

# Arcon-Tisane Hair Vitamin Capsules

## \*Main product information



...are nutritional supplements with fenugreek seed concentrate as well as essential hair-active vitamins from the B group.

The composition of valuable vitamins and fenugreek seed extract has been selected so that the body is supplied with important nutrients and building substances. Since the body cannot produce these vitamins itself, these must be externally supplied through ingestion of our daily nourishment. But a deficiency often ensues; many factors impede sufficient intake of essential vitamins, be it insufficient nourishment, stress or otherwise also negative environmental influence.

Arcon Tisane nourishes the hair cuticle from within, aiding the hairs structure and making it softer, more manageable and full of lustre.

This product has been on the market in unchanged form since 1987. One capsule should be taken daily over the course of at least 4 months for an effective hair treatment. However not everyone responds identical and the praxis has shown that in some cases it may take six and more month to see an improvement in hair growth or thickening of the hair line.

Arcon-Tisane® Hair Vitamin Capsules are devoid of preservatives and artificial dyes.

## \*Table of ingredients and nutrients

Ingredients: Fenugreek concentrate 4:1, micron. (31%) (Fenugreek concentrate with maltodextrine); Soybean Oil; Gelatin (bovine); wetting agent: Glycerin; Soybean Oil hydrogenated; Nicotinamide; Calcium-D-Pantothenate; Lecithin IP (Soy); Riboflavin; Pyridoxin HCl; Water; dyes: cocoa powder and Lemon Flavour, natural; Pteroylmonoglutamic Acid (Folic Acid)

Nutrients:	Ø per capsule
Fenugreek concentrate**	260 mg
Nicotinamide	10 mg
Pantothenic Acid	9 mg
Riboflavin	1,55 mg
Pyridoxine	1,5 mg
Folic Acid	95µg

\*\* Condensed concentrate relationship 4:1 (4 gram raw-seed is equivalent to 1 gram concentrate)

Nutritional Information:	Ø per 100 g:	Ø per capsule: (0,855 g)
Total	565 Kcal 2316,5 kj	4,8 Kcal 19,8 kj
Protein	18,1 g	0,155 g
Carbohydrates	30,2 g	0,258 g
Fat	41,6 g	0,356 g

1 capsule is equivalent to 0,02 BE

One capsule should be taken daily over the course of at least 4 months for a hair treatment. The capsules can be taken safely over a longer period for further improvement or maintenance of hair structure.

Arcon-Tisane capsules are gluten-free, without milk sugar and devoid of any preservatives and genetically engineered substances.

Note: Food Supplements shouldn't be employed as a substitute for a balanced and varied diet. The given recommended daily amount of consumption shouldn't be exceeded. Keep it outside the reach of little children.

## \*Clinical Study

The effectiveness of taking fenugreek seed concentrate and micronutrients on hair loss and hair growth was examined within the framework of an extensive nutritional science study. Fenugreek seed has already been valued since centuries for its trichophytic characteristics (when applied externally). Nowadays fenugreek seed is particularly effective when utilised as a nutritional supplement.

The product "Arcon-Tisane plus - Fenugreek + Micronutrient Hair Capsules" that was tested in the study contains a concentrate of fenugreek seed, which has been enriched with micronutrients.

This includes the vitamins from the B group such as B1, B2, B6, nicotinamide, calcium D-Pantothenate, biotin and folic acid, vitamins C and E as well as the trace elements zinc, copper, selenium and iodine.

The study was carried out by the internationally recognised Hamburg-based institute "proDERM" in conformity with the guidelines of good clinical practices under the guidance of "BioTeSys" - an institute for biological chemistry and nutritional science at the University of Hohenheim, with headquarters in Esslingen. The study was initiated by Arcon International in Singen.

## Result

The result of the study confirms that taking a nutritional supplement with fenugreek plus micronutrients clearly has a positive effect on hair loss. Hair growth and hair thickness were significantly improved amongst the treated test persons.

## Course of the study

Altogether, 60 volunteer test persons ages 30 to 67 took part in the study. The study group consisted of 30 women and 30 men with slight to moderately strong hair loss. The women were substantially younger than the men (48.5 +/- 11 years and 54.4 +/- 11 years, respectively). The study persons thus constituted a representative group for the study.

The study was carried out under strict and recognised conditions - randomised, double-blind and placebo-controlled. In order to precisely ascertain the effectiveness of the examined product, one-third of the participants took a placebo throughout the entire length of treatment. As a result, it was determined which effects are actually attributable to the enriched fenugreek seed concentrate and which are based solely on psychological effects.

Placebo and product were neither distinguishable for the participating test persons nor for the attending dermatologists ("double-blind"): The placebo was provided with a fenugreek seed aroma. Which test persons took the placebo and which the nutritional supplement was decided in advance per random principle ("randomised").

The study lasted six months. During this period, the test persons as well as control group participants took two capsules of the preparation or the placebo every day. The status of their respective hair loss/growth was controlled every two months with the help of an image analysis (phototrichogram). Extensive questioning of the test persons also took place at the end of the study. The objective was to obtain the personal assessment of the participants in relation to changes in their hair and the health of their nails, their general satisfaction as well as the compatibility of the active substance combination.

## Detailed results

In comparison with the placebo, the effect of the enriched fenugreek seed concentrate was significantly greater in many respects:

- The evaluations of the image analysis indicated that taking the product led to a significantly greater hair thickness.
- After taking the product, 82.9% of the test persons also reported that their hair volume and hair thickness improved.
- 74.3 percent of them said that their hair's resistance increased.
- The concentrate also fared significantly better than the placebo in terms of the manageability of hair amongst women as well as the hair thickness, hair growth at the parting and the hair thickness of the receding hairs on the temple amongst men.
- Furthermore, taking the nutritional supplement has a positive influence on nails and skin. In comparison with the placebo, the nail robustness especially improved.
- About three-fourths of the test persons would recommend it further and continue to take it.

## \*Fenugreek

Fenugreek (*Trigonella foenumgraecum* L.) has a significant past, and was even highly valued in antiquity on account of its salubrious characteristics. For instance, in ancient writings and also in modern literature one finds references (amongst other things) that fenugreek seed powder is utilised for invigoration of the hair and with skin irritations.

### History

Fenugreek seeds were utilised in China under Emperor Shin-nong (3,700 BC). The plant came to Egypt via India, Arabia and Persia (one finds references in Indian names from Sanskrit, the oldest language in Indian literature). Here it is amongst the oldest salubrious plants, where it was already mentioned in the Ebers papyrus formulas around 1,550 BC. Seeds were also discovered as a burial object with Tutankhamun (“King Tut”). The fresh shoots of the plant were eaten as a vegetable in Egypt. In ancient Greece the plant was called “philosopher’s clover”, since the gentlemen of this profession were in the habit of chewing the seeds. Fenugreek seed is also mentioned in the writings of the Hippocratic physicians in the 5th and 6th centuries before Christ, and by Hippocrates in ancient Greece.

Made known through Hippocrates, fenugreek soon also appealed to the Romans. Benedictine monks endeavoured to acclimatise it in the monastery gardens north of the Alps. And fenugreek is recommended or prescribed for cultivation in the “Capitulare de villis” from Charles the Great (written around 795).

The seeds were also met with approval in other lands, for instance with St. Hildegard of Bingen in the 12th century (as “Fenigrecum”), as well as with Albertus Magnus in the 13th century. Fenugreek was also mentioned by Paracelsus in the 15th century.

The seeds were utilised internally and externally by Bock.

Fenugreek seed has always been regarded amongst women as a cosmetic, since (amongst other things) it removes skin blemishes and rejuvenates the skin. It should also be helpful externally as an ointment in the event of dandruff and as a hair restorer.

### Botany

Fenugreek stems from the family of the papilionaceous plants and is annual. The upright, 30 – 60 cm high stalk with trifoliate leaves on the branches from the long, arachniform tap root. The medium-sized, yellowish or yellowish-white papilionaceous plants sit stalkless – individually or in twos – in the leaf axils. The blossoms are frequented by bees and bumblebees — this is why fenugreek is regarded as a good grazing pasture for bees. The legume is 7 – 12 cm long and 4 – 10 mm wide. It develops up to 20 flatly pressed seeds. These are anomalously rectangular with a clearly offset rootlet, and are coloured green-brown, yellowish-brown to brownish-red and very hard. The seed husk is sickle-shaped and reminiscent of the horns of a billy goat.

In the Mediterranean countries, fenugreek is found in a natural environment. It is grown in many parts of Europe as a cultivated plant and forage crop. It is also cultivated in North Africa, India, the Ukraine, China, Iran, Pakistan, Asia Minor and France.

# Facts on the topic of Vitamins

## Vitamins...

...are organic connections which are required by the organism for vital functions. But for the most part they cannot be synthesised from metabolism. This is why they must be absorbed with the nourishment. Vitamins are subdivided into fat-soluble and water-soluble vitamins.

Biotin [water-soluble]	Activates the metabolism (amongst other things, of the hair follicle) and enhances the keratin. It is essential for the synthesis of carbohydrates and fatty acids, cell division and skin regeneration.
Folic acid [water-soluble]	Important with cell division and cell regeneration.
Niacin [water-soluble]	Important for enzymes involved in the energy turnover in the cells, for cardiac function and the central nervous system; improves the blood flow of the skin and scalp.
Pantothenic acid [water-soluble]	Plays a decisive role in the synthesis of fatty acids and certain hormones; generally known as a skin and hair care vitamin.
Riboflavin (vitamin B2) [water-soluble]	Part of ca. 60 different enzymes involved in fat, carbohydrate and protein metabolism; important for skin and hair.
Thiamine (vitamin B1) [water-soluble]	Important for the carbohydrate-energy metabolism, the nervous system as well as for skin and hair.
Vitamin A (retinol) [fat-soluble]	Important for growth, the immune system and development of cells and tissue; involvement in the visual process.
Vitamin B12 (cobalamin) [water-soluble]	Contributes to the formation of red blood corpuscles; is involved in the synthesis of cellular substance and all growth processes in the body.
Vitamin B6 (pyridoxine) [water-soluble]	Important in the protein metabolism; involved in formation of defence cells. Promotes transformation of tryptophan into picolinic acid. This is an important carrier for zinc and thus important for skin and hair.
Vitamin C [water-soluble]	Improves the absorption of iron, stimulates the body's own resistance and antioxidants; involved in thousands of metabolic reactions.
Vitamin D (calciferol) [fat-soluble]	Important in the calcium and phosphate metabolism; influences the mineralization of bones and teeth.
Vitamin E (tocopherol) [fat-soluble]	Protects unsaturated fatty acids and vitamin A in the body against oxidation (natural antioxidant); improves the scalp's blood flow.