

## optimal results without side effects

In order to provide your hair with the necessary building blocks and to achieve optimal results, Pil-Food should be taken for a minimum period of three months during which time satisfactory results should be achieved.

To sustain a longer-term effect Pil-Food can be used repeatedly as a dietary supplement without any risk.

Pil-Food is an ideal supplement which supplies your body with the necessary building blocks for its keratin containing parts namely hair and nails. Disorders caused by the deficiency in vital nutrients can be helped by the natural ingredients of Pil-Food.

### Pil-Food is ideal for:

- ✓ Dull, lifeless hair
- ✓ Strengthening thinning hair
- ✓ Regrowth of strong hair after sudden hair loss
- ✓ Supportive treatment for male pattern baldness
- ✓ Brittle hair and nails

PIL-FOOD IS RECOMMENDED BY DOCTORS ALL OVER THE WORLD

## Pil-Food suitability

Vegetarians	*
Diabetics	Yes
Gluten Free	Yes
Lactose Intolerance	No
Vegans	No
During Pregnancy	**

\* Please note that Pil-Food does not contain any animal derivatives however the capsule shell does contain gelatine, therefore the powder can be taken out of the capsule and eaten directly on its own.

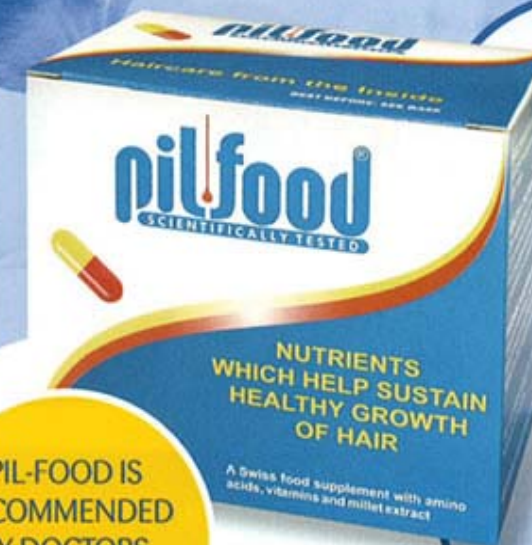
\*\* Expectant and breast feeding Mum's should always seek medical advice before taking any supplements as no clinical trials have been done on taking Pil-Food at this time.

### Directions

Take one capsule three times a day. Swallow the capsules with water during or after meals. For a therapeutic effect a course should be taken for a minimum of three months. Keep away from children. Store in a cool dry place.

# expect results!

scientifically tested swiss hair formula



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**nutrition** for hungry hair

providing essential nutrients that get to the root of the problem

# hair facts!

Healthy hair has a life cycle of approximately six years; after this time hair stops growing and eventually falls out. The process then begins again with the regrowth of new hair. Everybody loses about 40-80 hairs a day as part of this normal cycle and usually 14% of our total hair is replaced each year. As long as hair is healthy then this percentage will remain the same, leaving us with a strong and healthy head of hair. However sometimes the proportion of hair falling out increases and this is when we experience hair problems. One major factor that can contribute to hair problems is the lack of essential nutrients it needs in order to stay strong and healthy.

"EVERYBODY LOSES ABOUT 40-80 HAIRS A DAY"



## There are many reasons for hair problems:

- Nutritional deficiencies, change in eating habits, dieting
- Hormonal changes, e.g. during the menopause or after pregnancy
- Medication
- Illness
- Stress
- Climatic influences such as sea water, sun, wind, air conditioning and central heating
- Chemical influences such as heat styling, bleaching, straightening etc

# the needs of our hair

## Care from the outside:

The visible hair on the outside of our heads is known as the hair shaft. This is made mainly from keratin and consists of dead cells. To keep our hair in a healthy condition, we know we must look after it through regular washing, conditioning and other external treatments.

## Nutrition from within:

All hair problems originate at the roots. For strong healthy hair, the hair roots need to be fed with the correct combination of nutrients as this is where the life cycle of the hair begins. Pil-Food has been scientifically developed to provide an adequate amount of all the essential substances vital for healthy hair growth.

More than 90% of our hair consists of keratin which cannot be directly absorbed and so must be produced by the body. In order to produce keratin the body needs sulphurated amino acids the building blocks of keratin in the right proportions.



## what does Pil-Food contain?

### AMINO ACIDS

Vital for the synthesis of Keratin in hair and nails

### MILLET EXTRACT

Rich in polyunsaturated fatty acids containing additional key trace elements

### VITAMINS

Essential for the biosynthesis of keratin and for the metabolism in skin and hair roots.

Scientific tests involving 2,400 people have shown the positive effect of Pil-Food.

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