

prairienaturals®

# Grow your hair

Restore • Repair • Nourish



**hairforce™** Love Your Hair! Create beautiful, healthy hair from within. Prairie Naturals Hair-Force synergistically combines 22 natural nutrients recognized for their role in restoring, healing and nourishing hair. Now you can stimulate maximum growth of the hair follicle while minimizing hair loss. The combined effect of these vitamins, minerals and nutrient co-factors directly counteracts the hair-damaging negatives caused by stress, illness, hormonal imbalances and other health and environmental concerns.

**ultrasilica™** Have beautiful hair, skin and nails! Prairie Naturals Ultra-Silica™ is a natural source of silica that nourishes hair, skin and nails while supporting the skeletal system. Ultra-Silica™ provides a superior source of organic silica from the aqueous extract of Spring Horsetail (*Equisetum arvense*). Specially processed to provide a readily assimilated and abundant source of trace minerals, Ultra-Silica™ strengthens and beautifies hair, skin, nails and, most importantly, bones!



# hairforce

## Vitamin D3 - stimulates hair growth

In the last few years scientists have found that vitamin D3 "dramatically" stimulates hair growth! This "vitamin" is actually a hormone and it suddenly turned into a nutritional superstar when several studies from the American Journal of Clinical Nutrition showed that North Americans were seriously deficient in this health-protective vitamin. One study published in 2001 showed that even while taking a 1000 IU vitamin D supplement, fewer than half of the Canadian participants were getting enough to achieve optimal blood levels.

A very recent study published in the journal Life Sciences (February 2006) concluded that taking vitamin D3 prior to radiation exposure may protect hair follicles from radiation toxicity and ensuing hair loss. This is good news for those individuals undergoing radiation treatment.

## Vitamin B Complex - provides a metabolic tune-up

Dr. Bruce Ames - the world's leading researcher in the field of anti-aging, free radicals and antioxidants - calls the B vitamins, particularly B6, B12 and folic acid key to "metabolic harmony and disease prevention." He refers to their role in optimizing health as a "metabolic tune-up."

His article in the Journal of Nutrition (May 2003) states: "An optimum intake of micronutrients and metabolites, which varies with age and genetic constitution, would tune up metabolism and give a marked increase in health... Approximately 50 different human genetic diseases...can be remedied by feeding high-dose B vitamins..." The entire B complex family is beneficial for healthy hair. They are interdependent, working synergistically to maintain a healthy metabolism and combat the effects of stress.

**Vitamin B1** helps metabolize protein which gives hair natural luster, volume and good texture.

**Vitamin B2** requirements are greatest under stress and stringent dieting. Thinning hair in women can be directly related to low levels of B2.

**Vitamin B3** enhances circulation to the scalp and all parts of the body. Good circulation is essential to hair and scalp health.

**Vitamin B6** is considered the best nutritional friend of any stressed out, hormonally challenged woman. Researchers in Poland found that this powerful stress buster reduced hair loss in women and generally improved the condition of their hair.

**Pantothenic acid (B5)** has long been considered an anti-graying agent for hair. Another potent stress fighter, pantothenic acid reduces adrenal stress and exhaustion, known contributors to hair loss.

**Vitamin B12** insufficiency is a common cause of prematurely grey hair. Fortunately restoring adequate B12 levels can reverse the graying trend and help return hair to its original colour.

**Folic acid (B9)** participates in several key biological processes, including the synthesis of DNA, RNA and proteins. It is necessary for DNA replication and repair and is a factor in healthy hair growth. Folic acid supplementation reduces homocysteine levels which are known to accelerate the aging process.

**Biotin** is essential for healthy metabolism and growth, proper fatty acid synthesis and enzyme production. Research has also pointed to biotin playing a key role in maintaining healthy hair, minimizing hair loss and for the prevention of premature graying. Commonly used internally and topically, biotin is a popular nutritional remedy for both hair and skin health.

## Selenium - fights environmental damage to hair

This powerful antioxidant and anti-aging mineral protects against environmental toxicity and is instrumental in thyroid hormone metabolism, both of which impact on hair health and vitality.



## **Zinc - prevents or minimizes hair loss**

Zinc insufficiencies are not uncommon in North America. Low levels of dietary zinc in humans and animals delay growth and healing. Several animal studies have shown that inadequate zinc intake corresponds to hair loss. The School of Medicine at the University of Miami (July 2000) found a direct correlation to alopecia (hair loss) and zinc deficiency.

## **Choline & inositol - stress busting hair protectors**

Choline and inositol are called lipotropic (fat-changing) factors. Working in concert, they act as potent anti-stress nutrients and are thought to keep hair follicles healthy at the cellular level.

## **Iodine - your thyroid gland's best friend**

Iodine is most abundantly found in the thyroid gland where it regulates thyroid hormone production. Low levels of this essential trace element lead to sluggish thyroid gland function and a slowdown of metabolic rate. Hair loss and dry, brittle hair are common indicators of low thyroid function.

## **PABA - protects hair follicles**

PABA is technically not a vitamin, but it acts as an intermediate in the synthesis of folic acid. It may prevent hair loss by protecting hair follicles.

## **L-cysteine - detoxifying amino acid strengthens hair structure**

L-Cysteine is a detoxifying amino acid that provides potent antioxidant protection to the hair follicle. A study published in the Journal of Biochemical and Molecular Toxicity (2002) reported that a form of cysteine prevented toxin-induced hair loss. Inadequate levels of dietary L-cysteine impede the production of keratin needed for regenerating healthy hair while supplemental cysteine may speed hair growth and increase hair shaft diameter resulting in fuller hair.

## **L-methionine - combats bad hair days**

L-methionine deficiency may be the cause of hair that is "brittle, short and sparse" according to Department of Dermatology researchers in Düsseldorf, Germany. Another study from Southern Illinois School of Medicine found this sulfur-containing essential amino acid prevented hair cell loss related to toxicity.

## **Organic flax and safflower seed oils - moisturizing essential fatty acids**

Organic flax and safflower seed oils have an internal moisturizing effect that adds shine and luster to hair. Flaxseed oil is a very rich source of alpha-linolenic acid, which acts as an anti-inflammatory and is especially beneficial for sensitive scalps.

## **Unbleached lecithin - a nutrient carrier**

Unbleached lecithin oil is a source of healthy fat and acts as a natural carrier for the fat-soluble nutrients in this formulation.

## **Medicinal Ingredients: .....1 Softgel..... 3 Softgels**

Vitamin C (calcium ascorbate).....	133.33 mg	..... 400 mg
Beta-Carotene .....	1000 mcg	..... 3000 mcg
Vitamin D3 (vitamin D, cholecalciferol) .....	1.75 mcg/70 IU	..... 5.25 mcg/210 IU
Vitamin B1 Thiamine (thiamine hydrochloride) .....	10 mg	..... 30 mg
Vitamin B2 Riboflavin .....	10 mg	..... 30 mg
Vitamin B3 Niacinamide (3-pyridinecarboxamide) .....	15 mg	..... 45 mg
Vitamin B6 (pyridoxine hydrochloride) .....	8 mg	..... 24 mg
Pantothenic Acid (d-pantothenic acid, calcium d-pantothenate) .....	150 mg	..... 450 mg
Vitamin B12 .....	33.3 mcg	..... 100 mcg
Folic acid (folate) .....	333 mcg	..... 1 mg
Biotin .....	500 mcg	..... 1500 mcg
Inositol (myo-inositol) .....	50 mg	..... 150 mg
PABA (4-aminobenzoic acid, para-aminobenzoic acid) .....	66.7 mg	..... 200 mg
L-Cysteine (cysteine hydrochloride) .....	50 mg	..... 150 mg
L-Methionine .....	33.3 mg	..... 100 mg
Zinc (zinc citrate) .....	10 mg	..... 30 mg
Selenium (selenium hydrolyzed vegetable protein (HVP) chelate) .....	66 mcg	..... 1.98 mcg
Iodine (potassium iodide) .....	33 mcg	..... 99 mcg
Organic Flaxseed Oil (Linum usitatissimum, seed) .....	200 mg	..... 600 mg
Safflower (Carthamus tinctorius L, seed oleoresin) .....	200 mg	..... 600 mg
Choline Bitartrate ((2-hydroxyethyl) trimethylammonium-L-(+)-tartrate salt (1:1)) .....	50 mg	..... 150 mg
Silica .....	3.33 mg	..... 10mg

# Beautiful hair, skin and nails

## ultrasilica™

Prairie Naturals ULTRA-SILICA provides a superior source of organic Aqueous Extract of Organic Spring Horsetail (Equisetum Arvense). Horsetail, also known as Silica, is rich in nutrients including Silicon, Flavonoids, Manganese, Sulphur, Calcium, Magnesium and Phosphorus. Silica facilitates the absorption of calcium within the body, nourishes hair, skin, nails and the entire connective tissue system including cartilage and ligaments.

### Extensive research conducted on the health benefits of regular Silica supplementation have indicated:

- Silica stimulates the immune system
- Silica enhances Calcium absorption, making it a vital component in Osteoporosis prevention & treatment
- Silica hardens tooth enamel and nourishes gums
- Silica strengthens and enhances the health of hair, skin and nails
- Silica reduces joint inflammation associated with Arthritis
- Silica supports the production of collagen

Prairie Natural's Ultra-Silica provides natural and organic spring horsetail, the best researched source of vegetable silicon. The silica has been water (aqueous) extracted for 100% absorbability as well as to retain all the naturally occurring nutrients that help the body use silica.



Available in:

**Hair-Force** - 60 & 120 Softgels / **Ultra Silica** - 60 & 120 V-Capsules