine (B8)	6,5 mg	0,15 mg	100%
Vitamine PP	783 mg	18 mg	100%
Zinc	652 mg	15 mg	100%
Magnésium	869 mg	20 mg	6,6%
Analyse nutritionnelle			
Protides	47 g	1,1 g	
Glucides	33 g	0,74 g	
Lipides	3,4 g	0,08 g	
Valeur énergétique			
Kcal	348	8	
Kj	1456	34	

Faible pouvoir calorique : 8 Kcal

Folic Acid

- Water soluble vitamin B
- Leafy green vegetable, rice , variable fruits
- Prominent to maintain new cells
- Possible role to promote skin and hair health
- RDA for folic acid in adults is 400 mcg per day
- Medical conditions that increase the need
 - Pregnancy
 - Alcohol abuse
 - Kidney dialysis
 - Liver disease
 - Certain anemias

Folic Acid

- Medications that increase the need
 - Phenytoin
 - Primidone
 - Barbiturates
 - Methotrexate
 - Alcohol
- Cooking may destroy folate content of the food

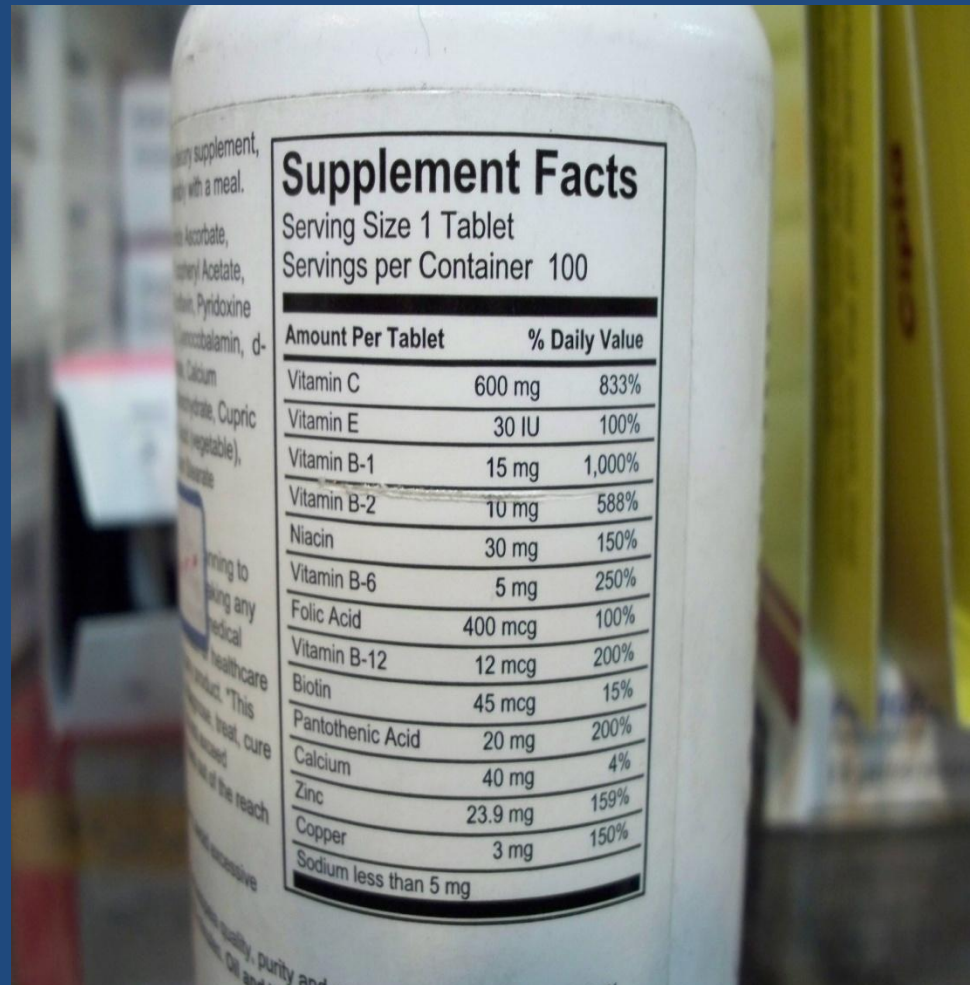
Folic Acid

- Pharmaton
 - 100 mcg
- Centrum
 - 400 mcg
- Centrum silver
 - 400 mcg
- Multi Daily
 - 400 mcg



Folic Acid

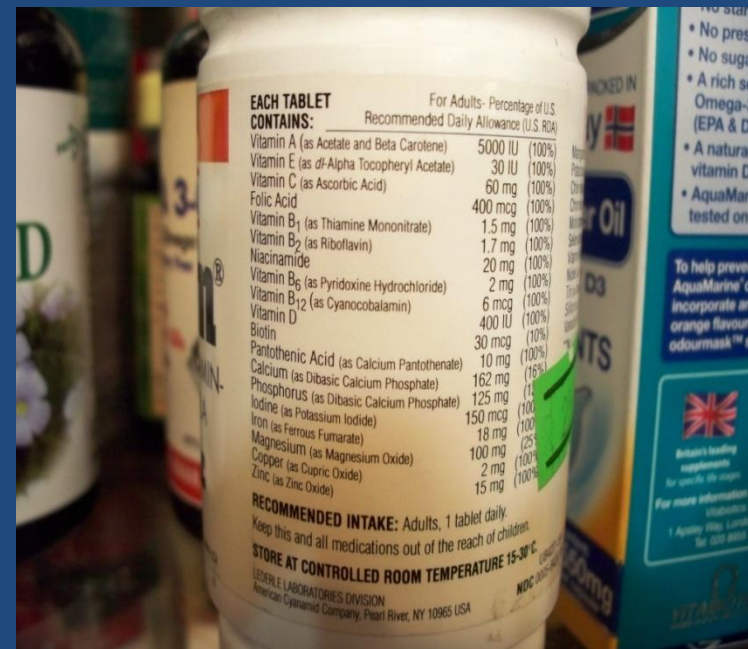
- Vitamin for hair
 - 400 mcg
- RigenDiet
 - 300 mcg
- Stress formula
 - 400 mcg



Serving Size 1 Tablet		
Servings per Container 100		
Amount Per Tablet		% Daily Value
Vitamin C	600 mg	833%
Vitamin E	30 IU	100%
Vitamin B-1	15 mg	1,000%
Vitamin B-2	10 mg	588%
Niacin	30 mg	150%
Vitamin B-6	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12	12 mcg	200%
Biotin	45 mcg	15%
Pantothenic Acid	20 mg	200%
Calcium	40 mg	4%
Zinc	23.9 mg	159%
Copper	3 mg	150%
Sodium	less than 5 mg	

Folic Acid

- Absorption from the proximal part of the small intestine
 - Need supplements in patients with IBD or bariatric surgeries
 - Upper limit of 1 mg
 - Up to 3-5mg used per Individualizing needs



Pantothenic Acid

Vitamin B5

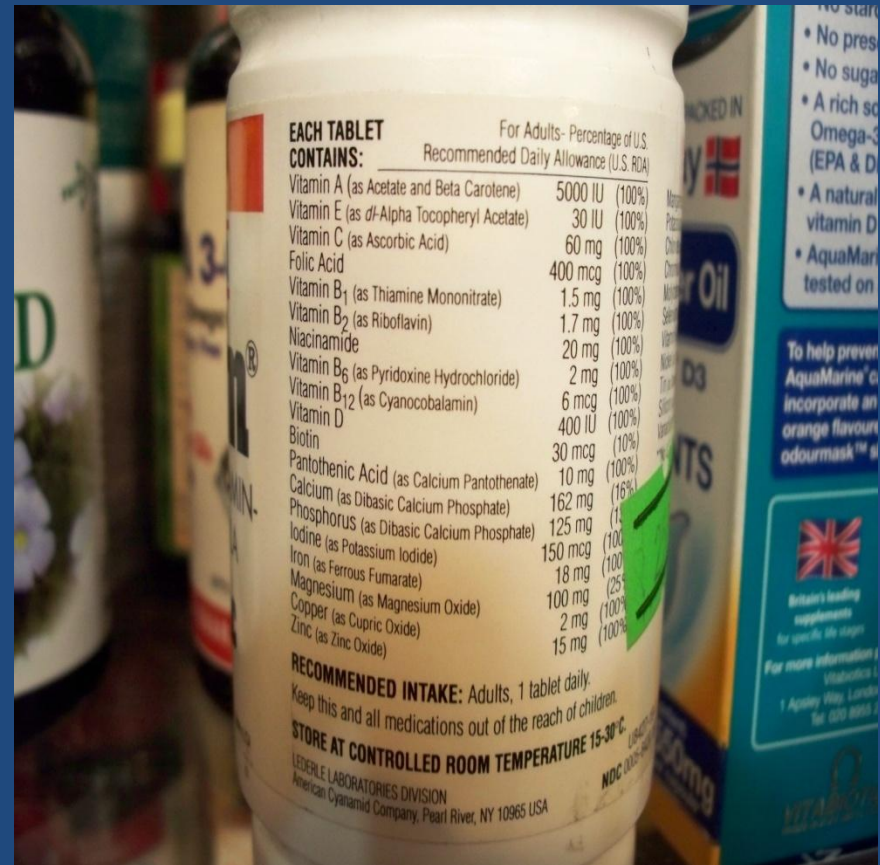
- Possible role in hair growth
- Co-enzyme for many metabolic reactions involving proteins, carbohydrates and cholesterol
- RDA for pantothenic acid in adults is 10 mg per day
- Deficiency is extremely rare, only in people with severe malnutrition

Niacin (Vitamin B3)

- Involved in carbohydrates, lipoids and proteins metabolism
- Participates in NAD, NADPH synthesis and energy generating reactions
- Promotes healthy skin and hair
- RDA for niacin in adults is 20 mg per day
- Inositol hexanicothinate is the most tolerable form of niacin
- It may possess some anti-aging effects on skin

Niacin (Vitamin B3) (PP)

- **Centrum**
 - 20 mg
- **Centrum silver**
 - 20mg
- **Pharmaton**
 - 18mg
- **Multi Daily**
 - 20 mg



Niacin (Vitamin B3)

- Vitamins for hair
 - 35 mg
- Echophane
 - 18 mg
- Possible vaso-dilator effects
 - Hair growth



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Spiruline	565 mg	13 mg	
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Vitamine B6	87 mg	2 mg	100%
Biotine (B8)	6,5 mg	0,15 mg	100%
Vitamine PP	783 mg	18 mg	100%
Zinc	652 mg	15 mg	100%
Magnésium	869 mg	20 mg	6,6%
Analyse nutritionnelle			
Protides	47 g	1,1 g	
Glucides	33 g	0,74 g	
Lipides	3,4 g	0,08 g	
Valeur énergétique			
Kcal	348	8	
Kj	1456	34	

Faible pouvoir calorique : 8 Kcal

*Nutriments exprimés en mg pour 100 g de produit

Vitamin B6

Pyridoxine

- Involved in amino acid metabolism and gluconeogenesis
- Possibly enhances the circulation and promotes hair growth
- Food sources
 - Bananas
 - Meats
 - Vegetables
 - Nuts
- Absorption in jejunum and ileum
- RDA for pyridoxine in adults is 2mg per day

Pyridoxine (content in Ecophane®)

	Pour 100 g de produit	Pour 2 comprimés	AJR**
Hydrolysats de protéines	52 g	1200 mg	
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Kj	1456	34	
Faible pouvoir calorique : 8 Kcal			
*Nécessaire à la synthèse des protéines			

Vitamin C

Ascorbic Acid

- Anti oxidant effects
- Increases the absorption of iron
- Citrus fruits, vegetables, strawberry, pine apple, kiwi, green and red pepper
- Promotes healthy skin
- Vitamin C deficiency
 - Dry and scaly skin
 - Dry hair
- Increased needs in smokers
- RDA for Vit C in adults is 60 mg per day
- Doses up to 2000mg is considered safe
- Most multivitamin brands have at least 60 mg of Vit C

Zinc

	Pour 100 g de produit	Pour 2 comprimés	AJR**
Hydrolysats de protéines	52 g	1200 mg	
Cystine*	4 g	92 mg	
Méthionine*	5,1 g	118 mg	
Spiruline	565 mg	13 mg	
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*Nécessite d'être prise avec les hydrolysats			

Ecophane

Zinc

Nahrungsergänzungsmittel
mit Zink und Vitaminen

Zink plus

Verzehrempfehlung:
Täglich 1 Kapsel mit etwas Flüssigkeit (z.B. 1/2 Glas Wasser) verzehren.

Nährwertangaben	pro 100g	pro Kapsel
Brennwert	2567 kJ 619 kcal	11,6 kJ 2,8 kcal
Eiweiß	29g	0,13g
Kohlenhydrate	2g	0,01g
Fett	53g	0,24g
Broteinheiten	0,2g	<0,001

Gehaltsangaben	pro Kapsel	Prozent der empf. Tagesdosis*
Zink	5,0 mg	50%
Vitamin B1	1,3 mg	118%
Vitamin B2	1,5 mg	107%
Vitamin B6	1,6 mg	114%
Vitamin B12	3,0 µg	120%
Biotin	60,0 µg	120%
Folsäure	200,0 µg	100%
Niacin	9,0 mg	56%
Pantothensäure	6,0 mg	100%

* nach Nährwert-Kennzeichnungsrichtlinie.

Zinc



Composition per capsule	
Concentrated, standardized	
Ginseng Extract G115	40.0 mg
(made from roots of	
<i>Panax Ginseng</i> C.A. Meyer)	
Dimethylaminoethanol	
bitartrate PHARMATON	26.0 mg
Vitamin A	4000 IU
Vitamin B1	2.0 mg
Vitamin B2	2.0 mg
Vitamin B6	1.0 mg
Vitamin B12	1.0 mcg
Vitamin C	60.0 mg
Vitamin D	400 IU
Vitamin E	10.0 mg
Nicotinamide (PP)	15.0 mg
Calcium pantothenate	10.0 mg
Rutin	20.0 mg
Iron	10.0 mg
Calcium	90.3 mg
Phosphorus	70.0 mg
Fluorine	0.2 mg
Copper	1.0 mg
Potassium	8.0 mg
Manganese	1.0 mg
Magnesium	10.0 mg
Zinc	1.0 mg
Choline, inositol, linoleic	
acid and linolenic acid	66.0 mg

Pharmaton

Zinc

- Promotes wound healing, skin and mucosal integrity
- RDA for zinc in adults is 15 mg per day as elemental zinc
- Try to take this supplement apart from quinolone antibiotics and tetracyclines since it decreases their absorption

Iron

- In anemic states or malabsorption
- Iron supplements in multivitamin-multimineral or extra doses of iron may prevent hair loss
 - RDA
 - 19-50 yo male 8mg/day, female 18mg/day
 - Over 50 yo 8mg/day
 - Deficiency
 - Ferrous sulfate (20% elemental) 300mg BID or TID daily (60mg elemental iron in each dose),
 - monitor the levels, Hb

Iron

- Apart from calcium supplements if possible
- Not taking with tea or coffee
- Vitamin C increases the absorption
- Patients with gastric bypass surgery may need more

Iron

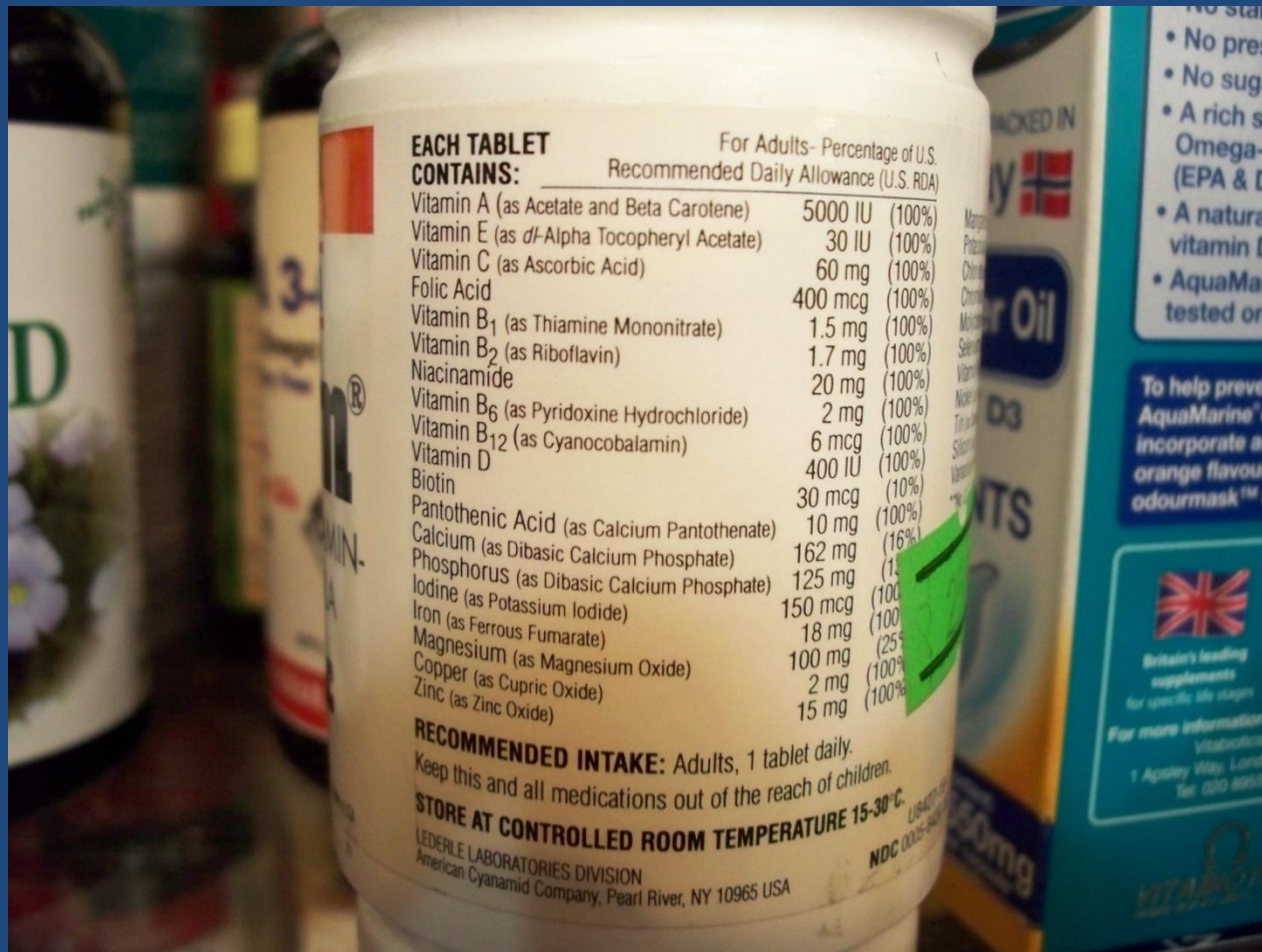
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Vitamin A	4000 IU
Vitamin B1	2.0 mg
Vitamin B2	2.0 mg
Vitamin B6	1.0 mg
Vitamin B12	1.0 mcg
Vitamin C	60.0 mg
Vitamin D	400 IU
Vitamin E	10.0 mg
Nicotinamide (PP)	15.0 mg
Calcium pantothenate	10.0 mg
Rutin	20.0 mg
Iron	10.0 mg
Calcium	90.3 mg
Phosphorus	70.0 mg
Fluorine	0.2 mg
Copper	1.0 mg
Potassium	8.0 mg
Manganese	1.0 mg
Magnesium	10.0 mg
Zinc	1.0 mg
Choline, inositol, linoleic	
acid and linolenic acid	66.0 mg

Pharmaton

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving	%Daily Value	
Niacin	35 mg	175%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	
Iron (as Ferrous Sulfate)	15 mg	63%
Iodine (from Kelp)	150 mcg	100%
Zinc (as Zinc Gluconate)	15 mg	100%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Gluconate)	5 mg	250%
Sodium	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	30 mg	*
Choline Bitartrate	125 mg	*
Inositol	50 mg	*
Isolated Soy Protein	100 mg	*
Brewer's Yeast	5 mg	*
*Daily Value not established.		

Vitamins for Hair

Iron



Centrum

Methionine

- Methionine is essential for the formation of healthy collagen used to form skin, nails, and connective tissue
- Antioxidant properties
- Precursor for biosynthesis of cysteine and taurine

Methionine

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Ecophane

Methionine

Nutrients' intake		in 1 tablet		in 100 g		% RDA in 1 tablet	
D,L-Methionine	250,00 mg	33,33	g				
L-Cystine	50,00 mg	6,67	g				
Pantothenic ac.(Vit. B5)	9,00 mg	1,2	g			150	
Vitamin E	7,50 mg	1,0	g			75	
Zinc	7,50 mg	1,0	g			50	
Vitamin B6	2,00 mg	0,27	g			100	
Copper	1,00 mg	0,135	g				
Folic acid	300,00 mcg	0,04	g			150	
Selenium	50,00 mcg	0,0067	g				
D-Biotin	50,00 mcg	0,0067	g			33,33	

RDA : Recommended Daily Allowance

FOOD SUPPLEMENT - IT IS NOT A MEDICINE