



# Capillus Crown<sup>®</sup>

## F.A.Q.

**Q: Why is Capillus Crown different?**

A: Please view the video introduction for the best explanation. See home page.

**Q: Is it safe, does it contain any stimulants?**

A: Yes, it is safe. No, it does not contain stimulants. If there is a concern, please review the disclaimer below with your physician, prior to purchasing.

NOTE TO OUR VALUED CUSTOMERS: WHEN CONSIDERING TAKING THIS PRODUCT OR ANY OTHER SUPPLEMENT PRIOR TO SURGERY PLEASE CONSULT YOUR DOCTOR FOR ANY PRE AND POST SURGERY INSTRUCTIONS. THIS STATEMENT AND ANY STATEMENTS MADE BY CAPILLUS CROWN<sup>®</sup> (OR ITS MANUFACTURERS OR REPRESENTATIVES) HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS A DIETARY SUPPLEMENT AND IS NOT INTENDED TO DIAGNOSE, TREAT OR CURE OR PREVENT ANY DISEASE. DO NOT USE IF YOU ARE PREGNANT OR NURSING. IF YOU HAVE BEEN TREATED OR DIAGNOSED OR HAVE A FAMILY HISTORY OF, OR HAVE ANY INDICATION OF ANY MEDICAL CONDITIONS, CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT. PLEASE KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.

**Q: What are the ingredients in Capillus Crown?**

A: They are time-tested, basic ingredients in Mega doses used for hair and nail support and growth. It is also Gluten free. Please see the supplement fact panel below.

Supplement Facts		
Servings Per Container: 30	*Daily Value Not Established	
Serving Size: 3 Vegicaps		% DV
Vitamin B-3 Niacin (Flush-Free)	25 mg	125
Vitamin B-6 (Pyridoxine HCl)	75 mg	3750
Folate (Folic Acid)	200 mcg	50
Biotin	3000 mcg	1000
Pantothenic Acid (as Calcium Pantothenate)	150 mg	1500
Zinc (as Opti-Zinc <sup>®</sup> )	25 mg	167
Ho Shou Wu (Fo-Ti Root <i>Polygonum multiflorum</i> )	1200 mg	+
Organic Kelp	250 mg	+
L-Cysteine HCl	200 mg	+
Inositol	100 mg	+
Lovagh Root ( <i>Ligusticum wallichii</i> )	70 mg	+
Co-Enzyme Q10	30 mg	+
Silica (from Silicon Dioxide)	25 mg	+

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Magnesium Stearate, Silicon Dioxide, Water.

**Q: What is the suggested use? Do I need to take it with food?**

A: Please see label below. Note: It is recommended not to take it before bedtime (due to increased energy).

Suggested Use: Take 1 Vegicap 3 times daily after meals, with food in stomach. For thinning hair, take 2 Vegicaps 3 times daily after meals, with food in stomach, for 8-16 weeks, or until hair fallout decreases. Thereafter, resume regular use.

\*To accelerate maximum hair health, take Omega EFA Oil, Buffered Vitamin C and scalp massage in conjunction with this product. This potent complex contains Chinese herbs, Ho Shou Wu and Lovagh Root, primarily used for prevention of thinning, prematurely graying, and dry and brittle hair. Co-Q10 and Niacin promote oxygenation and scalp circulation. Organic kelp, Opti-Zinc, and Biotin supply minerals and vitamins essential for healthy hair.

**Q: How long has this combination been on the market?**

A: Originally this product was called "Rapunzel" and it has been on the market since 2004. It was exclusively sold in Beverly Hills at physician's offices and specialized salons. After many requests, we are now making it available directly to the public.

**Q: How long will it take to work?**

A: Supplements work differently than pharmaceuticals. It takes a while for the body to absorb supplements. This is not a "quick fix" but it is designed to enhance your body's well being and supply the needed nutrients. Therefore, it will take approximately 8-16 weeks to effectively see a difference. Individuals will vary depending on their current

quality of health. But within 6 weeks you should notice stronger, more lustrous hair and nails and in some cases, it has increased the quantity of eyebrow hair. We suggest that you do not skip days, and make sure that you have enough of the Capillus Crown supplement on hand.

**Q: How do I order Capillus Crown?**

A: Place your order securely using PayPal: The cost per bottle (90 Vegicaps, Gluten-Free Formula) is \$39.95, plus shipping and handling. Please allow 10-14 business days for delivery.

**Q: Do you ship internationally?**

A: No. We only ship within the United States, excluding Hawaii and Puerto Rico.

**Q: What is the return policy?**

A: Since we never experience returns, we have a strict return policy. However, if the product does not agree with you within 10 days of invoice, once we received the product, you will be refunded your purchase price, less shipping. We will provide you with a return address to return the product.

**Q: Will it reverse hair that has turned completely gray?**

A: It is unlikely, but it should slow down the graying process, and you will eventually notice less gray strands.

**Q: Will it work on everyone, guaranteed?**

A: No. Those who are severely affected by the hormone DHT, where the follicle has died (completely bald), may not notice a difference. However, it may encourage the follicles that were dormant to rejuvenate again. It may help preserve the hair that you presently have. The hair should become stronger and in a healthier condition, than prior to taking the supplement.

**Q: How much will I save by using the Capillus Crown combination, versus purchasing all of the ingredients separately?**

A: You should save approximately \$100 - \$200 (depending upon the brand quality). You will also save a lot of your time, as this product is a convenient combination.

**Q: Are there other supplements that I should take that will enhance the benefits of Capillus Crown?**

A: It is not mandatory, but we definitely suggest 2 important supplements that are healthy essentials. They are Ester C (or buffered Vitamin C capsules) approximately 1000-2000 mg per day in divided doses, taken with food. Also a complete Omega Oil, either 1 tablespoon per day or in soft gel capsules, 2000-4000 mg. per day in divided doses, taken with food. This will accelerate hair health and luster.

**Q: Should I exercise too?**

A: Yes, the more circulation and blood flow, the better. Exercising also supports healthy bone structure, muscle mass, good posture and it rewards you with a cheerful, more positive attitude.

**Q: Besides the Mega combination found in Capillus Crown, what other basic supplements are used for good overall health?**

A: We like probiotics for immunity and intestinal health. The amino acid Lysine (with added garlic) is also a good immunity booster. Some studies show that taking 500 mg daily may also acceler-

ate hair growth. Green foods or green food supplements, vitamins D and B-12 have vital and unique benefits. Consuming natural fiber and drinking a lot of water has been shown to rid toxins from the body and promote hydration.

Note: It is best to introduce these supplements to your daily routine, one at a time. Supplements work best when they are used in conjunction with a clean and natural diet (free from processed sugars and processed foods) as the nutrients from your food will add to the amount you're dosing in your supplements. A "clean" diet mainly consists of vegetables, fruit, low-fat proteins, foods rich in Omega Oils and freshly-juiced green drinks. It's very important to make it a habit to drink water.

**Q: Is scalp brushing or scalp massage important?**

A: Yes, it is an important part of the program. Please view the video for the best explanation. A natural boar bristle brush or vibrating scalp brush may be used gently on dry hair only. Scalp brush or scalp massage with your fingers for 10 minutes daily. Remember to also scalp brush prior to shampooing. This is vital. The massaging action boosts circulation of nutrient rich blood to the scalp, promoting hair production. Never brush hair when wet, as it is most fragile and weak at that time. You can see how the hair will stretch and expand when wet. Use a wide toothed comb instead. Maintain and clean your scalp brush on a regular basis, keeping it free from dirt and oil that can re-clog the follicle.

**Q: What additional health benefits may be gained by taking Capillus Crown?**

A: It is a superb multi-mineral antioxidant support for increased energy, anti-aging and cardiovascular benefits.

**Q: When will the therapeutic phyto-shampoo bar become available?**

A: Available 2011.

**Q: Why should I use it?**

A: The shampoo bar gently cleanses and removes dead cells on the scalp that can clog the follicle and prevent the hair from growing to full maturity. The bar also makes your hair feel fuller with more volume. It conditions the hair with silk proteins. It also promotes scalp circulation and helps with scalp disorders.

**Q: Can I alternate using the shampoo bar with my regular shampoo?**

A: Yes, but you should use the shampoo bar at least twice a week and follow every shampoo with a cool water rinse. It is important on a regular basis to keep the scalp clean and free from dirt and excess sebum, which can clog and smother the hair follicle. It is also suggested to change your pillowcase each week.

**Q: Should I use a conditioner?**

A: It may not be necessary, but yes, you can use conditioner on the hair, but do not use it on the scalp. When possible take a vacation from heat-based styling tools and excess use of styling products. Let your hair dry naturally as often as possible. Give your hair a mini-trim every 4-6 weeks.