

## ~ Want Thicker, Stronger, Hair & Nails? Glytone's ANACAPS Provide A Beautiful Boost ~



Shiny, smooth hair. Strong, healthy nails. Who doesn't want both these things? Still it's funny to think how much time and attention we lavish on physical characteristics whose components are technically dead. For example, if nails were living tissue, they could repair

themselves instead of making us do it for them. Physiologically speaking, the hair outside your scalp is dead too since it lacks blood, nerves and muscles. But even when people stop to consider the true nature of either attribute, it does nothing to dissuade them from longing for and struggling to maintain the ideal.

Truth is, the stuff that really matters is happening underneath the surface. Your nails may not be alive, but they appear to grow because new cells develop deep under your cuticles pushing out the older, dead ones to form the flat, hard surfaces we all know and fuss over. Meanwhile the indentations in your skin commonly known as follicles are the source of hair growth. Each have their own blood, nerve and muscle supply. Did you know that hair is the body's second fastest growing cell, second only to bone marrow? This means that hair is extremely sensitive to bodily changes. Internal problems and imbalances can result in hair loss and a lackluster appearance. Stunted nail growth and other abnormalities happen for the same reason.

Proper nourishment is needed for cell production and growth. If you aren't getting the vitamins, proteins, complex carbohydrates and minerals your body needs, your hair and nails aren't getting them either which can lead to problems. You might just need to take a supplement. Contour Dermatology recommends ANACAPS Dietary Supplement by Glytone.

ANACAPS Dietary Supplement is a complete treatment that will nourish and strengthen hair and nails. Thanks to an original formula, ANACAPS help to provide the hair bulb and nail matrix with the essential nutrients and antioxidants needed to re-energize and revitalize both of these oh-so-important physical attributes.



Ingredients in ANACAPS include amino acids cystine and methionine. Amino acids are the building blocks our bodies use to make proteins which in turn boost hair and nail resistance and encourage growth. ANACAPS also contain Vitamin B complex to activate cellular metabolism in hair and help reinforce its structure. Yet another ingredient is soybean extract which is rich in isoflavones, compounds that encourage growth and support healthier-looking hair and nails.

Contour Dermatology is pleased to offer our patients this professional level, quality dietary supplement to help strengthen hair and nails. Patients suffering significant hair loss will likely need to consider another treatment plan. For many, however, ANACAPS Dietary Supplement by Glytone could be just the boost they need for the shiny, smooth hair and strong, healthy nails of their dreams.

### Interesting Hair Facts

- 100,000 hairs is the average a person begins with
- 50 to 100 - the number of hairs you lose per day
- 90 - the percent of hairs in the growth phase
- 590 miles - total average lifetime of hair growth
- 450 - the number of hairs in an average eyebrow
- 2 months is how long it takes hair to grown 1 inch

### Interesting Nail Facts

- Your hair and nails are both made of keratin.
- Your fingernails grow faster than your toenails.
- Your fingernails grow 3.5 mm per month.
- Men's nails grow faster than women's.
- Discolored nails reflect the health of your body.
- 10% of dermatological conditions are nail-related.