

# Tried and Tested



In June 2014 Trichovedic completed a 6 month medically supervised trial of its FSP (Follicle Stimulation Program) hair loss program.

**T**he trial was conducted at the Knudsen Hair Transplantation Clinic in Sydney's Double Bay and was supervised by noted hair transplantation surgeon

Dr. Russell Knudsen.

Subjects suffering from Senescent Hair Loss were selected for the trial; Senescent Hair Loss is the general thinning of the density and diameter of the hair as we age and it is generally considered that the vast majority of men and women over the age of 40 experience the condition to some degree.

Using the patented American Haircheck technology, the subjects hair density and diameter was measured at the commencement of the trial, the mid-point and at the end of the 6 month trial. It could then be calculated to determine if the thinning was continuing to occur; if it had stabilized and ceased or if density and diameter were actually increasing. If density and diameter were actually increasing, the actual quantum of increase could be calculated.

The conclusion of the trial produced some extremely positive results:

- ♦ 67 per cent of participants demonstrated a reduction or a cessation of thinning.
- ♦ 42 per cent demonstrated an increase in hair volume.
- ♦ Inc reases in hair volume ranged between 5.5 per cent and 11 per cent.

We asked the inventor of the FSP Program, certified Trichologist John Cook, to comment on the results of the trial.

"Naturally I was thrilled with the results of our trial but I must say that I was not surprised. I know how effective FSP can be through my own personal experience and that of friends, colleagues and clients," he said.

John originally started work on FSP back in 2007 when he was in his mid-fifties. He was becoming increasingly aware of how much his hair was thinning and when it was wet he could clearly see his scalp.

John had qualified as a Trichologist back in 1980 under the tutelage of the renowned Trichologist David Salinger.

"Every aspect of the hair, scalp and hair growth had always fascinated me and over the years I had absorbed information, knowledge and breakthroughs like a sponge. So I decided to put my mind to inventing something for my own condition, classic Senescent Hair Loss?"

I set about researching and reviewing everything I had ever learnt about hair loss and treatments for hair loss. It soon became apparent that three key areas should be explored:

- ♦ The hardening or 'fibrosis' of the collagen material that makes up the hair follicle as we get older. Such hardening progressively constricts capillary blood flow to the follicle thereby compromising the delivery of oxygen and nutrients essential for hair formation and growth.
- ♦ Genetic and hormonal influences. It has long been known that in classic Male Pattern Baldness (MPB), an inherited trait, the enzyme 5-alpha reductase converts testosterone to dihydrotestosterone (DHT) which is responsible for the MPB.
- ♦ General scalp health. For healthy, vigorous hair growth, a healthy scalp is a prerequisite. John looked at ensuring a clean, healthy scalp and good capillary blood flow.

John set about formulating a solution with a combination of ingredients that had demonstrated effectiveness in these three specific areas.

Having read a lot of data on a molecule 2-4 Diaminopyrimidine-3-oxide which is related to Minoxidil but without the side effects, John sourced its availability from a laboratory in India under the trade name Kopexil. The evidence of its effectiveness in inhibiting Lysyl Hydroxylase, an enzyme participating in the hardening process of the follicle, was well established and compelling.

Another potential key ingredient that had captured his attention was the plankton derived extract, Artemia (GP4G). In-vitro trials in the US had demonstrated that Artemia worked at a cellular level in the follicle stimulating and increasing the rate of

cell metabolism and thereby increasing the rate of hair growth and its strength.

John then explored the myriad of DHT blockers available and decided to go with naturally derived herb and plant extracts to avoid potential side effects. He settled on a potent combination of Serrulata Fruit Extract (Saw Palmetto), Urtica Dioica (Nettle Extract), Caffeine, Camelia Sinensis (Green Tea Extract), Tussilago Frafara (Coltsfoot Leaf Extract) and Achillea Milefolium (Yarrow Extract), all of which have demonstrated DHT inhibiting characteristics.

For capillary blood flow stimulation he once again decided to tread the herbal path.

"To stimulate the scalp and capillary blood flow I selected Vitis Vinifera (Grape seed) Extract, Oleic Acid, Centella Asiatica (Gotu kola), Salvia Officinalis (Sage) Leaf Extract, Butula Alba (White Birch) Juice and Leaf Extract."

For general scalp health he settled on Malaleuca Alternia Folia (Tea Tree Oil) and Equisetum Arvense (Horsetail) Extract.

He now had his Broad Spectrum Herbal Extract Complex.

John now considered that he had put together the most potent and targeted solution for the topical treatment of Senescent Hair Loss available. He submitted his formulation and research notes to IP Australia (the administrator of Australian Intellectual Property) and was granted an Australian Innovation Patent.

Prior to taking the hugely successful FSP Program to the market place John started using it on himself. He not only wanted to establish its effectiveness, he also wanted to ensure there were no side effects.

In just six weeks (using the three step shampoo, rinse and serum system) John started to notice an improvement in hair volume and after 6 months a dramatic improvement in his hair density and diameter.

As John has stated, he was not surprised by the extremely positive results of our trial at the Knudsen Clinic but it is satisfying to have the efficacy of FSP independently and medically confirmed. For more information go to [www.trichovedic.com.au](http://www.trichovedic.com.au) or call 0410 508 052