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# The intake of customized hair supplement in people experiencing hair shedding

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## INTRODUCTION

Hair shedding and hair loss are common disorders affecting both women and men that may substantially impact the quality of life, self-esteem but also cause psychological stress and intense emotional suffering<sup>1,2,3</sup>.

While hair loss is mainly induced by certain drug treatments or related to genetics<sup>4</sup> and may require a specific medical care, excessive hair shedding generally happens after a stressful event such as an important weight loss, giving birth, stop taking birth control-pill, experiencing lots of stress<sup>4</sup> or when changing eating habits, and may be alleviated with the intake of hair supplements that help maintain physiological functions such as hair bulb activity.

The purpose of this study was to evaluate the performance of our plant-based hair supplement over a period of 3 months. This is a 2-capsule system that is personally customized with a blend of ingredients to target the factors [such as stress, geo-aggressors like pollution or UV exposure, nutrition, age or styling habits] that may cause hair shedding and to take care of hair and scalp health.

## MATERIAL & METHODS

### Study design and population:

Sixty-nine recruited participants aged from 20 to 60 years old have completed our 3-months study. All the participants were experiencing hair shedding and none of them were pregnant, nursing, having a health condition or taking medication.

### Study products:

The products were dispensed and given in 2 bottles of 30 softgels capsules and 30 capsules for one month of customized supplementation program:

- 1 bottle of capsules for scalp and hair health [Root Source™ Capsule 1] with a blend of ingredients to target the effects of stressors inducing hair shedding
- 1 bottle of softgel capsules [Root Source™ Capsule 2] filled with natural ingredients to promote hair growth.

Each subject received 1 capsule and 1 softgel capsule per day over a period of 3 months.

### Evaluation method:

At Month 1, Month 2 and Month 3, each subject appreciated the efficacy of the customized program through a self-assessment questionnaire

## RESULTS

After 3 months of daily use, the subjects noticed several significant improvements related to their hair conditions. Among 69 participants, 93% noticed an improvement in overall hair growth, and the average rating outreach a satisfaction of 55% over all the assessed criteria.

93%

Saw improvement in overall **hair growth**

91%

Saw improvement in **hair growth rate**

90%

Saw improvement in **hair breakage**

90%

Saw improvement in overall **hair appearance**

87%

Saw improvement in **hair length**

86%

Saw improvement in **hair softness**

84%

Saw improvement in **hair strength**

83%

Saw improvement in **hair shine**

78%

Saw increase in the amount of **noticeable new hair**

72%

Saw improvement in **hair thickness**

74%

Saw improvement in **hair volume**

68%

Saw improvement in overall **scalp health**

67%

Saw improvement in **scalp coverage**

58%

Saw improvement in **scalp comfort**

Figure 1: Self assessment (in %) results after 3 months of daily use



1 month using Root Source™



3 months using Root Source™

Figure 2: Photos taken by one Root Source™ study participant after 1 month and after 3 months of daily use with Root Source™ Capsule 1 and Capsule 2 - Results may vary.



## CONCLUSION

This study shows the benefits of the intake of customized hair supplements in people experiencing hair shedding. Indeed, 90% of subjects saw improved hair appearance and 93% of subjects noticed an improvement of hair growth.

These results support that customized hair supplement with specific ingredients targeting the effects of stressors that induce hair shedding and encouraging hair growth may contribute to improve scalp and hair health, but also to help promote hair growth.

## REFERENCES

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