



Pantol™

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Contents: 120 Tablets

Pantol is a Swedish USP grade formula that includes vitamins, minerals, amino acids and seaweed that promote healthy functioning hair, skin and nails. It consists of specially-balanced, easily absorbed nutrients that support the integrity of the structural proteins that comprise the hair, skin and nails.

Indications: Supports growth and structural integrity for the hair, skin and nails. Helps alleviate such problems as brittle or thinning hair, splitting and fragile nail growth, as well as dry skin.

Suggested Usage: 2 tablets twice daily after meals. Pantol™ may take up to 3 months to reach maximum results.

Pantol* is a Swedish Medical derived pharmaceutical grade formula that includes vitamins, minerals, amino acids and seaweed that promotes healthy functioning hair, skin and nails. Pantol has been used for over 15 years and showed significant results within the first 4 to 6 weeks of use. This formula was invented by a Swedish Medical nutritionist who studied hair growth problems for over 10 years. It consists of specially-balanced and easily absorbed nutrients that support the integrity of the structural proteins that comprise the hair, skin and nails.

Has been shown to improve:

- Problems with hair loss
- Problems with brittle hair
- Problems with no shine
- Problems with brittle nails
- Problems with splitting nails
- Problems with dry skin

Recommended Dosage: 2 tablets twice daily after meals. Pantol may take up to 3 months to reach maximum results or can be taken as

needed for shorter periods of time.

Hair: A filamentous protein structure consisting of a follicle and a shaft, which is made of keratin. There are three stages of hair development: 1) Anagen, the active growing stages of hair development; 2) Catagen, a short interlude between the growth and resting phase; and 3) Telogen, the resting, or club stage before shedding. Scalp hair grows at an average rate of 1 mm every 3 days, body and eyebrow hair at a much slower rate.

Nails: The fingernails protect the nerve-rich fingertips from injury as well as enhance touch sensation to that area. Nails are composed of protein called keratin, which consist of several sulfur containing amino acids. The nail is divided up into 6 different structures, one of which called the nail bed, that contains blood vessels and nerves, and is responsible for making the growing nail structure thicker. Nails grow from .05 to 1.2 millimeters a week.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving		% Daily Value
Niacin	20mg	100%
Folic Acid	45mcg	11%
Biotin	38mcg	13%
Pantothenic Acid (from Calcium Pantothenate)	38mcg	1%
Calcium (from Calcium Carbonate)	125mg	13%
Iron (from Iron Citrate)	4mg	27%
Scientific Biologics Proprietary Blend	30mg	*
Kelp, Inositol, PABA (Para-Amino Benzoic Acid)		
L-Methionine	112mg	*
L-Lysine	26mg	*

*Daily Value (DV) not established

Other Ingredients: Cellulose, stearic acid, cellulose gum, magnesium stearate, aqueous coating

Structural changes or abnormalities in the nails are often signs of nutritional deficiencies or the results of specific conditions.

Skin: The skin is the body's largest organ and has a multitude of functions including protection from foreign invaders, thermal regulation, sensory input, and Vitamin D production. It consists of three layers called the epidermis (outer layer), the dermis (middle layer), and the subcutaneous layer (inner layer). Because the skin acts as a barrier between the body and the millions of foreign substances that exist in the outside environment, it often reacts with acne, rashes, bumps, scales, redness, and other skin problems. Skin irritations are characterized by scaling, flaking, thickening, itching, cracking, color changing and dryness. The skin therefore plays a major role in detoxification through the excretion of toxins and waste materials in sweat.

Methionine: L-Methionine is an amino acid that our body is unable to synthesize, and must be obtained from food sources or dietary

supplementation. It is one of two sulfur containing amino acids and is an intermediate in the synthesis of cysteine, carnitine, taurine, phosphatidylcholine and various other phospholipids. It assists in the breakdown of fats and the prevention of excess lipid accumulation in the liver and arteries, which could obstruct blood flow to the brain, heart, and kidneys. This amino acid also supports the immune system; it interacts with other nutritional cofactors to deactivate harmful molecules like homocysteine, aids in the prevention of muscle weakness, helps to prevent brittle hair, and is beneficial in the regulation of allergenic chemical sensitivities.

Lysine: Is an essential amino acid that can not be manufactured by the body and must be obtained from food sources or dietary supplementation. Lysine plays an important role in the production of carnitine, reabsorption of calcium, formation of collagen, and is a critical building block for many other proteins in the body.

Iron: Low serum iron and or iron deficiency occasionally may be associated with inadequate hair growth and brittle nails. Actively growing tissues require high amounts of oxygen to be delivered in order to maintain their high metabolic activity. Some individuals may not consume enough iron in their diets or have other nutritional imbalances that lead to improper utilization of iron and anemic-like symptoms. Women who are also menstruating, pregnant, or nursing may develop iron deficiencies.

Niacin or Nicotinic Acid: Commonly known as Vitamin B3, is an essential cofactor for enzymes that are involved in the catabolism of carbohydrates, fats and proteins for energy production. Niacin as well as all the B vitamins are needed for healthy skin, hair, eyes, and liver health. It also helps improve circulation and assist with proper nervous system functioning.

Biotin: Is also classified as a B vitamin and is a critical cofactor for several metabolic enzymes. These enzymes are involved in synthesis of fatty acids, metabolism of lipids and proteins for energy production, and regulation of histones

that are involved in DNA packaging, unwinding, and gene transcription. Biotin also helps with protein synthesis which is vital for hair, skin and nail growth. Biotin can be used to treat frail, splitting or thinning fingernails, and to improve hair condition in cases where there is a deficiency.

Calcium Pantothenate: Commonly known as Vitamin B5 is a component of coenzyme A, which is an essential coenzyme found in a several critical reactions in the body. Coenzyme A is involved in the conversion of energy from carbohydrates, fats and proteins, as well as in the production of cholesterol, hormones, neurotransmitters and hemoglobin. Pantothenic acid and biotin are essential for growth because they assist the body with the metabolism of macromolecules from the food that is consumed.

Folic Acid: Is a member of the B vitamin family and is necessary for DNA & RNA synthesis, which is essential for the growth and reproduction of all cells in the body. Folic acid, together with B12 and iron, help with red blood cell production. It is also involved with the production of the amino acid methionine and the metabolism of homocysteine, which is important in reducing the risk factors associated with cardiovascular disease.

Kelp: Is a brown seaweed and an excellent source of minerals such as calcium, iodine, magnesium, sulfur, potassium and numerous other trace minerals. The highly absorbable vitamin and mineral content present in kelp makes it an excellent source of nutrition for the body. It helps promote healthy shiny hair, longer stronger nails and improvement of overall skin complexion.

Inositol: Is a critical component in the formation of phospholipids, which are used as structural components in cell membranes. It is also a vital building block for intracellular messenger molecules.

P-aminobenzoic Acid: Aids healthy bacteria in the intestine in the synthesis of folic acid, which in turn can assist with the formation of red blood cells. Contains properties that help prevent damage from UV radiation.

Note: Taking higher milligrams or an imbalanced amount of these ingredients will not speed up the results of this formula. It may actually slow the results. Hormone imbalances can quite often affect the thyroid which can cause dry brittle hair or increased hair loss. Pantol has been shown to balance thyroid problems.