



Long Hair Don't Care!

A dietary supplement to support hair health and growth for both men and women.*

Long Hair Don't Care! is a vegetarian formula that contains well recognized and scientifically researched nutrients to support the repair of damaged hair follicles.*

Saw Palmetto is a phytosterol that seems to work locally at the actual site of hormone binding to receptors on cells and also blocks the enzymes 5-alpha reductase and 3 ketosteroid reductase at the hair follicle, to support healthy hormone balance.*

Pygeum extract (which contains phytosterols including beta sitosterol) and Stinging Nettle root; research indicates that the combination of these two phytonutrients helps to balance hormone levels to support hair follicle repair.*

Diindolylmethane (DIM) is a plant indole that is similar to our own hormones.

Green Tea seems to be able to balance serum concentrations of hormones.*

Beta Sitosterol (a phytosterol) and GLA (an essential fatty acid) inhibit the action of the enzyme, 5-alpha reductase to help balance hormone levels and support healthy hair growth.*

Biotin and Zinc have been shown to support hair growth and may even help keep hair from turning gray.*

MSM, L-Cysteine and DL-Methionine are sources of sulfur. Sulfur has been known to support hair growth and also keep skin soft, supple and smooth.* They also support the quality and health of the hair and efficient blood supply to the scalp.*

- MSM aids in the manufacture of keratin, which give hair its tensile strength.*
- Cysteine and Methionine works synergistically to support hair quality, texture and growth and aid in the production of collagen to support the surface of the scalp.*

Grape Seed Extract contains a special class of bioflavonoids called proanthocyanidins (PCOs). PCOs support scalp circulation and as antioxidants, help to protect hair follicles.* Research indicates that PCOs support growth of hair epithelial cells and hair follicle cell growth.*

Supplement Facts

Serving Size: 3 Capsules

Amount Per Serving:

Biotin	600 mcg
Zinc (as Zinc Picolinate)	15 mg
Copper (as Copper Sulfate)	3 mg
DL-Methionine	500 mg
Saw Palmetto (Serenoa repens) Berry Extract	360 mg
yielding plant sterols (free fatty acids)	162 mg
Methylsulfonylmethane (MSM)	200 mg
L-Cysteine (Enteric Coated)	200 mg
Grape Seed Extract	200 mg
yielding proanthocyanidins	190 mg
Horsetail Rush (Equisetum arvense) Herb Extract	100 mg
Pygeum africanum Bark Extract	75 mg
yielding plant sterols	1.87 mg
Beta Sitosterol Blend	75 mg
Gamma Linolenic Acid (GLA) Powder	50 mg
Stinging Nettle (Urtica dioica) Root Extract	50 mg
DIM® 50 mg	
(a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d-alpha tocopheryl succinate, soy phosphatidylcholine, silica.)	
Green Tea Extract	50 mg
yielding EGCG	15 mg

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

Contains: Soy.

Warning: If pregnant, nursing, or planning to become pregnant, do not take this product.

Suggested Use: As a dietary supplement, take 3 capsules daily with food. The daily amount can be divided between AM and PM, or as directed by your healthcare practitioner.

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