Skin and Hair Supplements

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

- 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

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

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- Stress formula
 - 45 mcg

Super B complex (Nature Made)

- 30 mcg
- Rigendiet
 50 mcg
- Ecophane
 150 mcg





- 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 <u>400 mcg per day</u>
- Medical conditions that increase the need
 - Pregnancy
 - Alcohol abuse
 - Kidney dialysis
 - Liver disease
 - Certain anemias

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

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



Vitamin for hair

400 mcg

RigenDiet

300 mcg

Stress formula

400 mcg

in supplement, in a meal. icontate, icontate, icontate,	Serving Size 1 Servings per Co	Tablet			
Pyridoxine	Amount Per Tablet	% [Daily Value		
N.Citium	Vitamin C	600 mg	833%		
tale, Cupric	Vitamin E	30 IU	100%	100	
eretable),	Vitamin B-1	15 mg	1,000%		
-5	Vitamin B-2	10 mg	588%		
	Niacin	30 mg	150%		
* ming to	Vitamin B-6	5 mg	250%	X	
ating any redical	Folic Acid	400 mcg	100%		
and a state	Vitamin B-12	12 mcg	200%		
This	Biotin	45 mcg	15%		
Cito Bo	Pantothenic Acid Calcium	20 mg	200%		
No be reach	Zinc	40 mg	159%		
"dach	Copper	23.9 mg	159%		

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- 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

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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

	ACH TABLET For Adults- Percentage dust Mamin A. (as Acetate and Beta Carotene) 5000 UU (1005) Mamin A. (as Acetate and Beta Carotene) 5000 UU (1005) Mamin A. (as Acetate and Beta Carotene) 5000 UU (1005) Mamin G. (as Acetate and Beta Carotene) 5000 UU (1005) Kitamin E. (as d'Alpha Tocopheryl Acetate) 301U (1005) Kitamin G. (as Acetotice Acid) 60 mg (1005) Kitamin G. (as Acetotice Acid) 60 mg (1005) Kitamin B. (as Piridoxine Hydrochloride) 7 mg (1005) Namin B. (as Piridoxine Hydrochloride) 7 mg (1005) Mamin B. (as Calcium Photophale) 6 mg (1005) Mamin B. (as Calcium Photophale) 7 mg (1005) Mamin B. (as Antonestinate) 15 mg (1005) Mamin B. (as Antonestinate) 10 mg (1005) Mamin D. (as Antonestinate) 10 mg (1005) Mamin D. (as Antonestinate) 10 mg (1005) Mamin D. (as Acetate and Beta Calcium Photophale) 10 mg (1005) Mamin B. (as Antonestinate) 10 mg (1005) Mamin B. (as Antonestinate) 10 mg (1005) Mamin D. (as Antonestinate) 10 mg (1005) Mamin D. (as Antonestinate) 10 mg (1005) <td< th=""><th> No state No pres No suga A rich so Omega-si (EPA & D A natural vitamin D AquaMari tested on To help preven AquaMarine'd incorporate an orange flavour odourmaskth a Marine'd incorporate an orange flavour odourmaskth a Marine'd incorporate an orange flavour odourmaskth a </th></td<>	 No state No pres No suga A rich so Omega-si (EPA & D A natural vitamin D AquaMari tested on To help preven AquaMarine'd incorporate an orange flavour odourmaskth a Marine'd incorporate an orange flavour odourmaskth a Marine'd incorporate an orange flavour odourmaskth a
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Niacin (Vitamin B3)

- Vitamins for hair
 - 35 mg
- Echophane
 - **18 mg**
- Possible vasodilator effects
 Hair growth

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

Kca



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®)

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		de produit		AJR**	1	1
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	Cystine*	4 g	92 mg		10005	
	Méthionine*	5,1 g	118 mg		- COLUMN -	
	Spiruline	565 mg	13 mg		The second second	
	Vitamine B5	260 mg	6 mg	100%	and the second	
	Vitamine B6	87 mg	2 mg	100%		
	Biotine (B8)	6,5 mg	0,15 mg		The second se	115
	Vitamine PP	783 mg	18 mg	100%	and the set	
	Zinc	652 mg	15 mg	100%		
	Magnésium	869 mg	20 mg	6,6%		117
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	nutritionnelle					
	Protides	47 g	1,1 g		and the second	11.
	Glucides	33 g	0,74 g			
	Lipides	3,4 g	0,08 g		ALC: NO. OF ALL	11.
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	énergétique					115
	Kcal	348	8			ID
	Kj	1456	34			

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 <u>60 mg per day</u>
- Doses up to 2000mg is considered safe
- Most multivitamin brands have at least 60 mg of Vit C

Zinc

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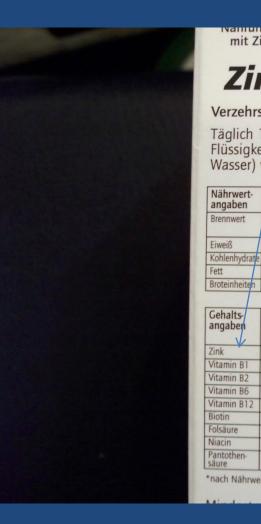
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Faible pouvoir calorique : 8 Kcal



Ecophane

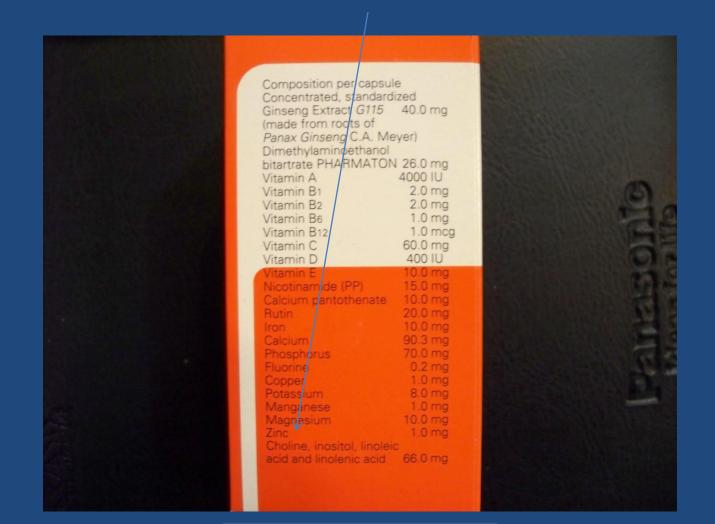
Zinc



mit Zink und Vitaminen Zink plus Verzehrsempfehlung: Täglich 1 Kapsel mit etwas Flüssigkeit (z.B. 1/2 Glas Wasser) verzehren. pro 100g pro Kapsel 2567 kJ 11,6 kJ 619 kcal 2,8 kcal 29g 0,13g 2g 0,01g 53g 0,24g 0,2g <0,001 pro Kapsel Prozent der empf. Tagesdosis* 5,0 mg 50% 1,3 mg 118% 1,5 mg 107% 1,6 mg 114% 3,0 µg 120% 60,0 µg 120% 200,0 µg 100% 9,0 mg 56% 6,0 mg 100% *nach Nährwert-Kennzeichnungsrichtlinie.



Zinc



Pharmaton

Zinc

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



tamins r amino	Nutrients' intake	in 1 tablet in	100 g		% RDA	
Biotin), n, hair	D,L-Methionine	250,00 mg	33,33	g		
n, nan	L-Cystine	50,00 mg		g		
	Pantothenic ac.(Vit	.B5) 9,00 mg	1,2	g	150	
	Vitamin E	7,50 mg	1,0	g	75	
iotin);	Zinc	7,50 mg	1,0	g	50	
ulose;	Vitamin B6	2,00 mg	0,27	g	100	
agents:	Copper	1,00 mg	0,135	g		
itamin	Folic acid	300,00 mcg	0,04	g	150	
oxide; c acid.	Selenium	50,00 mcg	0,0067	g		
c aciu.	D-Biotin	50,00 mcg	0,0067	g	33,33	
undant	RDA : Reco	mmended Da	ily Allow	anc	e	
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- In anemic states or malabsorption
- Iron supplements in multivitamin-multiminerals 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

- 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

Composition per capsule Concentrated, standardizedGinseng Extract G11540.0 mgImade from roots of Panax Ginseng C.A. Meyer)Dimethylaminoethanol bitartrate PHARMATON 26.0 mgVitamin A4000 IUVitamin B12.0 mgVitamin B22.0 mgVitamin B61.0 mgVitamin B121.0 mcgVitamin C60.0 mgVitamin D400 IU	otric	
Vitamin D400 r0Vitamin E10.0 mgNicotinamide (PP)15.0 mgCalcium pantothenate10.0 mgRutin20.0 mgIron10.0 mgCalcium90.3 mgPhosphorus70.0 mgFluorine0.2 mgCopper1.0 mgPotassium8.0 mgMaganese1.0 mgZinc1.0 mgZinc1.0 mgCholine, inositol, linoleicacid and linolenic acid66.0 mg		

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	83%
lodine (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 Acio	l) 30 mg	
Choline Bitartrate	125 mg	
Inositol	50 mg	1
Isolated Soy Protein	100 mg	,
Brewer's Yeast	5 mg	,

Pharmaton

Vitamins for Hair

EACH TABLET For Adults-Percentage of US Mitamin A (as Acetate and Beta Carotene) 5000 IU (100%) Vitamin E (as d/ Alpha Tocopheryl Acetate) 30 IU (100%) Vitamin C (as Ascorbic Acid) 60 mg (100%) Folic Acid 400 mcg (100%) Vitamin B (as Thiamine Mononitrate) 1.5 mg (100%) Nitamin B (as Thiamine Mononitrate) 1.5 mg (100%) Vitamin B (as Pyridoxine Hydrochloride) 2 mg (100%) Vitamin B (as Cyanocobalamin) 6 mcg (100%) Vitamin B (as Dibasic Calcium Phosphate) 10 mg (100%) Nitamin B (as Dibasic Calcium Phosphate) 10 mg (100%) Manine (as Potasium Iodide) 15 mg (100%) Nitamin B (as Ribosic Calcium Phosphate) 10 mg (100%) Nitamin B (as Dibasic Calcium Phosphate) 10 mg (100%) Natine (as Potasium Iodide) 15 mg (100%) Notin (as Potasium Iodide) 15 mg (100%) Notin (as Adagnesium Oxide) 10 mg (100%) Natine (as Potasium Iodide) 15 mg (100%) Natine (as Potasium Iodide) 10 mg (100%) Note (as Acetate) 10 mg (100%) Note (as Acetate) 10 mg (100%) Note (as Acetate) <t< th=""><th> No stan No pres No suga A rich so Omega-3 (EPA & D) A natural vitamin D AquaMari tested on </th></t<>	 No stan No pres No suga A rich so Omega-3 (EPA & D) A natural vitamin D AquaMari tested on
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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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Faible pouvoir calorique : 8 Kcal



Ecophane

Methionine

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ritamins Ir amino	Nutrients' intake	in 1 tablet in	100 g		% RDA		
n Biotin), kin, hair	D,L-Methionine	250,00 mg	33,33	g			-
kin, nair	L-Cystine	50,00 mg	6,67	g			1
	Pantothenic ac.(Vit.	B5) 9,00 mg	1,2	g	150		1.
	Vitamin E	7,50 mg	1,0	g	75		1.2
Biotin);	Zinc	7,50 mg	1,0	g	50		1
llulose;	Vitamin B6	2,00 mg	0,27	g	100		13
agents:	Copper	1,00 mg	0,135	g			1
Vitamin	Folic acid	300,00 mcg	0,04	g	150		-
c oxide; lic acid.	Selenium	50,00 mcg	0,0067	g			
ne aciu.	D-Biotin	50,00 mcg	0,0067	g	33,33		
bundant	RDA : Reco	mmended Da	ily Allow	anc	e		
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RigenDiet