

Plantur 39

Outside-Inside Treatment

General

Hereditary hair loss also remains an unsolved problem for women. At the onset of **menopause**, women will start that fatal development men may complain about as early as at the beginning of **puberty**. In addition, many women are at risk as far as their supply of important trace elements is concerned. This supply deficit can represent an additional risk for already weakened hair roots. Therefore, a dermatological test should examine the effectiveness of a combination treatment, i.e. consisting of an **antiandrogen** scalp serum and active hair capsules.

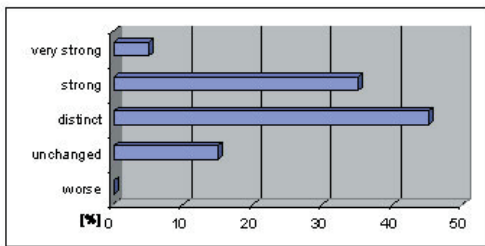
Method

In an open observation, 20 women suffering from androgenetic and **diffuse** hair loss were selected. Both women in the initial and medium stages of hair thinning were examined. The ingestion or administration of other remedies was not permitted before or during the test. The efficacy assessment was conducted by means of a hair root analysis (**trichogram**). The trichogram is a proven and widespread diagnostic technique to assess the growth condition of hair roots. Due to the natural regeneration, a small part equivalent to about 15% of the hair roots will be in the resting phase (**telogen**), which will not lead to hair thinning or baldness.

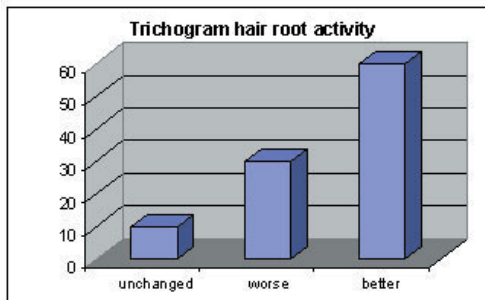
On the other hand, telogen shares of more than 15% are an indicator that the hair growth activity is disturbed. With such increased telogen shares, hair thinning must be expected in the medium or long term. Since the trichogram test is limited to a small area, the diagnosis is supplemented with a self-observation by the test subjects via a questionnaire. The subjective opinion of the affected individuals is especially essential, since the suffering due to increased hair loss significantly impacts the quality of life. Hair loss was rated in five degrees of severity.

Over the course of four months, the test subjects massaged a daily portion of the Caffeine Serum thoroughly into the affected scalp areas every day and ingested one Plantur 39 Active Hair Capsule in the morning and at night for breakfast and dinner respectively.

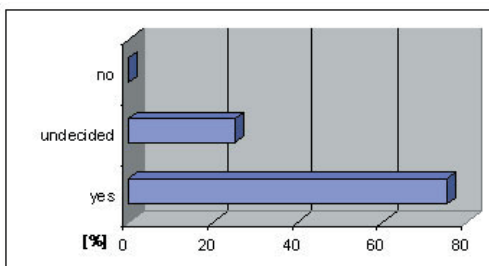




Graphic: Reduction in hair loss after 4 months



Graphic: Trichogram data



Graphic: Recommendation to others after 4 months

Results

All 20 test subjects completed the test after four months. This high completion rate is an indicator that the test subjects were basically very satisfied with the test products used. Drop-out rates of 10 to 20% are very common during such observations.

Due to the level of suffering, the expectations of the test subjects are very high, so that the questionnaire can be rated highly expressive. In the typical androgenetically affected frontal area, the trichogram analysis resulted in an improvement of the anagen status in 60% of the test subjects, 25% noted a deterioration during the period under review, and 15% showed an unchanged trichogram status. In addition to the trichogram, it became apparent over the course of the four months that 15% of the test subjects still noticed hair loss, but none of them detected a deterioration. A total of 85% of the test subjects mentioned a reduction in hair loss, 40% of them by two or more levels of severity. At 75%, the willingness of the test subjects to recommend the combination treatment to other affected individuals was correspondingly high.

Discussion

Hereditary hair loss is individually expressed and can show a changing course, depending on hormone activity. As a result, fluctuations in the trichogram values can be noted in hair loss tests that will qualify during a longer duration of test or therapy. In addition, it is known that a preliminary change of hair can occur during an activation of hair growth, since the old hairs are replaced by new hairs. This shedding effect usually occurs during the initial treatment and can last for several weeks before it normalizes. A typical example is the course observed in one test subject. After an initial anagen rate of 81%, a reduction to 77% occurred after two months and improved to an anagen of 91% over the further course of the study after four months. Therefore, it is important to inform the patients at the start of treatment and encourage them to systematically continue the therapy over several months despite this possibility. Apart from the trichogram, the self-assessment is also an important instrument.

Summary

If we summarize the results of the observation, we must note that a distinct improvement of hair root activity occurs during the ingestion of Plantur 39 Active Hair Capsules and the simultaneous application of the Caffeine Serum, which can be recognized from the trichogram value and the self-assessment of the test subjects.

Based on the results, it can be concluded that the applied combination treatment of Plantur 39 Active Hair Capsules and Caffeine Serum led to a reduction in hair loss in the **fronto-parietal** area of the head after four months of therapy in patients with androgenetic alopecia without detectable hormonal causes or with **alopecia diffusa** without an **etiologically** discernible cause. According to the available results and general dermatological experience, a shorter application does not seem to make much sense.

The regeneration of the hair roots is a slow process. In the case of disorders or exhaustion, it can only show the desired success based on a systematic daily treatment over a longer period of time of four months or more.

For further information, please visit www.plantur39.com.

Expert terminology marked in green is explained in the glossary.