



Custom Remedies

Dietary Supplement Program

Sta-Hair!

Sta-Hair! was formulated as nutritive support for male pattern baldness and receding hairline in men. The goal: to reduce DHT levels (by acting as a 5-alpha reductase inhibitor) that cause Androgenic Alopecia, and to increase hair strength to limit breakage.®

Packaging

These daily dose packs are convenient and cute, but...

You're thinking and finding they are annoying to open. The easy way to get these little bags open is to hold the bag by placing your thumb and index finger on the center of zip seal. Be sure the zip seal is parallel with your fingers. Now, slide your thumb back across your index finger like your rolling the zip seal between your fingers. You'll find the bag opens easily. Of course, we are assuming your fingers are dry and not greasy so they have some friction against the bag. We chose smooth not "zipper-like" seals for the bags to make opening easier.

Your Daily Dose

- * 1 of each type in the morning, remaining in evening. If there is only one of a particular type, take it in the evening before bed.
- * Keep watch for side effects. Discontinue use if they persist.
- * Always consult your physician if you are on regularly prescribed medication for another medical condition.

Lifestyle Changes

- * Nizoral commonly used to treat dandruff has shown promise in regrowth. Its active ingredient, Ketoconazole, an antifungal reduces testosterone levels around the follicle. Some recent studies have indicated comparative effectiveness to minoxidil 2%.
- * Creams containing azelaic acid such as Skinoren have also proven effective at hormone reduction around the follicle.

Supplement Facts

Serving Size 1 "daily-dose" package
Servings per Container: 30 "daily-dose" packages

	Amount Per Serving	% Daily Value
Vitamin B-6	50mg	2,500%
Folic Acid	800mcg	200%
Calcium (as dibasic calcium phosphate)	136mg	14%
Zinc	30mg	200%
Proprietary Blend	2080mg	*
Saw Palmetto Berry Powder		
Pygeum Powder		
Pygeum Extract		

Percent Daily Values based on 2,000 calorie diet.

* Daily Value not established

- * Usage in combination with minoxidil solutions such as Rogaine offer maximum benefit. Minoxidil grows hair, Sta-Hair helps the body keep it.
- * Trentinoin creams such as Retin-A and Retinova have shown promise of enhancing the beneficial effects of minoxidil by facilitating absorption. Some adverse side effects have been seen using this combination with the 5% minoxidil solution, however and therefore it may only be safe to use 2% solutions.
- * Nutri-Ox and Ion hair conditioners are helpful for strength and body.
- * Eat a half cup of jello daily.
- * The anti-oxidant and free radical fighting potential of green tea has shown promise in fighting androgenic alopecia.
- * Avoid high-heat hair driers.
- * Towel dry gently.
- * Avoid coloring, perming, and other chemical hair treatments as they make the hair more brittle.
- * Men should avoid soy products including protein supplements based on soy. If protein supplementation is part of your routine, seek whey-based supplementation. Soy has the potential of increasing estrogen levels causing hair loss.

Warnings

- * If you have a known allergy to any of the ingredients you should not take this product.
- * This is a supplement for men and should not be taken by women, or to fight hair loss due to other conditions.
- * Sta-Hair should not be taken with prescription prostate and hair regrowth medications such as Propecia.
- * Since Sta-Hair reduces fall out and helps the body keep hair, this will increase hair coverage everywhere

by reducing natural shedding over the long term. This will not cause hair to grow where you never had hair before, however.

- * For advanced cases, this product may not be helpful. If your follicles are still “alive” indicated by a light “peach fuzz” covering the surface of the scalp, this product may help.
- * People taking phenytoin for seizures should not supplement with folic acid.
- * Folic acid could interfere with the effectiveness of pyrimethamine.
- * Zinc and tetracycline should not be mixed. Take at least two hours apart.
- * For maximum effectiveness, Zinc should not be taken with coffee or products containing high calcium such as milk and cheese.
- * Vitamin B-6 can increase the rate of absorption of barbiturate drugs.
- * Vitamin B-6 can dramatically interfere with the effectiveness of levodopa for Parkinson’s disease. B-6 supplementation should be avoided by people taking levodopa unless carbidopa is also taken which will eliminate the interference effects.
- * No additional B-6 or Zinc supplementation should be taken.

What to Expect

As mentioned in the warnings, your follicles must still be “alive” and not in a permanent state of dormancy for Sta-Hair! To work. It is not uncommon for those in the earlier stages of hair loss to have a larger number of follicles in the resting stage than is normal. A resting follicle often has an old hair shaft in it from the previous growth phase. For this reason, starting supplementation may lead to a period of time when your hair thins out *more*. What is happening is that many follicles are being brought out of their resting phase. When this happens the new hair growing pushes out the old hair shaft which may still be in the follicle. This will give the impression that your hair is thinning at a more rapid rate when really more follicles are now actively producing new hair. Soon you should be able to feel many short hairs at the surface of the scalp.

Hair grows slowly. There is not much that can be done about that. The lifestyle tip of eating jello will help improve growth speed but it’s still slow. Seeing results may take several months. After the initial exogen (shedding) phase when many follicles are reawakened you may feel discouraged and want to discontinue supplementation. It is important to continue and keep reminding yourself that hair grows slowly. Nothing will put natural hair back on your head over night except for transplants or a natural hair wig so patience is key.

You may have a sensation that your scalp is itchy. This is a good sign. The likely cause is that you have hundreds or even thousands of new little hairs pushing their way

through your scalp as they grow. Be happy your scalp itches, your hair is growing. Resist the temptation to scratch though.

Hair density will usually increase from the inside out. Meaning you’ll see growth occur more along the perimeter of your existing hairline and work outward to fill in bare spots. The initial hair that grows may behave weird as it may not match the texture of the rest of your hair. Often the follicle will stabilize in time.

It is important to remember that in treating androgenic alopecia you are fighting against genetics. Treatment will work better for some than others. If you see results, you must maintain supplementation to keep the levels of DHT in your system low. Stopping supplementation will cause the levels of DHT to slowly increase, and your hair to thin again.

Support

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Notice

It is important to know that any claim as to benefits or potential benefits of the contents of this supplement have not been evaluated by the Food and Drug Administration. Benefits should be considered potential benefits not guarantees or promises. This product is not intended to diagnose, treat, cure, or prevent any disease