

# FOLLI-ACTIV: The Future of Hair Restoration is Here

A revolutionary, science-backed approach to combating hair loss from the inside out. This presentation explores how FOLLI-ACTIV's 3-pillar system addresses the root causes of thinning hair, providing a natural solution for those seeking to reclaim their confidence and their crown.

FOLLI-ACTIV offers a flexible dosage regimen to suit individual needs: for light hair loss, we recommend 1 capsule a day; for medium hair loss, 2 capsules a day; and for serious hair loss, 3 capsules a day.



# The Emotional Reality of Hair Loss

Hair loss is far more than a cosmetic issue—it strikes at the core of our identity and self-confidence. For millions of adults, the emotional toll can be devastating:

Anxiety when looking in the mirror

Decreased self-esteem in social and professional settings

Feelings of premature aging and loss of attractiveness

Constant awareness of how others might perceive you

Avoidance of activities that might expose thinning areas

These psychological impacts often go unaddressed by traditional hair loss solutions, which focus solely on the physical symptoms while ignoring the emotional burden.



The journey of hair loss often begins with the distressing discovery of increased shedding in the shower, on pillows, or in hairbrushes—creating a cycle of anxiety that can actually accelerate the problem.

- While this card focuses on the emotional impact, it's worth noting that FOLLI-ACTIV offers a tailored approach to addressing hair loss. For **light hair loss**, 1 capsule a day is recommended. For **medium hair loss**, 2 capsules a day are suggested. For **serious hair loss**, a dosage of 3 capsules a day may be more effective.

# The Limitations of Current Solutions

## Chemical Treatments

Products like minoxidil and finasteride can be effective but often come with concerning side effects:

- Sexual dysfunction
- Scalp irritation
- Unwanted hair growth in other areas
- Dizziness and headaches
- Potential long-term hormonal disruption

## Surgical Procedures

Hair transplants and other surgical interventions:

- Extremely costly (RM8,000-RM15,000+)
- Painful recovery period
- Risk of infection and scarring
- Unnatural-looking results
- No guarantee of success

## "Miracle" Products

Over-the-counter solutions often disappoint:

- Exaggerated claims with minimal science
- Single-ingredient approach
- Poor bioavailability
- Temporary cosmetic effects
- Expensive with little return on investment

Until now, those suffering from hair loss have been forced to choose between ineffective treatments, harsh chemicals with concerning side effects, or invasive procedures with uncertain outcomes.



# Introducing FOLLI-ACTIV: A New Paradigm

FOLLI-ACTIV represents a fundamental shift in hair restoration philosophy. Unlike conventional treatments that focus on masking symptoms or addressing a single factor, FOLLI-ACTIV takes a comprehensive, multi-target approach:

- Science-backed dietary supplement
- Addresses the complex, interrelated causes of hair loss
- Works from within to create systemic change
- Drug-free formulation minimizes side effects
- Synergistic blend of 10 clinically-studied ingredients
- Suitable for both men and women

This isn't simply another biotin supplement—it's a complete system designed to transform your internal environment into one that naturally promotes healthy, sustainable hair growth.

For personalized results:

- **Light hair loss:** 1 capsule per day
- **Medium hair loss:** 2 capsules per day
- **Serious hair loss:** 3 capsules per day

FOLLI-ACTIV is available in convenient bottle sizes:

- **1 Bottle:** 90 capsules for **RM149**
- **3 Bottles:** 270 capsules for **RM327** (equivalent to **RM109** per bottle)



Hair growth follows a cyclical pattern, consisting of three primary phases: anagen (growth), catagen (transition), and telogen (resting). During the anagen phase, the hair actively grows from the follicle. This is followed by the catagen phase, where growth slows, and the follicle shrinks. The telogen phase is the resting period where the hair is shed. A healthy hair cycle maintains a delicate balance between these phases.

- ❏ For personalized dosage guidelines based on your specific hair loss severity, please consult with a healthcare professional or review the "Simple, Powerful & Safe Dosage Guidelines" section.

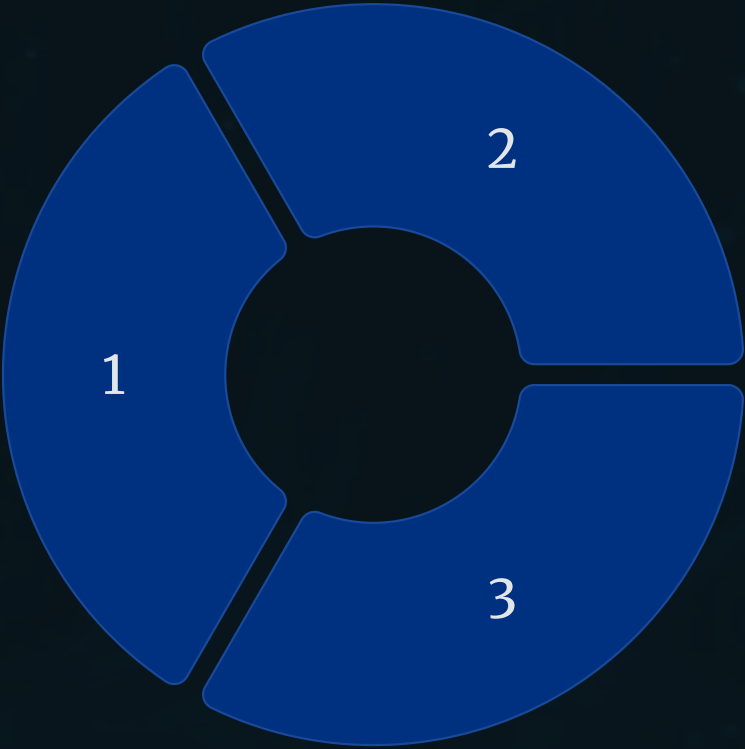
# The 3-Pillar Approach to Hair Rejuvenation

Most hair loss products fail because they only address a single aspect of a complex, multifaceted problem. FOLLI-ACTIV succeeds by systematically targeting all three scientifically-validated root causes of hair loss:



## Pillar 1: Hormonal Balance

Neutralizing DHT, the primary hormone responsible for follicle miniaturization in androgenetic alopecia, while supporting overall hormonal equilibrium.



## Pillar 2: Anti-Inflammatory Defense

Calming the chronic inflammation and neutralizing oxidative stress that choke follicles and create an environment hostile to healthy hair growth.



## Pillar 3: Nutritional Support

Delivering essential, highly-absorbable nutrients directly to the follicle to provide the building blocks necessary for robust hair production.

For optimal results, adjust your FOLLI-ACTIV dosage based on the severity of hair loss: 1 capsule a day is recommended for light hair loss, 2 capsules a day for medium hair loss, and 3 capsules a day for serious hair loss.

By addressing all three pillars simultaneously, FOLLI-ACTIV creates the optimal internal environment for your hair to not just survive, but thrive.

# The Silent Killer: Inflammation and Oxidative Stress

Inflammation is a natural response of the body to injury or infection. However, chronic inflammation can contribute to various health problems, including hair loss. Chronic inflammation damages hair follicles and disrupts the hair growth cycle. Oxidative stress occurs when there is an imbalance between free radicals and antioxidants in the body. Free radicals damage cells, including hair follicles, and contribute to hair loss. Both inflammation and oxidative stress are linked to various lifestyle factors, such as poor diet, stress, and environmental toxins. By addressing these underlying issues, it may be possible to mitigate hair loss. For FOLLI-ACTIV dosage, light hair loss is 1 capsule a day, medium hair loss is 2 capsules a day, and 3 capsules is for serious hair loss.



## Understanding DHT

Dihydrotestosterone (DHT) is a potent androgen hormone that plays a significant role in hair loss, particularly in men. DHT can bind to receptors in hair follicles, causing them to shrink and eventually stop producing hair. This process is known as miniaturization.

## DHT and Hair Follicles

Hair follicles are sensitive to DHT. When DHT levels are elevated, or if the follicles are genetically predisposed to being sensitive, hair growth can be disrupted. This is one of the primary reasons for androgenetic alopecia, commonly known as male-pattern baldness and female-pattern hair loss.

This information is for educational purposes only and does not constitute medical advice. Consult with a healthcare professional for personalized guidance.

To support healthy hair growth and combat the effects of DHT, consider incorporating FOLLI-ACTIV into your daily routine. For light hair loss, one capsule a day; for medium hair loss, two capsules daily; and for serious hair loss, three capsules daily, as per your healthcare professional's recommendation.



# Nutritional Deficiencies: The Hidden Hair Loss Trigger

Hair is one of the most metabolically active tissues in the body, requiring a constant supply of nutrients to maintain growth. Even subclinical nutritional deficiencies can have dramatic effects on hair health:

- **Critical Micronutrients**

- Iron: Essential for DNA synthesis in hair cells and oxygen transport
- Zinc: Required for protein synthesis and cell division
- Vitamin D: Regulates follicle cycling and immune function
- B-vitamins: Crucial for energy production and cellular metabolism
- Amino acids: Building blocks for keratin protein that forms hair

- **Bioavailability Challenges**

- Digestive issues can impair nutrient absorption
- Certain medications deplete essential nutrients
- Age-related decline in absorption efficiency
- Most supplements use poorly absorbed forms of nutrients
- Competitive absorption between minerals reduces uptake



Modern diets often lack the nutrient density needed to support optimal hair growth. Even with a balanced diet, absorption and utilization of nutrients can be compromised by various factors including stress, aging, and certain medications.

# Pillar 1: The Hormonal Shield – Ingredient Deep Dive



## Saw Palmetto (150mg)

### The DHT Blocker

Extracted from the berries of the *Serenoa repens* plant, Saw Palmetto is a potent natural inhibitor of 5 $\alpha$ -reductase, the enzyme that converts testosterone to DHT.

Clinical research has shown it can reduce DHT levels in the scalp by up to 32%, comparable to prescription medications but without the significant side effects.

It also provides anti-inflammatory benefits to the scalp, creating a dual-action approach to protecting follicles.



## Pumpkin Seed Oil (100mg)

### The Follicle Fortifier

Rich in phytosterols, zinc, and essential fatty acids, Pumpkin Seed Oil provides a secondary line of defense against DHT through alternative pathways.

A randomized, placebo-controlled study published in Evidence-Based Complementary and Alternative Medicine showed a 40% increase in hair count in men taking pumpkin seed oil for 24 weeks.

It also improves microcirculation to the scalp, ensuring nutrients reach the follicles effectively.



## Nettle Root Extract (100mg)

### The Hormonal Harmonizer

Nettle Root contains compounds that bind to Sex Hormone Binding Globulin (SHBG), helping regulate free testosterone levels that would otherwise be converted to DHT.

This adaptogenic effect helps create hormonal balance, critical for both men and women experiencing different types of hormonal hair loss.

Its lignans and polyphenols also provide powerful antioxidant protection for follicle cells.

These three botanical ingredients work synergistically to create a comprehensive defense against DHT-mediated hair loss without disrupting normal hormonal function throughout the body.

For optimal results, FOLLI-ACTIV dosage can be tailored to the severity of hair loss:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day



# Clinical Evidence: Saw Palmetto vs. Finasteride

## Comparative Efficacy Study

A 2-year clinical study published in the Journal of Alternative and Complementary Medicine compared the efficacy of Saw Palmetto extract to finasteride (a prescription DHT blocker):

- 38% of saw palmetto users showed moderate to significant improvement
- 68% showed stabilization of hair loss (prevention of further thinning)
- Only 5% reported mild side effects, compared to 26% in the finasteride group
- Effects were observed from 3 months onward with continued improvement

While finasteride showed slightly higher efficacy (52% improvement), the dramatic difference in side effect profiles makes saw palmetto an attractive alternative for those concerned about sexual dysfunction, depression, and other adverse effects associated with pharmaceutical options.



Microscopic analysis reveals thicker hair shaft diameter and increased follicular density in patients using Saw Palmetto extract after 6 months of consistent use.

# Pillar 2: Anti-Inflammatory & Antioxidant Defense – Ingredient Deep Dive



## Green Tea Extract (EGCG) (10mg)

### The Growth Phase Extender

Epigallocatechin gallate (EGCG), the primary catechin in green tea, exerts powerful effects on hair growth through multiple mechanisms:

- Inhibits 5 $\alpha$ -reductase through a different pathway than saw palmetto
- Extends the anagen (growth) phase of the hair cycle
- Protects follicle cells from oxidative damage
- Stimulates follicle proliferation through EGFR signaling pathways

Human studies have shown that topical application of EGCG increases hair density by up to 33%—FOLLI-ACTIV delivers it systemically for whole-scalp benefit.

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## Curcumin (3mg)

### The Inflammation Quencher

The active compound in turmeric, curcumin is one of nature's most potent anti-inflammatory agents:

- Inhibits the NF- $\kappa$ B pathway, a master regulator of inflammatory response
- Reduces expression of inflammatory cytokines like IL-6 and TNF- $\alpha$
- Neutralizes free radicals that damage follicle cells
- May help prevent fibrosis (scarring) around hair follicles

FOLLI-ACTIV uses a highly bioavailable form enhanced by piperine to maximize absorption and efficacy.

Together, these powerful anti-inflammatory and antioxidant compounds create an internal environment that calms the inflammatory processes that choke off follicles and accelerate hair loss.

❏ For optimal results, FOLLI-ACTIV dosage recommendations are tailored to your needs:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day



# Pillar 2: Anti-Inflammatory & Antioxidant Defense (Continued)



## Ganoderma (Reishi) (6mg)

### The Stress Adaptogen

Revered in Traditional Chinese Medicine for centuries, Reishi mushroom provides adaptogenic support crucial for stress-related hair loss:

- Regulates cortisol levels and HPA axis function
- Modulates immune response to prevent autoimmune attacks on follicles
- Contains beta-glucans that promote cellular regeneration
- Improves sleep quality, which is essential for growth hormone release

Studies show Reishi can reduce inflammatory markers by up to 29%, creating a calmer environment for follicles to thrive.



## Aloe Vera Extract (30mg)

### The Scalp Soother

Aloe vera provides comprehensive support for the scalp microenvironment:

- Contains proteolytic enzymes that remove dead skin cells
- Delivers essential minerals like zinc and copper to follicles
- Alkalizes the scalp to maintain optimal pH balance
- Provides intensive hydration to prevent scalp dryness

Clinical studies demonstrate that aloe can increase blood circulation to follicles by up to 38%, ensuring efficient delivery of nutrients and oxygen.

The adaptogenic and soothing properties of these ingredients help create resilience against the stressors of modern life that frequently trigger or exacerbate hair loss.

### Dosage Guidelines:

- For **light hair loss**: 1 capsule per day.
- For **medium hair loss**: 2 capsules per day.
- For **serious hair loss**: 3 capsules per day.

# Pillar 3: Nutritional & Bioavailability Core – Ingredient Deep Dive



## Biotin (2mg)

### The Keratin Builder

Biotin (Vitamin B7) is fundamental to hair structure and strength:

- Essential cofactor in keratin production—the primary protein in hair
- Supports fatty acid synthesis needed for follicle cell membranes
- Improves the tensile strength of existing hair strands
- Deficiency is common due to diet, medications, and gut health issues

FOLLI-ACTIV provides 2mg—667% of the Daily Value—an optimal dose for addressing deficiency without excess.



## Royal Jelly (50mg)

### The Follicle Regenerator

This nutrient-dense superfood produced by bees contains:

- All eight essential amino acids needed for protein synthesis
- 10-HDA (10-hydroxy-2-decenoic acid), a unique fatty acid with regenerative properties
- B-complex vitamins in highly bioavailable forms
- Collagen-stimulating compounds that support follicle structure

Research indicates royal jelly may help reactivate dormant follicles through stem cell stimulation and mitochondrial support.



## Piperine (2mg)

### The Bio-Enhancement Engine

Extracted from black pepper, piperine dramatically increases the absorption of other ingredients:

- Inhibits enzymes that would normally break down active compounds
- Stimulates amino acid transporters in the intestinal lining
- Increases blood supply to digestive organs, enhancing nutrient uptake
- Can improve bioavailability of certain compounds by up to 2000%

This "force multiplier" ensures you get the full benefit of every ingredient in the formula.

For optimal results, tailor your FOLLI-ACTIV dosage to your specific needs:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

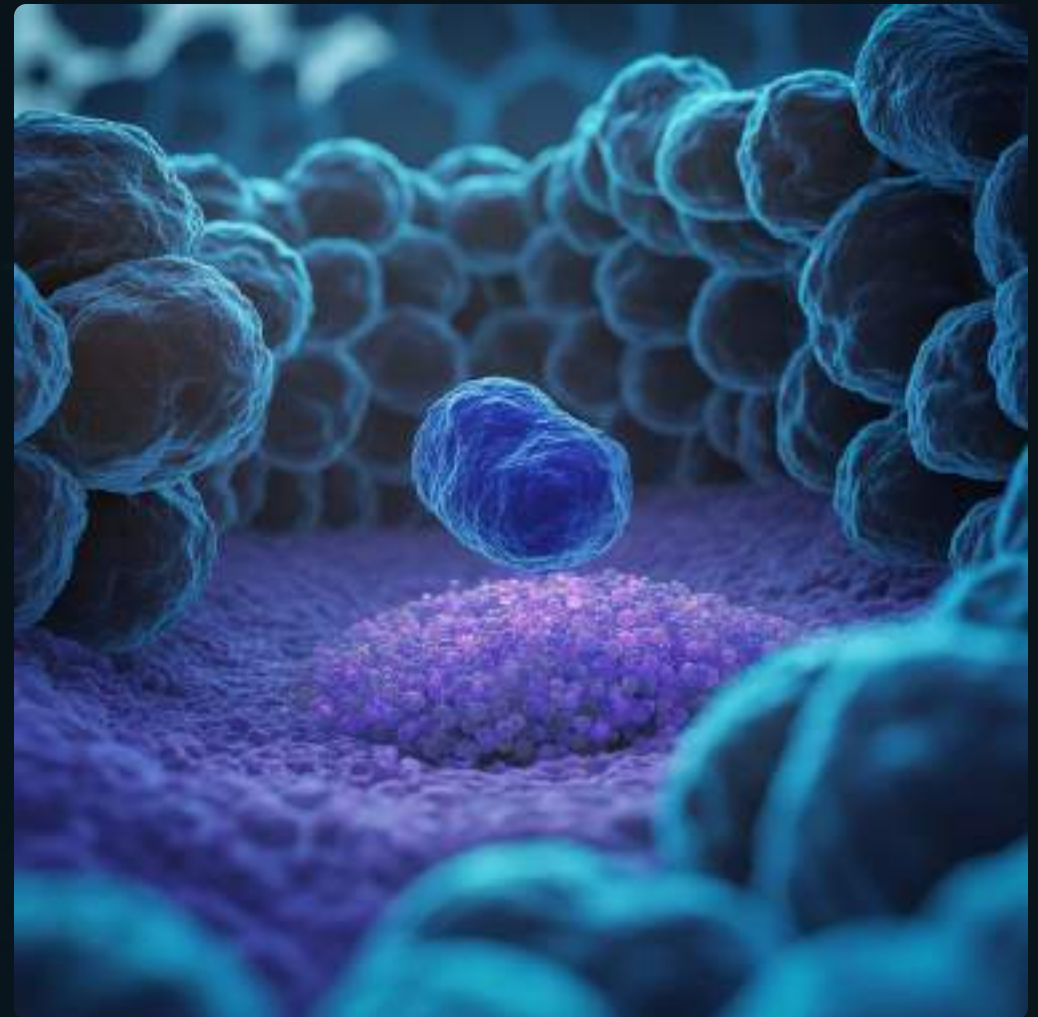
# The Bioavailability Revolution: Why Piperine Matters

One of the biggest challenges in nutritional supplementation is bioavailability—the proportion of an ingredient that actually enters circulation and reaches its target. Many supplements fail because the active compounds are destroyed by stomach acid, metabolized by the liver, or simply not absorbed in the intestines.

Piperine, the alkaloid responsible for the pungency of black pepper, has been shown in multiple clinical studies to dramatically enhance the bioavailability of numerous compounds:

- Increases curcumin absorption by up to 2000%
- Enhances EGCG (green tea extract) availability by approximately 130%
- Improves absorption of B-vitamins including biotin
- Extends the half-life of active compounds in the bloodstream

This means that the 10 active ingredients in FOLLI-ACTIV are not just present in the formula—they're actually delivered to your hair follicles where they can make a real difference.



The addition of piperine to FOLLI-ACTIV's formula means you get more bang for your buck—maximizing the effectiveness of every other ingredient and accelerating visible results.

**Dosage Information:** For optimal results, follow these guidelines:

- **Light Hair Loss:** 1 capsule daily
- **Medium Hair Loss:** 2 capsules daily
- **Severe Hair Loss:** 3 capsules daily



# Understanding Different Types of Hair Loss

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<p><b>Androgenetic Alopecia</b></p> <p><b>Pattern Hair Loss</b></p> <p>The most common form, affecting up to 50% of men by age 50 and 40% of women by menopause. Characterized by:</p> <ul style="list-style-type: none"><li>• Men: Receding hairline and crown thinning</li><li>• Women: Diffuse thinning, primarily at the part line</li><li>• Gradual miniaturization of follicles due to DHT sensitivity</li><li>• Progressive thinning over years or decades</li></ul> <p>FOLLI-ACTIV's complete formula is especially effective for this type, targeting all three major contributors: hormonal imbalance, inflammation, and nutritional deficiencies.</p>	<p><b>Telogen Effluvium</b></p> <p><b>Stress-Induced Shedding</b></p> <p>A temporary but dramatic increase in hair shedding triggered by:</p> <ul style="list-style-type: none"><li>• Physical stressors: Surgery, illness, crash dieting</li><li>• Emotional stress: Trauma, anxiety, major life changes</li><li>• Hormonal shifts: Postpartum, stopping birth control</li><li>• Certain medications</li></ul> <p>FOLLI-ACTIV's adaptogenic ingredients help normalize the stress response while providing nutritional support to accelerate recovery from this condition.</p>	<p><b>Nutritional Deficiency</b></p> <p><b>Diet-Related Hair Loss</b></p> <p>Inadequate intake or absorption of key nutrients can cause diffuse shedding:</p> <ul style="list-style-type: none"><li>• Iron deficiency (the most common nutritional cause)</li><li>• Protein malnutrition</li><li>• Zinc, biotin, or vitamin D inadequacy</li><li>• Rapid weight loss or restrictive diets</li></ul> <p>FOLLI-ACTIV provides essential nutrients in bioavailable forms, addressing the underlying deficiencies while supporting overall follicle health.</p>

FOLLI-ACTIV's multi-factorial approach makes it suitable for addressing multiple types of hair loss simultaneously, rather than targeting just one mechanism.

## Recommended Dosage Guidelines

- For **light hair loss**: 1 capsule per day
- For **medium hair loss**: 2 capsules per day
- For **serious hair loss**: 3 capsules per day



# Your Journey to Fuller Hair: A Realistic Timeline

## Month 1 (Weeks 1-4): The Foundation

The initial changes happen beneath the surface:

- Scalp inflammation, itching, and irritation begin to subside
- Excessive oiliness or dryness starts to normalize
- Internal DHT levels begin to decrease
- Nutritional deficiencies start to be corrected

While you may not see visible changes yet, the internal environment is being prepared for healthy hair growth.

## Month 3 (Weeks 9-12): The Visible Growth

The transformation becomes apparent to others:

- New baby hairs begin to emerge along the hairline and in thinning areas
- Existing hair appears more vibrant with improved texture and shine
- Hair density increases as previously dormant follicles reactivate
- Styling becomes easier as hair has more body and volume

This is when before/after photos start to show meaningful differences.

## Month 2 (Weeks 5-8): The Turning Point

The first noticeable improvements emerge:

- Significant reduction in daily hair shedding (30-50% less hair in the shower drain)
- Existing hair feels stronger at the root and less prone to breakage
- Scalp health visibly improves with less flaking and irritation
- Hair feels thicker when running fingers through it

This is when many users report feeling a new sense of optimism about their hair.

## Beyond 3 Months: Long-Term Vitality

Continued use leads to sustained improvements:

- Progressive thickening as new hairs mature and strengthen
- Hair growth cycle stabilizes with more hairs in the growth phase
- Fuller appearance creates the confidence to try new hairstyles
- Long-term protection against future thinning

Consistency is key—FOLLI-ACTIV works as long as you continue using it.

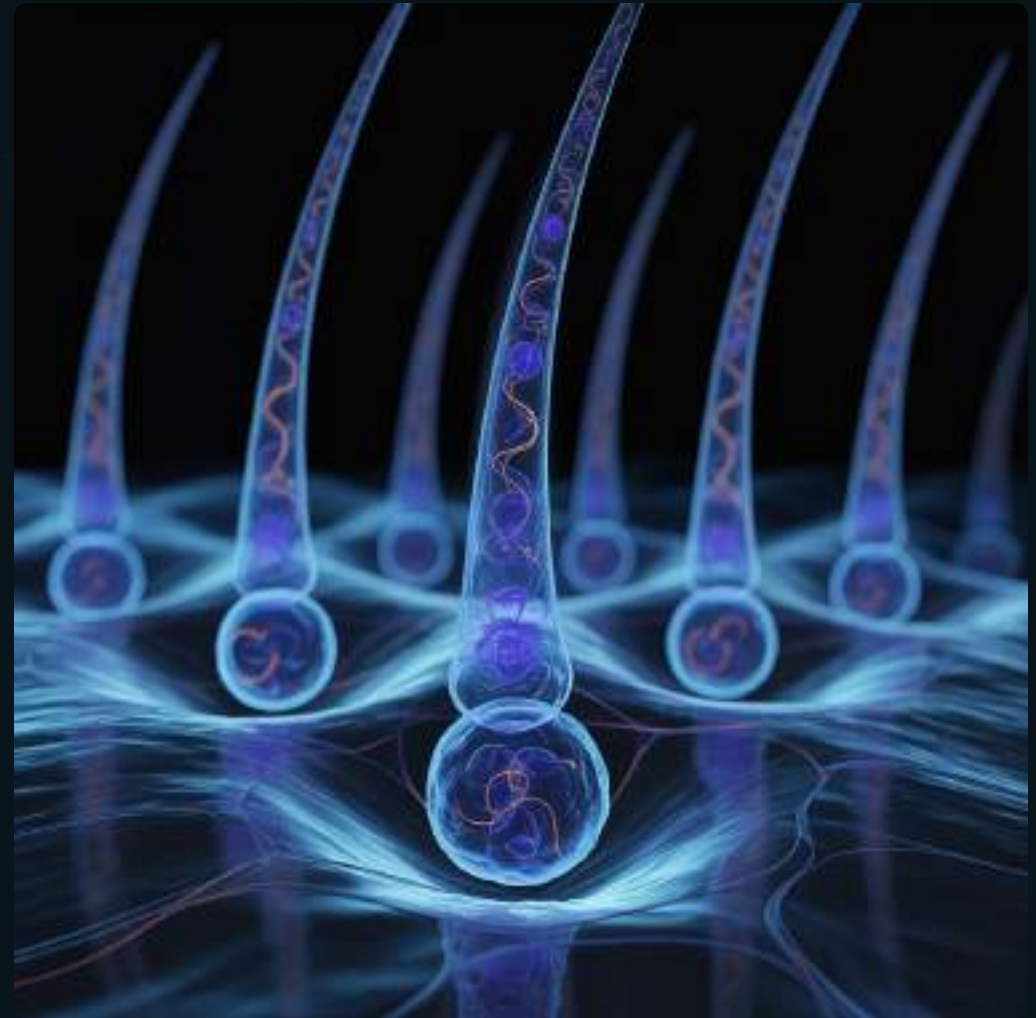
For optimal results, tailor your FOLLI-ACTIV dosage: For **light hair loss**, take 1 capsule daily. For **medium hair loss**, take 2 capsules daily. For **serious hair loss**, take 3 capsules daily.

# The Science of Hair Regrowth: What's Happening Inside Your Follicles

## Week by Week Transformation

When you begin taking FOLLI-ACTIV, a cascade of positive changes begins at the cellular level:

1. **Weeks 1-2:** DHT-blocking compounds begin to shield follicles from further damage while anti-inflammatory agents start calming the scalp environment.
2. **Weeks 3-4:** Reduced inflammation allows for improved blood flow to follicles, delivering more oxygen and nutrients to fuel the growth process.
3. **Weeks 5-6:** Follicles that were being pushed toward the resting phase remain in the active growth phase longer, reducing overall shedding.
4. **Weeks 7-8:** Dormant follicles that haven't produced visible hair begin to reactivate, initially creating fine, unpigmented vellus hairs.
5. **Weeks 9-12:** Vellus hairs gradually transform into thicker, longer, pigmented terminal hairs as the growth cycle normalizes.



This microscopic visualization shows the gradual transformation of a miniaturized follicle back to a healthy, terminal hair-producing follicle over a 12-week period of nutritional support and DHT protection.

# The Importance of Consistency: Why Patience Pays Off

## Understanding the Hair Growth Cycle Timeline

The biology of hair growth inherently requires patience:

- A complete hair growth cycle takes 2-7 years from start to finish
- Each follicle operates on its own timeline, independent of neighboring follicles
- New hairs take 3-4 months to grow long enough to become visible above the scalp
- Miniaturized follicles need time to strengthen and produce thicker hairs

Hair loss that developed over years cannot reverse overnight, but with consistent use of FOLLI-ACTIV, the gradual improvements compound over time.

## The Common Mistake: Abandoning Too Soon

Many people give up on hair loss treatments just before they would begin to see results. Remember that the initial changes are happening beneath the surface, even when not immediately visible in the mirror.



Consistency in your FOLLI-ACTIV regimen is crucial. Hair grows at approximately 1/2 inch per month, so changes become increasingly noticeable as time progresses. The above time-lapse demonstrates typical progression over a 6-month period with consistent daily use.

For optimal results, tailor your daily FOLLI-ACTIV dosage to the severity of your hair loss: 1 capsule for light hair loss, 2 capsules for medium hair loss, and 3 capsules for serious hair loss.



# Simple, Powerful & Safe Dosage Guidelines

1

## Mild Thinning

### Early Intervention Protocol

For those noticing the first signs of thinning or increased shedding, the recommended dosage is **1 capsule daily** with breakfast.

- Take with a meal containing some healthy fats to maximize absorption
- Consistent timing helps maintain stable levels in your system
- Suitable for preventative use for those with family history of hair loss

This maintenance dose is ideal for preserving existing hair while gently encouraging new growth.

2

## Moderate Hair Loss

### Recovery Protocol

For noticeable thinning that has developed over months or years, the recommended dosage is **2 capsules daily** (1 with breakfast, 1 with lunch/dinner).

- Space doses at least 8 hours apart for optimal absorption
- Maintain consistent daily use without skipping days
- Take a monthly progress photo to track gradual improvements

This standard therapeutic dose balances efficacy with economy for typical cases.

3

## Advanced Hair Loss

### Intensive Restoration Protocol

For significant thinning, especially if long-established, the recommended dosage is **3 capsules daily** (1 with each meal).

- Evenly spacing throughout the day optimizes continuous delivery of active compounds
- Consider complementary approaches like scalp massage or dermarolling
- Allow a full 6 months at this dosage before evaluating final results

This maximum therapeutic dose provides comprehensive support for challenging cases.

## Pricing Information:

- One bottle of FOLLI-ACTIV contains 90 capsules and is priced at RM 149.
- A pack of three bottles contains 270 capsules for RM 327, making each bottle just RM 109.

**Pro Tip:** Always take with food to maximize absorption and reduce the possibility of mild digestive upset. Avoid taking on an empty stomach or right before bed.



# Who Is FOLLI-ACTIV For? Personalized Recommendations

## Men with Androgenetic Alopecia

### ✓ Highly Recommended

The multi-faceted approach directly addresses the main causes of male pattern baldness:

- Natural DHT blocking without sexual side effects
- Targets early, moderate, and advanced stages
- Particularly effective for crown and temple recession
- Can be used alongside topical treatments for enhanced results

## Women with Diffuse Thinning

### ✓ Highly Effective

Addresses the unique aspects of female hair loss:

- Hormonal balancing without disrupting female endocrine system
- Targets stress-related and nutritional factors common in women
- Safe for women of all ages (except during pregnancy/breastfeeding)
- Supports overall hair quality in addition to density

## Postpartum Mothers

### ✓ Excellent Support

Helps recover from dramatic postpartum shedding:

- Accelerates natural recovery from hormone-triggered shedding
- Replenishes nutrients depleted during pregnancy and nursing
- Safe to begin once breastfeeding is completed
- Supports overall recovery during a demanding physical time

## Stress-Related Shedding

### ✓ Ideal Solution

Targets the biological mechanisms of stress-induced hair loss:

- Adaptogenic ingredients help normalize cortisol levels
- Supports the body's resilience to ongoing stressors
- Helps break the stress-shedding-more stress cycle
- Results often visible more quickly than with genetic hair loss

## Finding Your FOLLI-ACTIV Dosage:

- For **light hair loss** or early thinning, a dosage of **1 capsule a day** is recommended.
- For **medium hair loss** or noticeable thinning, **2 capsules a day** (spaced throughout the day) is ideal.
- For **serious or advanced hair loss**, an intensive restoration protocol of **3 capsules a day** is advised.

# Important Health Considerations

## When to Consult Your Physician First

While FOLLI-ACTIV is a natural supplement, certain conditions warrant a discussion with your healthcare provider before beginning use:

- **Pregnancy and Breastfeeding:** Not recommended due to the DHT-blocking ingredients.
- **Hormonal Conditions:** Those with PCOS, thyroid disorders, or on hormone replacement therapy should consult their doctor.
- **Autoimmune Disorders:** Individuals with autoimmune-related hair loss (alopecia areata) should seek medical guidance.
- **Medication Interactions:** Those on blood thinners, diabetes medications, or immunosuppressants should check for potential interactions.
- **Recent Surgery:** Wait at least 2 weeks after any surgical procedure before beginning.
- **Age Restrictions:** Not recommended for individuals under 18 as hormonal systems are still developing.

## ⊗ Allergy Warning

FOLLI-ACTIV contains Royal Jelly (a bee product). If you have known allergies to bee products, honey, or pollen, do not use this product without an allergy test or physician approval.

Discontinue use immediately if you experience any allergic reaction including rash, itching, swelling, dizziness, or difficulty breathing, and seek medical attention.

If you're unsure whether FOLLI-ACTIV is appropriate for your specific health situation, always err on the side of caution and consult with a healthcare professional who understands your complete medical history.

# Commitment to Quality & Safety



## GMP-Certified Facility

FOLLI-ACTIV is manufactured in a facility that adheres to Good Manufacturing Practices (GMP) as certified by the FDA. This ensures consistent quality, purity, and potency in every batch through rigorous testing and quality control protocols.



## Third-Party Testing

Each batch undergoes comprehensive testing by independent laboratories to verify ingredient identity, potency, and purity. This additional layer of verification ensures you're getting exactly what's on the label—nothing more, nothing less.



## 100% Drug-Free Formula

FOLLI-ACTIV contains no pharmaceuticals or synthetic hormones, relying instead on natural compounds with established safety profiles. This minimizes the risk of serious side effects while still delivering powerful results.



## Environmentally Conscious

Our ingredients are sourced using sustainable practices, and packaging is made from recycled and recyclable materials whenever possible. We're committed to maintaining a small environmental footprint while delivering maximum results.



## Allergen Transparency

All potential allergens are clearly disclosed, and our formula is free from common allergens including gluten, soy, dairy, and artificial preservatives. The only potential allergen is Royal Jelly for those with bee product sensitivities.



## No Animal Testing

FOLLI-ACTIV is never tested on animals. We rely on ethical human testing and clinical research to validate our formula's effectiveness without causing harm to animals in the process.

# Dosage Guidelines

To achieve optimal results, tailor your FOLLI-ACTIV dosage based on your hair loss severity:

- For **light hair loss**: Take 1 capsule once daily.
- For **medium hair loss**: Take 2 capsules once daily.
- For **serious hair loss**: Take 3 capsules once daily.

Consult with a healthcare professional to determine the best regimen for your specific needs.



# Understanding the Root Causes of Female Hair Loss

Women's hair loss patterns and triggers often differ significantly from men's, requiring specialized understanding:

## Hormonal Fluctuations

Unlike men, women experience dramatic hormonal shifts throughout life that can trigger or exacerbate hair loss:

- **Postpartum:** After childbirth, estrogen levels plummet, causing up to 40% of hair to enter the shedding phase simultaneously
- **Perimenopause/Menopause:** Declining estrogen creates a relative increase in androgen activity
- **PCOS:** Elevated androgens can cause male-pattern hair loss in women
- **Thyroid Imbalance:** Both hypo- and hyperthyroidism disrupt the hair growth cycle

## Nutritional Challenges

Women are particularly vulnerable to nutrient deficiencies that affect hair:

- **Iron:** Menstruation depletes iron stores, and up to 60% of women have insufficient levels
- **Vitamin D:** Often low due to limited sun exposure and increased demand during pregnancy
- **Protein:** Restrictive dieting can leave insufficient building blocks for hair growth



## Stress Burden

Modern women often face a "perfect storm" of stressors:

- **Career Demands:** High-pressure jobs and work-life balance challenges
- **Caregiver Responsibilities:** Caring for children and aging parents simultaneously
- **Chronic Sleep Deprivation:** Reducing recovery time for hair follicles
- **Perfectionistic Standards:** Creating ongoing psychological stress

FOLLI-ACTIV's three-pillar approach addresses these female-specific challenges, providing hormonal balance, stress adaptation, and targeted nutritional support essential for women's hair health.



# FOLLI-ACTIV Pricing & Value

## 1 Bottle Option

Contains **90 capsules**

Price: **RM149**

Ideal for trying FOLLI-ACTIV or for short-term needs.

## 3 Bottles Value Pack

Contains **270 capsules** (90 capsules x 3)

Total Price: **RM327**

Per bottle: **RM109**

Save more and ensure consistent supply for optimal results!

For optimal results, adjust your daily capsule intake based on the severity of your hair loss:

- For **light hair loss**: Take **1 capsule** a day.
- For **medium hair loss**: Take **2 capsules** a day.
- For **serious hair loss**: Take **3 capsules** a day.

# Identifying Underlying Health Conditions That Cause Hair Loss

## Thyroid Disorders

Both hypothyroidism and hyperthyroidism can significantly impact hair growth:

- Diffuse thinning across the entire scalp
- Changes in hair texture (brittle, dry, or unusually fine)
- Loss of outer third of eyebrows
- Often accompanied by fatigue, weight changes, and temperature sensitivity

**Action Step:** Request comprehensive thyroid testing (TSH, Free T3, Free T4, and thyroid antibodies) if you suspect this could be contributing to your hair loss.

## Autoimmune Conditions

Several autoimmune disorders can trigger or exacerbate hair loss:

- Alopecia Areata: Characterized by sudden, patchy hair loss
- Lupus: Often causes hair loss along with a butterfly-shaped rash on the face
- Psoriasis: Scalp inflammation can damage follicles
- Inflammatory Bowel Disease: Can cause nutrient malabsorption affecting hair

**Action Step:** If you have any autoimmune symptoms or family history, consult with a rheumatologist or immunologist for appropriate testing.

## Nutritional Deficiencies

Several key nutrients directly impact hair growth when deficient:

- Iron: The most common nutritional cause of hair loss, especially in women
- Vitamin D: Low levels correlate strongly with various types of hair loss
- Zinc: Critical for protein synthesis and cell division in hair follicles
- B12: Deficiency common in vegetarians and those with digestive issues

**Action Step:** Request blood work to check ferritin (iron storage), vitamin D, zinc, and B12 levels—not just standard ranges but optimal ranges for hair growth.

For optimal results with FOLLI-ACTIV, adjust your dosage based on the severity of hair loss: For **light hair loss**, take 1 capsule daily. For **medium hair loss**, take 2 capsules daily. For **serious hair loss**, take 3 capsules daily.

While FOLLI-ACTIV provides comprehensive support for hair growth, addressing underlying medical conditions in partnership with your healthcare provider can significantly enhance your results.

# FOLLI-ACTIV for Post-Chemotherapy Hair Recovery

## Rebuilding After Treatment

Cancer survivors face unique challenges in hair regrowth after chemotherapy. While FOLLI-ACTIV cannot prevent chemotherapy-induced hair loss, it can play a significant role in recovery:

- Supports follicles during the vulnerable regrowth phase
- Provides essential nutrients depleted during cancer treatment
- Helps reduce scalp inflammation that may persist after therapy
- Encourages healthier, stronger regrowth when hair begins to return

Many patients find that post-chemotherapy hair returns with different texture, color, or growth patterns. FOLLI-ACTIV's nutritional support helps optimize this new growth for better quality and density.

## Special Considerations

Always consult with your oncologist before beginning any supplement regimen after cancer treatment. Generally, FOLLI-ACTIV is appropriate to begin 4-6 weeks after completing chemotherapy, once your physician has approved.



Post-chemotherapy hair regrowth typically follows a predictable pattern, with fine, soft hair appearing first, gradually becoming thicker and more normal in texture over 6-12 months. FOLLI-ACTIV can help optimize this natural recovery process.

"After completing my breast cancer treatment, my hair began growing back sparse and much more gray than before. Three months on FOLLI-ACTIV not only gave me more density but also seemed to restore some of my natural color. It was an unexpected boost to my recovery journey."

— Linda M., 52, Breast Cancer Survivor



# The Hair-Stress Connection: Breaking the Cycle

## Psychological Stress

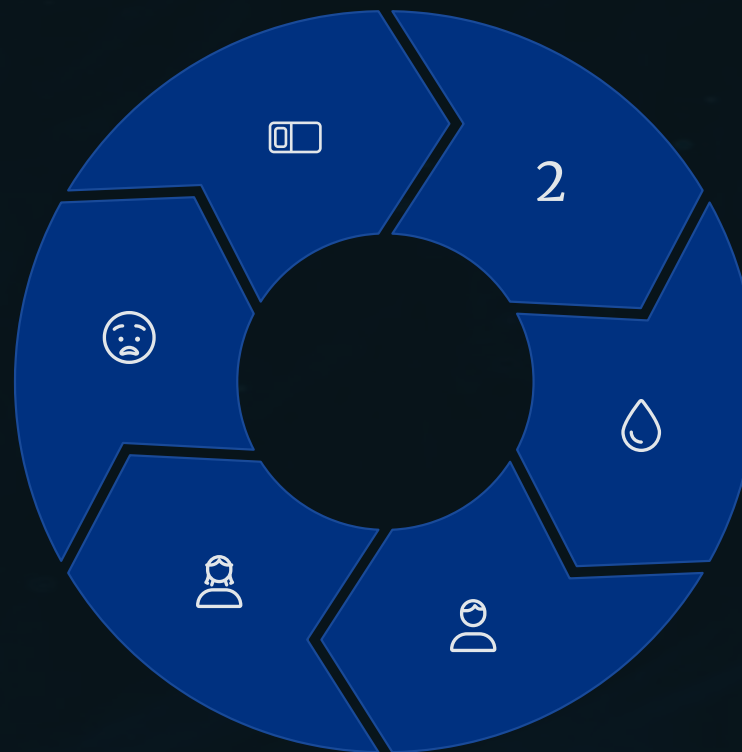
Anxiety, worry, and emotional distress trigger the release of stress hormones including cortisol, adrenaline, and norepinephrine.

## More Psychological Stress

Noticing increased hair loss creates additional anxiety and concern, perpetuating the stress response and creating a destructive cycle.

## Increased Shedding

Stress pushes follicles prematurely into the resting phase, causing more hairs to shed than normal—sometimes 2-3 times the typical amount.



## Hormonal Cascade

Elevated cortisol disrupts normal hormone balance, increasing inflammatory cytokines and potentially raising androgens like DHT.

## Reduced Blood Flow

Stress hormones cause vasoconstriction, reducing circulation to the scalp and limiting nutrient/oxygen delivery to follicles.

## Follicle Miniaturization

With inadequate nutrition and increased inflammation, follicles begin to shrink and produce thinner, shorter hairs.

FOLLI-ACTIV's adaptogenic ingredients like Reishi mushroom help normalize stress hormone levels, while anti-inflammatory compounds reduce the damage from stress-induced inflammation, effectively interrupting this destructive cycle at multiple points.

For optimal results, adjust your dosage based on the severity of hair loss: 1 capsule a day for light hair loss, 2 capsules a day for medium hair loss, and 3 capsules a day for serious hair loss.

**Pricing Information:** 1 bottle of FOLLI-ACTIV contains 90 capsules and costs RM149. A pack of 3 bottles contains 270 capsules and costs RM327 (which is RM109 per bottle).

# The Sleep-Hair Connection: Why Quality Rest Matters

Sleep is a critical yet often overlooked factor in hair health. During deep sleep stages, your body:

- Releases growth hormone essential for tissue repair and regeneration
- Regulates cortisol levels, reducing stress-related hair loss
- Increases blood flow to the scalp, delivering nutrients to follicles
- Balances immune function, reducing inflammatory responses
- Optimizes protein synthesis necessary for hair growth

Research has shown that sleep deprivation can reduce hair growth by up to 40% by disrupting these crucial processes.

## Sleep Optimization Strategies

1. Maintain a consistent sleep schedule, even on weekends
2. Create a cool, dark sleeping environment (65–68°F is ideal)
3. Avoid blue light from screens 1-2 hours before bedtime
4. Consider a low dose (0.5–3mg) of melatonin if falling asleep is difficult
5. Practice relaxation techniques like deep breathing before bed



While taking FOLLI-ACTIV before bed is not recommended (it's best absorbed with food), prioritizing sleep quality is a powerful complementary strategy that enhances the supplement's effectiveness by optimizing your body's natural repair processes.

For optimal results, adjust your FOLLI-ACTIV dosage based on your hair loss severity: **1 capsule a day for light hair loss, 2 capsules a day for medium hair loss, and 3 capsules a day for serious hair loss.**

"When I improved my sleep habits alongside taking FOLLI-ACTIV, I noticed a dramatic acceleration in my results. Within just 6 weeks, the shedding had reduced significantly, and by 3 months, I had visible regrowth along my hairline."

— Michael J., 43, Software Engineer



# Dietary Factors That Support Healthy Hair Growth



## Protein-Rich Foods

Hair is approximately 95% keratin, a structural protein requiring adequate dietary protein for production:

- **Lean meats:** Chicken, turkey, lean beef (complete proteins)
- **Fish:** Salmon, tuna, mackerel (also provide omega-3s)
- **Eggs:** Contain biotin and high-quality protein
- **Plant sources:** Legumes, quinoa, nuts, seeds

Aim for 0.8-1g of protein per kg of body weight daily for optimal hair growth.



## Iron-Rich Foods

Iron deficiency is the most common nutritional cause of hair loss, especially in women:

- **Animal sources:** Red meat, organ meats, oysters (heme iron)
- **Plant sources:** Spinach, lentils, fortified cereals (non-heme iron)
- **Absorption enhancers:** Vitamin C-rich foods like citrus
- **Inhibitors to avoid:** Coffee/tea within 1 hour of iron-rich meals

Menstruating women need approximately 18mg daily; men and post-menopausal women need 8mg.



## Healthy Fats

Essential fatty acids maintain scalp health and reduce inflammation:

- **Omega-3s:** Fatty fish, flaxseeds, walnuts
- **Monounsaturated fats:** Olive oil, avocados
- **Medium-chain triglycerides:** Coconut oil
- **Fat-soluble vitamins:** Eggs, nuts, fatty fish

Healthy fats also improve the absorption of fat-soluble vitamins essential for hair health.



## Antioxidant-Rich Foods

Neutralize free radicals that damage follicle cells:

- **Colorful fruits:** Berries, pomegranates, citrus
- **Vegetables:** Spinach, kale, bell peppers
- **Spices:** Turmeric, cinnamon, ginger
- **Beverages:** Green tea, coffee (in moderation)

A diet rich in plant-based antioxidants complements FOLLI-ACTIV's anti-inflammatory approach.

## FOLLI-ACTIV Dosage Recommendations

To complement a healthy diet and provide targeted support for hair growth, consider the following FOLLI-ACTIV daily dosage based on your hair loss severity:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

Always consult the packaging for full usage instructions and consider speaking with a healthcare professional.



# Foods to Limit or Avoid for Optimal Hair Health

## Sugar and Refined Carbohydrates

These foods can negatively impact hair growth through multiple mechanisms:

- Trigger inflammation that can damage follicles
- Cause glycation of proteins, including those in hair structure
- Create insulin resistance that disrupts hormone balance
- Deplete B vitamins needed for hair growth

Limit added sugars to less than 25g daily and choose complex carbohydrates like whole grains, legumes, and vegetables instead of refined options.

## Alcohol

Regular or excessive alcohol consumption can compromise hair health:

- Depletes zinc, B vitamins, and other nutrients essential for hair
- Causes dehydration that affects blood flow to the scalp
- Disrupts sleep quality, reducing growth hormone production
- Increases estrogen levels in men, potentially affecting DHT

Limit alcohol to 1-2 drinks per week or less for optimal hair growth support.

## High-Mercury Fish

While fish is generally beneficial, certain varieties can be problematic:

- Mercury is a known toxin that can accumulate in hair follicles
- May disrupt protein synthesis and cellular function
- Common high-mercury fish include king mackerel, swordfish, and tilefish
- Choose low-mercury alternatives like salmon, sardines, and trout

The FDA recommends limiting high-mercury seafood especially for women who may become pregnant.

## FOLLI-ACTIV Dosage Recommendations

For **light hair loss**, take 1 capsule per day.

For **medium hair loss**, take 2 capsules per day.

For **serious hair loss**, take 3 capsules per day.

While FOLLI-ACTIV works to create an optimal internal environment for hair growth, eliminating or reducing these dietary factors can enhance your results and overall hair health.

# The Hair-Gut Connection: How Digestive Health Affects Your Hair

Emerging research has established a surprising but powerful link between gut health and hair growth. This connection operates through several key mechanisms:

## Nutrient Absorption

Even the most nutrient-dense diet or highest-quality supplement is only effective if your body can properly absorb it:

- Inflammation in the gut lining reduces nutrient uptake
- Low stomach acid (common with aging or certain medications) impairs mineral absorption
- Imbalanced gut microbiome affects B-vitamin production and absorption
- Certain digestive conditions like celiac disease or IBD create specific malabsorption issues

## Inflammatory Signaling

The gut is the largest immune organ in the body:

- Intestinal permeability ("leaky gut") allows inflammatory compounds to enter circulation
- Systemic inflammation initiated in the gut affects distant tissues, including hair follicles
- Food sensitivities can trigger inflammatory cascades that impact hair growth



## Gut-Supporting Strategies

To maximize FOLLI-ACTIV's effectiveness, consider these gut-optimizing approaches:

1. Include fermented foods like yogurt, kefir, sauerkraut, or kimchi regularly
2. Consume diverse plant fibers to feed beneficial bacteria
3. Consider a high-quality probiotic supplement with multiple strains
4. Identify and address food sensitivities through an elimination diet or testing
5. Support stomach acid production by consuming apple cider vinegar before meals
6. Manage stress, which directly impacts gut function through the gut-brain axis

By optimizing your digestive health, you'll enhance the absorption and effectiveness of FOLLI-ACTIV's nutritional and anti-inflammatory compounds.



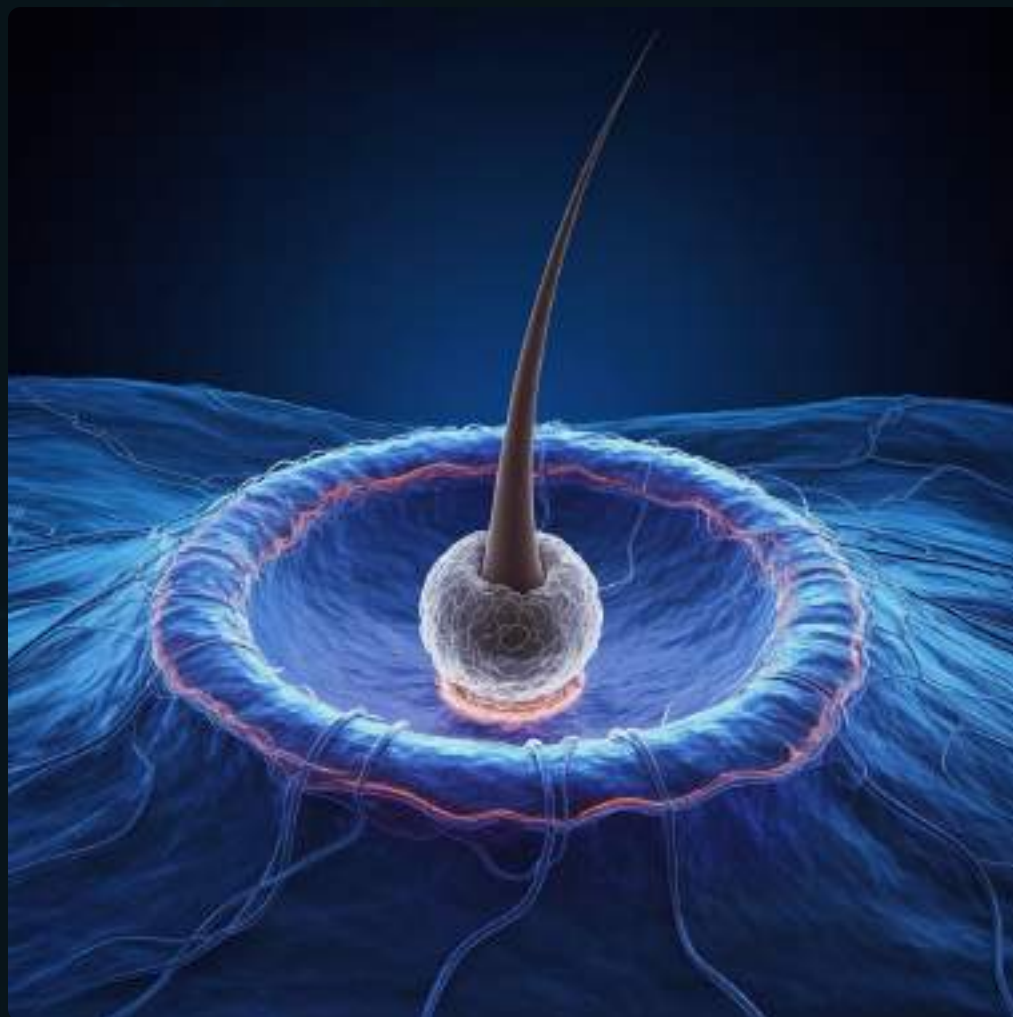
# Hair Loss After COVID-19: A Special Consideration

## The Post-Viral Shedding Phenomenon

COVID-19 has been linked to a significant increase in Telogen Effluvium, a form of temporary but dramatic hair shedding that occurs 2-3 months after a stressful event:

- Up to 33% of COVID patients experience noticeable hair loss
- The inflammatory response during infection pushes follicles into a resting phase
- Fever above 101°F for several days is a known trigger for Telogen Effluvium
- Nutritional deficiencies during illness and recovery contribute to the problem
- Psychological stress of diagnosis and isolation exacerbates shedding

This form of hair loss typically peaks at 3-4 months post-infection and can last 6-9 months if untreated.



## How FOLLI-ACTIV Can Help

FOLLI-ACTIV is particularly well-suited to address post-COVID hair loss for several reasons:

1. The anti-inflammatory ingredients help calm lingering systemic inflammation
2. Adaptogenic compounds support recovery from the physiological stress of illness
3. Nutritional components replenish vitamins and minerals depleted during infection
4. DHT-blocking ingredients prevent opportunistic androgenetic alopecia from accelerating during the recovery period

Many users report that post-COVID hair loss resolves more quickly with FOLLI-ACTIV support, often seeing significant improvement within 2-3 months rather than the typical 6+ months for untreated recovery.

### Dosage Guidelines:

- For **light hair loss**: 1 capsule a day
- For **medium hair loss**: 2 capsules a day
- For **serious hair loss**: 3 capsules a day



# The Aging Hair Challenge: FOLLI-ACTIV for Mature Adults

<h3>Age-Related Changes in Hair</h3> <p>As we age, hair undergoes predictable transformations that extend beyond simple thinning:</p> <ul style="list-style-type: none"><li>• Reduced melanin production leads to graying</li><li>• Decreased sebum production causes dryness and brittleness</li><li>• Follicle miniaturization produces finer, less substantial hairs</li><li>• Growth phase (anagen) shortens, resulting in maximum length limitations</li><li>• Increased sensitivity to DHT accelerates genetic hair loss patterns</li></ul> <p>These changes typically accelerate after age 50 but can begin as early as the 30s depending on genetic factors.</p>	<h3>Age-Specific Benefits of FOLLI-ACTIV</h3> <p>The formulation addresses several age-related hair challenges:</p> <ul style="list-style-type: none"><li>• DHT-blocking compounds become increasingly important as sensitivity increases with age</li><li>• Antioxidants combat accumulated oxidative damage to follicle stem cells</li><li>• Nutritional support compensates for reduced absorption efficiency common in aging</li><li>• Anti-inflammatory ingredients address the low-grade chronic inflammation of aging ("inflammaging")</li></ul> <p>Users over 50 often report improvements not just in density but also in hair quality, moisture, and resilience.</p>	<h3>Dosage Considerations for Mature Adults</h3> <p>General dosage recommendations based on hair loss severity:</p> <ul style="list-style-type: none"><li>• <b>Light hair loss:</b> 1 capsule a day</li><li>• <b>Medium hair loss:</b> 2 capsules a day</li><li>• <b>Serious hair loss:</b> 3 capsules a day</li></ul> <p>Older adults may also benefit from these specific dosing strategies:</p> <ul style="list-style-type: none"><li>• Start with a higher dose (2-3 capsules daily) due to typically more advanced hair loss</li><li>• Allow a longer evaluation period (4-6 months) as cellular regeneration slows with age</li><li>• Take with a meal containing healthy fats to maximize absorption</li><li>• Consider cycling to the maintenance dose (1 capsule daily) after initial results are achieved</li></ul> <p>Consistency is particularly important for mature adults, as interruptions in treatment can lead to more rapid regression of results.</p>
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For pricing details:

A single bottle contains 90 capsules and is priced at RM149.

A package of 3 bottles contains 270 capsules and is priced at RM327, making each bottle RM109.

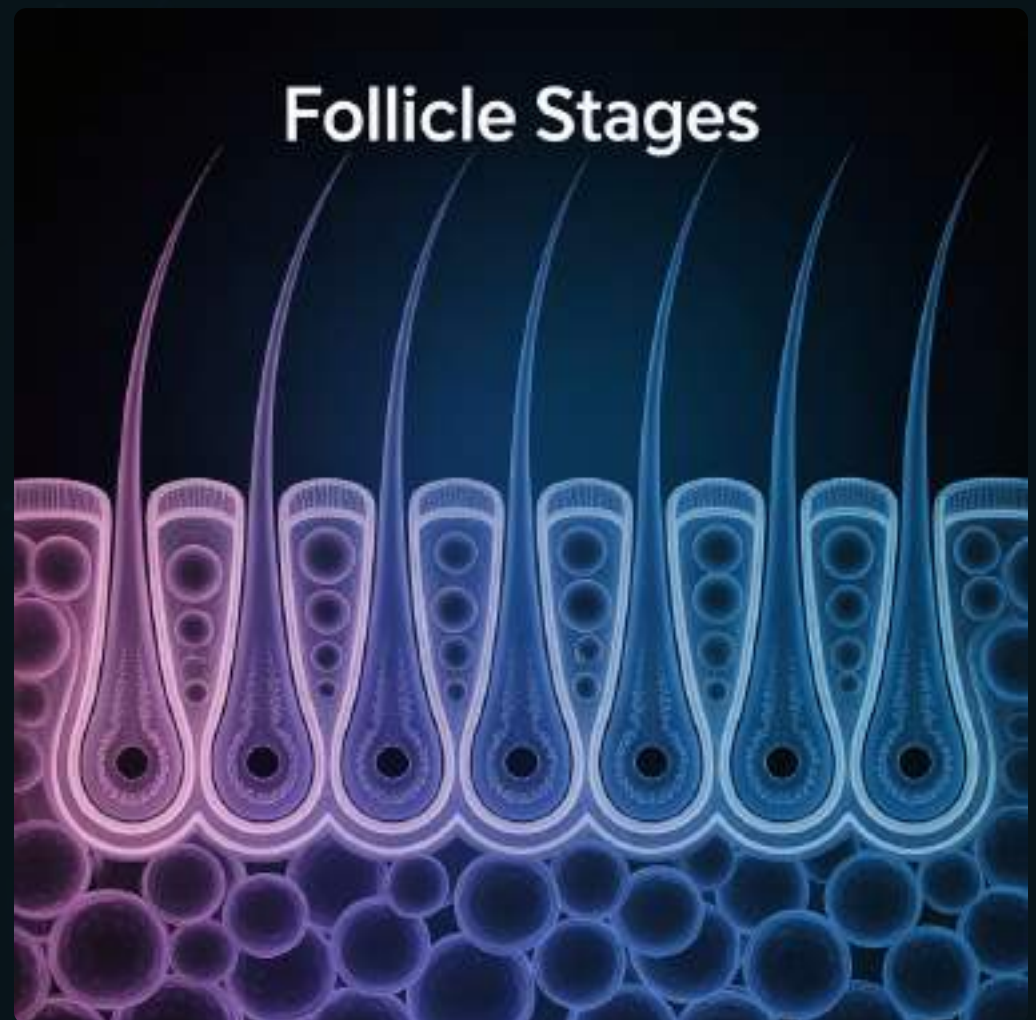
It's never too late to improve your hair health. Many FOLLI-ACTIV users in their 60s and 70s experience significant improvements in both hair quantity and quality.

# Miniaturization: The Process Behind Hair Thinning

To understand how FOLLI-ACTIV works, it's essential to understand the process of follicle miniaturization—the primary mechanism behind androgenetic alopecia:

1. **Initial State:** Healthy follicles produce thick, pigmented terminal hairs with a diameter of 0.06–0.08mm, growing for 3–7 years in the anagen phase.
2. **Early Miniaturization:** As DHT binds to susceptible follicles, the growth phase shortens to 2–3 years, and hair diameter decreases by approximately 20%.
3. **Intermediate Stage:** Continued DHT exposure further reduces the growth phase to 1–2 years. Hair becomes noticeably finer (0.03–0.05mm) and may grow more slowly.
4. **Advanced Miniaturization:** Growth phase becomes extremely brief (months instead of years), producing short, unpigmented vellus hairs similar to peach fuzz.
5. **Final Stage:** Follicle becomes dormant, producing no visible hair above the skin surface, though it remains alive beneath the scalp.

This process happens gradually over years, which is why hair loss often goes unnoticed until 50% or more of hairs in an area have miniaturized.



## FOLLI-ACTIV's Impact on Miniaturization

The multi-targeted approach works to reverse this process:

- DHT-blocking ingredients prevent further miniaturization of healthy follicles
- Anti-inflammatory compounds create an environment where partially miniaturized follicles can recover
- Nutritional components provide the building blocks needed for follicles to produce thicker, stronger hairs
- Extended use allows for the gradual transition back to terminal hairs as the growth cycle normalizes

## Recommended Dosage for Hair Loss Severity

To best address your individual needs, consider the following dosage guidelines:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

Reversal of miniaturization is possible but requires time—typically 3–6 months for noticeable improvement and 9–12 months for significant recovery in most cases.



# Seasonal Hair Shedding: Using FOLLI-ACTIV Strategically

## Understanding the Annual Shed Cycle

Many people experience predictable increases in hair shedding during specific seasons:

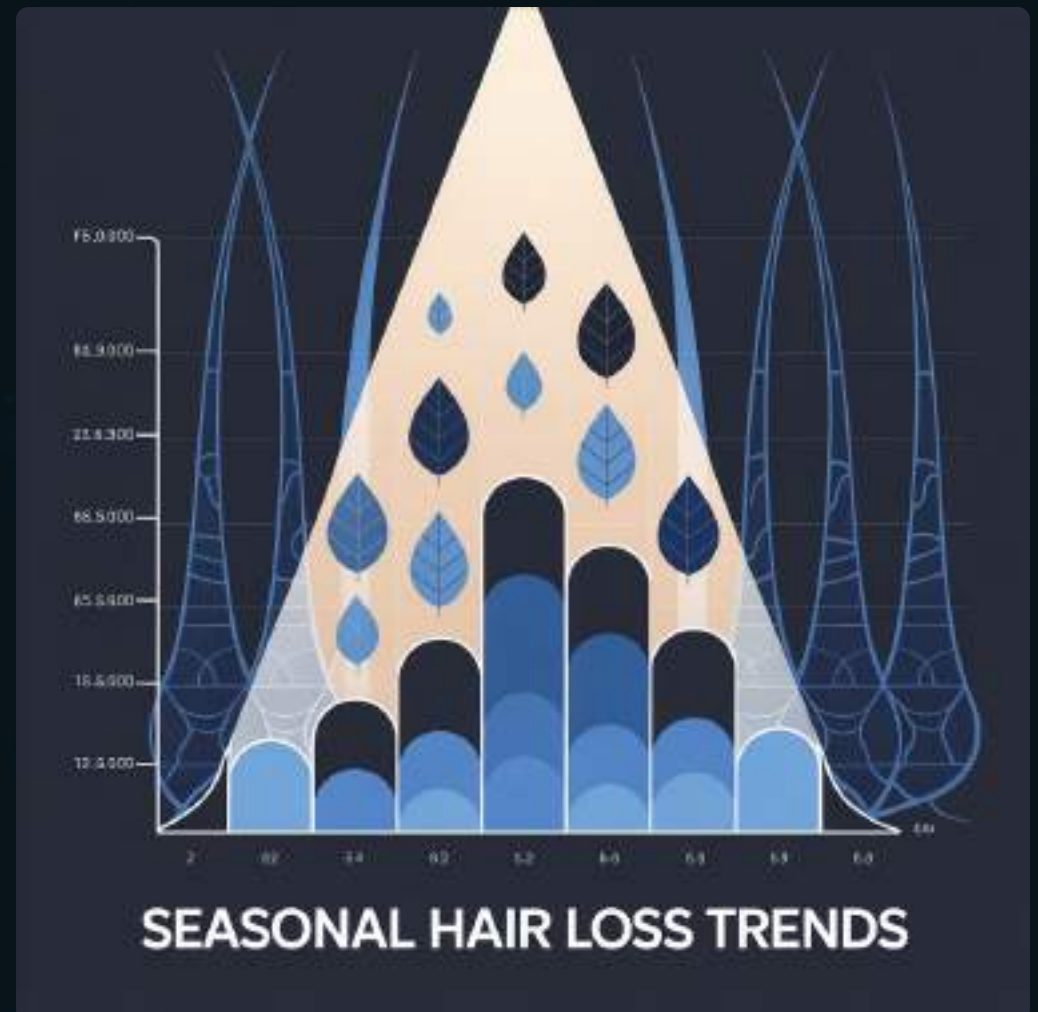
- **Fall Shedding (September–November):** The most common and pronounced seasonal shed, with up to 30% more hairs entering the telogen phase
- **Spring Shedding (March–May):** A secondary, typically milder increase in shedding as the body transitions

This pattern evolved as a biological adaptation to protect the scalp from summer sun exposure (by having maximum density in summer) and conserve energy during winter (by reducing growth during colder months).

## Strategic Timing for FOLLI-ACTIV Use

For general hair loss management, a typical daily dosage is 1 capsule for light hair loss, 2 capsules for medium hair loss, and 3 capsules for serious hair loss. For those experiencing seasonal shedding, strategic use of FOLLI-ACTIV can help minimize these natural fluctuations:

1. Begin or increase dosage 4–6 weeks *before* your typical shedding season begins
2. Maintain the higher dosage throughout the shedding period
3. Return to maintenance dosage after the seasonal shed has passed



This proactive approach helps stabilize the hair cycle and reduce the impact of seasonal triggers, leading to more consistent hair density throughout the year.

### 📌 Climate Considerations

Those living in extreme climates may experience more pronounced seasonal shedding due to greater temperature variations and UV exposure changes. Users in such regions may benefit from the higher dosage protocol (2–3 capsules daily) during transition seasons.

Additionally, supporting your scalp with appropriate seasonal care—UV protection in summer, moisture in winter—complements FOLLI-ACTIV's internal approach.



# Tracking Your Progress: Documentation Methods

## Standardized Photography

The most objective method for assessing changes over time:

- Take photos monthly in the same location with consistent lighting
- Capture multiple angles: top-down, hairline, crown, and sides
- Maintain the same hair length, style, and cleanliness
- Use a neutral background and avoid filters or editing
- Consider using a photo-tracking app designed for hair monitoring

These consistent images provide concrete evidence of changes that might be too gradual to notice day-to-day.

## Hair Count Test

A simple but effective method to quantify shedding:

- Shampoo hair after 24 hours of not washing
- Count hairs lost during shampooing and in the drain
- Perform this test weekly on the same day
- Record numbers in a tracking journal or spreadsheet
- Normal shedding is 50-100 hairs; improvement shows reduced counts

This method is particularly useful for monitoring the early stages of improvement when shedding decreases before visible regrowth occurs.

## Pull Test Assessment

A technique used by dermatologists that you can perform at home:

- Run fingers through a section of dry, clean hair with gentle traction
- Count how many hairs come loose (normally 1-2 hairs per section)
- Test 3-4 different scalp regions
- Perform weekly and track changes
- Decreasing numbers indicate strengthening follicle attachment

This test assesses hair at different stages of the growth cycle and helps evaluate overall follicle health.

## Subjective Assessments

Don't overlook qualitative improvements:

- Hair texture and shine changes
- Increased styling manageability
- Feedback from hairstylists or friends who see you periodically
- Changes in how your scalp feels (less irritation, itching)
- Emotional relationship with your hair

These subjective measures can detect improvements in hair quality that may precede noticeable changes in density.

## Recommended FOLLI-ACTIV Dosage

For optimal results, tailor your FOLLI-ACTIV dosage based on the severity of hair loss:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

### Pricing Information:

1 bottle (90 capsules): Ringgit 149

3 bottles (270 capsules): Ringgit 327 (Equivalent to Ringgit 109 per bottle)

# Potential Side Effects and How to Manage Them

## Digestive Adjustment

The most common initial experience when starting FOLLI-ACTIV:

- **Symptoms:** Mild nausea, heartburn, or stomach discomfort, typically when taken on an empty stomach
- **Frequency:** Affects approximately 5-7% of users, usually resolving within 1-2 weeks
- **Management:** Always take with food, preferably a meal containing some healthy fats to aid absorption
- **Adaptation:** If symptoms persist, try splitting the daily dose across multiple meals instead of taking all at once

This mild adjustment period is typical with many supplements and is not cause for concern unless symptoms are severe or persistent.

## Initial Shedding

Some users experience a brief increase in shedding when beginning treatment:

- **Mechanism:** This "purge" occurs as weak, near-end-of-cycle hairs are pushed out to make way for new, healthier growth
- **Timeline:** Typically begins around weeks 2-3 and resolves by week 6
- **Frequency:** Affects approximately 15-20% of users
- **Management:** Continue treatment—this is actually a positive sign that the product is affecting your hair cycle

This phenomenon is well-documented with most effective hair treatments and indicates the transition to a healthier growth cycle.

## Rare Considerations

Less common reactions to be aware of:

- **Allergic Response:** Primarily associated with Royal Jelly component (bee product); discontinue if hives, itching, or swelling occur
- **Headaches:** Occasionally reported during the first week; often related to systemic hormonal adjustments and typically resolve quickly
- **Acne Changes:** DHT-blocking ingredients may temporarily affect oil production in some individuals; typically balances within 2-4 weeks

These effects are rare (affecting less than 2% of users) and generally mild and self-limiting.

FOLLI-ACTIV's natural formulation is designed to minimize side effects while maximizing efficacy. The vast majority of users experience no adverse effects whatsoever, making it a safe long-term solution for hair health.

### Recommended Dosage:

For **light hair loss**: 1 capsule per day

For **medium hair loss**: 2 capsules per day

For **serious hair loss**: 3 capsules per day



# Long-Term Use: What to Expect After 6+ Months

## The Ongoing Benefits

While the first 3–6 months bring the most dramatic visible changes, continued use of FOLLI-ACTIV provides sustained and progressive benefits:

- **Months 6–9:** Further increase in hair density as more follicles complete a full growth cycle under optimal conditions
- **Months 9–12:** Improvements in hair diameter as follicles produce increasingly robust hairs with each cycle
- **Months 12–24:** Stabilization of results with maintenance of gains and continued protection against future loss
- **Beyond 2 Years:** Ongoing support for hair quality, with many users reporting continued gradual improvements in density

The three-pillar approach becomes increasingly effective over time as the cumulative benefits of reduced inflammation, hormonal balance, and nutritional support compound.



## Maintenance Protocol

After achieving your desired results (typically 6–12 months), many users transition to a maintenance approach:

1. Reduce dosage to 1 capsule daily (for those who started with 2–3)
2. Continue consistent use without "cycling" or breaks
3. Monitor for any changes in shedding or density
4. Periodically document with photos to ensure stability
5. Return to the higher therapeutic dose temporarily if you notice any regression

This maintenance approach is both cost-effective and sufficient for preserving gains in most users while continuing to support overall hair health.

## Recommended Initial Dosage

For new users, the appropriate starting dosage of FOLLI-ACTIV depends on the severity of your hair loss:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

## Pricing Information

FOLLI-ACTIV is available as follows:

- **1 bottle:** 90 capsules for RM149.
- **3 bottles:** 270 capsules for RM327 (equivalent to RM109 per bottle).



# FOLLI-ACTIV vs. Prescription Options: Making an Informed Choice

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FOLLI-ACTIV dosage can be adjusted based on the severity of hair loss:

- For **light hair loss**, take 1 capsule daily.
- For **medium hair loss**, take 2 capsules daily.
- For **serious hair loss**, take 3 capsules daily.

While prescription options may offer slightly higher efficacy in some cases, FOLLI-ACTIV provides a comprehensive approach with superior safety profile, making it an excellent first-line option or complementary treatment for those seeking a natural alternative to pharmaceuticals.

# Hair Loss in Ethnic Hair Types: Special Considerations

1	2	3
<p><b>African/Black Hair Types</b></p> <p>Unique characteristics and challenges:</p> <ul style="list-style-type: none"><li>• More susceptible to Traction Alopecia due to styling practices (braids, weaves, chemical treatments)</li><li>• Central Centrifugal Cicatricial Alopecia (CCCA) is more common, involving inflammation and scarring</li><li>• Follicles are more curved and vulnerable to ingrown hairs that can cause inflammation</li><li>• Often has lower density but thicker individual hair strands</li></ul> <p>FOLLI-ACTIV's anti-inflammatory compounds are particularly beneficial for addressing the inflammatory component common in these hair types, while the nutritional support helps strengthen follicles against styling damage.</p>	<p><b>Asian Hair Types</b></p> <p>Distinctive patterns and responses:</p> <ul style="list-style-type: none"><li>• Typically has the highest density and thickest individual strands</li><li>• Often exhibits diffuse thinning rather than distinct patterns</li><li>• Can be more resistant to typical treatments due to structural differences</li><li>• Tends to have more sebum production, affecting scalp health</li></ul> <p>The DHT-blocking components of FOLLI-ACTIV address the primary cause of thinning in Asian hair types, while the sebum-regulating effects of ingredients like Saw Palmetto help maintain optimal scalp conditions.</p>	<p><b>Mediterranean/Middle Eastern Hair</b></p> <p>Special considerations:</p> <ul style="list-style-type: none"><li>• Often experiences earlier onset of androgenetic alopecia</li><li>• Higher prevalence of DHT sensitivity</li><li>• More pronounced male pattern baldness progression</li><li>• Frequently accompanied by increased body hair growth</li></ul> <p>The potent DHT-blocking formulation of FOLLI-ACTIV is especially important for these hair types, where hormonal factors play a particularly strong role in hair loss patterns.</p>

FOLLI-ACTIV's multi-faceted approach makes it effective across all ethnic hair types, addressing the specific underlying factors most relevant to each. Results timeline and optimal dosage may vary slightly based on genetic factors and hair loss patterns.

## Recommended Dosage Guidelines:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

## Pricing Information:

- 1 bottle: 90 capsules, RM149
- 3 bottles: 270 capsules, RM327 (Per bottle: RM109)



# FOLLI-ACTIV for Female Pattern Hair Loss

## Understanding the Female Pattern

Female pattern hair loss (FPHL) differs significantly from male pattern baldness:

- Typically presents as diffuse thinning throughout the top of the scalp and part line
- Usually preserves the frontal hairline, creating a "Christmas tree" pattern
- Often involves multiple contributing factors beyond DHT (hormonal fluctuations, stress, nutritional deficiencies)
- Progresses more slowly but can be more emotionally devastating due to cultural associations between femininity and hair

Up to 50% of women experience noticeable hair thinning by age 50, with the percentage increasing to nearly 80% by age 70.

## Hormonal Considerations in Women

While DHT plays a role in female hair loss, the hormonal landscape is more complex:

- Estrogen decline during perimenopause/menopause unmasks androgen activity
- Increased androgen sensitivity rather than elevated levels is often the issue
- Thyroid imbalances affect 1 in 8 women and significantly impact hair growth
- Polycystic Ovary Syndrome (PCOS) creates androgen excess in 10% of women



## How FOLLI-ACTIV Addresses Female Needs

The formula is particularly well-suited to women's hair loss patterns:

1. The anti-inflammatory pillar addresses the inflammation often more prominent in female hair loss
2. Hormonal modulating herbs help balance the complex female hormonal ecosystem
3. Nutritional support targets common deficiencies in women (iron, vitamin D, B-vitamins)
4. Adaptogenic ingredients help manage stress-related shedding more common in women

Female users typically see initial results within the same timeframe as men (2-3 months), with the most dramatic improvements occurring between months 4-8, particularly along the part line and crown areas.

For personalized dosage, consider your hair loss severity:

- **Light Hair Loss:** 1 capsule per day
- **Medium Hair Loss:** 2 capsules per day
- **Serious Hair Loss:** 3 capsules per day

## Pricing Information:

- One bottle of FOLLI-ACTIV contains 90 capsules and costs RM149.
- Three bottles of FOLLI-ACTIV contain 270 capsules and cost RM327 (equivalent to RM109 per bottle).



# FOLLI-ACTIV for Postpartum Hair Loss



For optimal results, we recommend beginning FOLLI-ACTIV as soon as breastfeeding is completed, or earlier if you're not nursing (always consult your physician first). While a standard dosage of 2 capsules daily is typically most effective for moderate postpartum recovery, you may adjust based on severity: 1 capsule for light hair loss, and up to 3 capsules for serious hair loss.

## FOLLI-ACTIV Pricing:

- **1 Bottle:** 90 capsules for RM149
- **3 Bottles:** 270 capsules for RM327 (equivalent to RM109 per bottle)

# Combining FOLLI-ACTIV with Other Hair Loss Treatments

1

## Topical Minoxidil

**Synergy Rating: ★★★★★**

FOLLI-ACTIV pairs exceptionally well with topical minoxidil (Folli-Fix):

- Minoxidil works externally as a vasodilator extending the growth phase
- FOLLI-ACTIV works internally addressing DHT, inflammation, and nutrition
- The combination creates a "inside-out" approach for maximum efficacy
- Clinical studies show combination treatments produce up to 35% better results than either alone

Implementation: Apply minoxidil as directed (typically twice daily) while taking your regular FOLLI-ACTIV dosage. For women, the 2% minoxidil formulation is usually recommended.

2

## Low-Level Laser Therapy

**Synergy Rating: ★★★★★**

LLLT devices work well alongside FOLLI-ACTIV:

- Laser therapy stimulates cellular energy production in follicles
- Improves blood flow to the scalp, enhancing delivery of FOLLI-ACTIV's nutrients
- Reduces inflammation through different pathways than the supplement
- Non-invasive and compatible with all other treatments

Implementation: Use your LLLT device as directed (typically 3-7 times weekly for 8-25 minutes) while maintaining your FOLLI-ACTIV regimen.

3

## Simulation & Stimulation Microneedling

**Synergy Rating: ★★★★★**

This collagen-induction therapy complements FOLLI-ACTIV's approach:

- Creates controlled microtrauma that stimulates growth factors
- Increases absorption of topical treatments when used together
- Activates stem cells in the follicle bulge region
- Particularly effective for scarring alopecia and resistant areas

Implementation: Use a 0.5-1.5mm dermaroller or dermapen every 1-2 weeks. Take FOLLI-ACTIV consistently during this treatment to provide nutrients for the regenerative process.

For general guidance on FOLLI-ACTIV dosage: 1 capsule a day is recommended for light hair loss, 2 capsules a day for medium hair loss, and 3 capsules a day for serious hair loss.

When combining treatments, expect an additive or even synergistic effect, potentially reducing the time to visible results by 30-50%. Always introduce new treatments one at a time to identify any potential sensitivities.



# Preventative Use: Stopping Hair Loss Before It Starts

## Early Intervention Advantages

Scientific evidence shows that preventing hair loss is significantly more effective than treating it after substantial thinning has occurred:

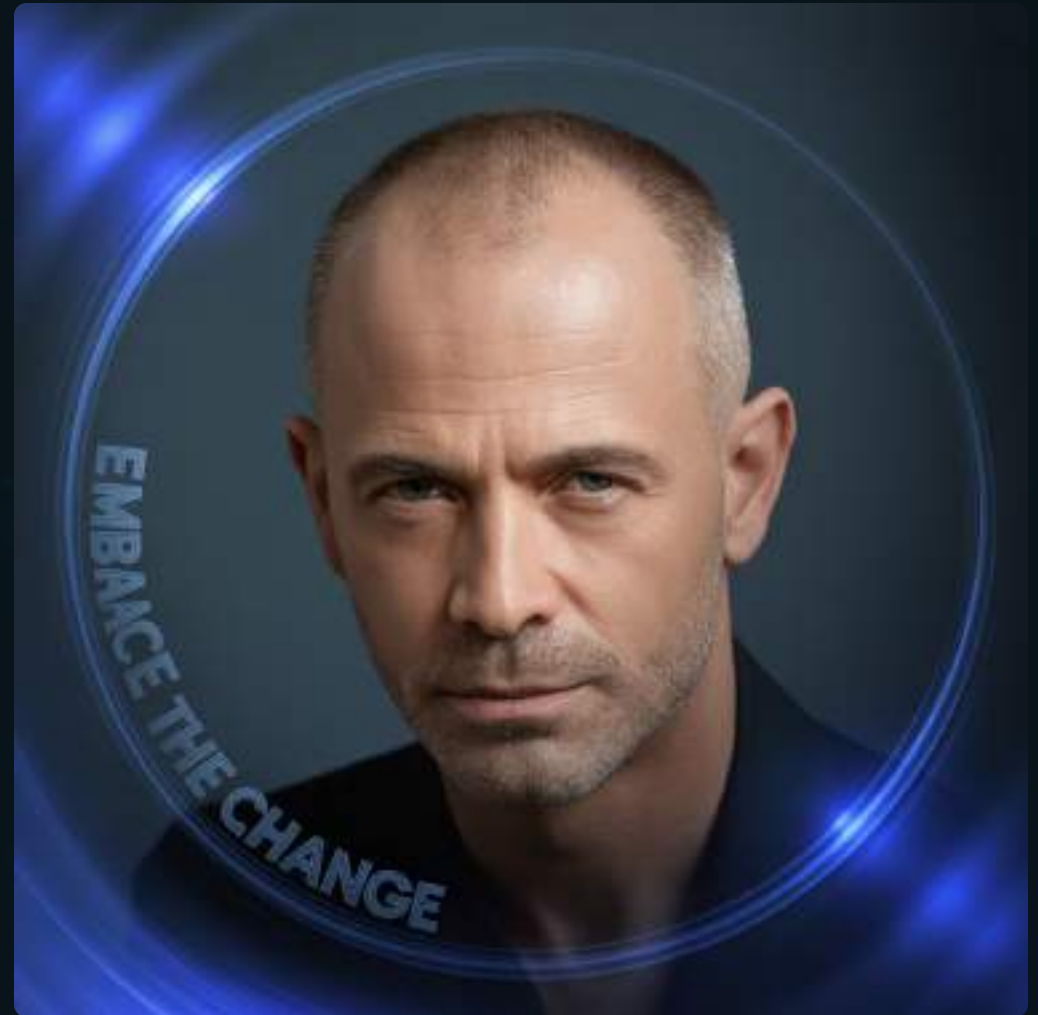
- Follicles in early miniaturization respond more readily to treatment
- Maintaining existing hair requires less intervention than regrowing lost hair
- Prevention avoids the psychological impact of visible hair loss
- Early intervention prevents the "domino effect" where thinning accelerates over time

Research indicates that early intervention can delay the onset of noticeable hair loss by 10-15 years or more in genetically predisposed individuals.

## Who Should Consider Preventative Use?

FOLLI-ACTIV as a preventative measure is particularly valuable for:

- Individuals with strong family history of early hair loss
- Those noticing early warning signs: excessive shedding, receding temples, widening part
- People entering high-risk age brackets (30s for men, perimenopause for women)
- Those experiencing high-stress periods or hormonal changes



## Recommended Dosage & Protocol

For those using FOLLI-ACTIV, the recommended dosage varies based on your needs:

1. For preventative use or **light hair loss** (e.g., initial shedding, early signs of thinning), begin with **1 capsule daily**.
2. For **medium hair loss** (e.g., noticeable thinning, receding hairline, widening part), increase to **2 capsules daily**.
3. For **serious hair loss** (e.g., significant balding, advanced thinning), consider **3 capsules daily** for enhanced support.
4. Take consistently without breaks for maximum effectiveness.
5. Document baseline photos for future comparison and monitor for any changes in shedding or hair density.

Many users report that consistent use not only maintains their hair density but actually improves overall hair quality, thickness, and growth rate—providing cosmetic benefits beyond just prevention.



# The Psychological Impact of Hair Loss

## Identity and Self-Image

Hair loss often strikes at the core of how we see ourselves:

- Research shows 88% of men identify hair as an important element of identity
- Women with hair loss report even higher psychological distress than men
- Many experience a disconnection between their appearance and self-perception
- Cultural associations between hair and youth, vitality, and attractiveness amplify the impact

The psychological effects can persist even after successful treatment if not addressed directly.

## Social and Professional Impact

Hair loss can affect how we interact with the world:

- Studies reveal that people with hair loss are perceived as older and less attractive
- 63% of women report direct negative effects on career from hair loss
- Social withdrawal is common, with 40% reporting avoidance of social activities
- Dating confidence is particularly affected, with 75% feeling less desirable

These perceptions, whether internal or external, can create real limitations in life experiences.

## The Emotional Journey of Recovery

Addressing hair loss involves emotional stages:

- Initial anxiety and urgency for immediate results
- Potential frustration during the waiting period
- Vigilant monitoring and hyper-awareness of each strand
- Gradual rebuilding of confidence as improvements appear
- Eventual integration of a new, positive self-image

Understanding this emotional journey is crucial for maintaining the consistency needed for treatment success.

## FOLLI-ACTIV Dosage Guidelines

- **Light Hair Loss:** 1 capsule daily
- **Medium Hair Loss:** 2 capsules daily
- **Serious Hair Loss:** 3 capsules daily

FOLLI-ACTIV users report that beyond the physical changes, the most meaningful impact is often the restoration of confidence and the freedom from constant worry about their hair—allowing them to refocus that energy on living fully.

# Customer Experiences: Real Stories from FOLLI-ACTIV Users

## Michael J., 37 – Male Pattern Baldness

"I started noticing my hairline receding in my early 30s, just like my father. By 35, my crown was visibly thinning, and I dreaded looking at photos of the back of my head. After trying several vitamins with no results, I discovered FOLLI-ACTIV.

The difference was noticeable within 2 months—dramatically less shedding in the shower. By month 4, my wife commented on the new growth along my hairline. Now at 9 months of use, my crown has filled in significantly, and I no longer feel self-conscious about my appearance. The best part? No side effects whatsoever."

## Sarah L., 42 – Postpartum Thinning

"After my second child, my hair loss was devastating. Clumps would come out when washing, and my part widened dramatically. My doctor said it would eventually recover, but after 8 months with little improvement, I felt hopeless.

I started FOLLI-ACTIV, and within 6 weeks, the shedding slowed significantly. By 3 months, I had noticeable regrowth—little baby hairs all along my part line. Now my hair is actually thicker than before pregnancy! As a bonus, my nails are stronger, and my skin seems clearer too. This has been life-changing during an already challenging time as a new mom."

## Robert T., 58 – Advanced Hair Loss

"I was skeptical that anything would work after 20+ years of progressive hair loss. I'd tried prescription medications but stopped due to side effects. At my age, I thought regrowth was impossible.

I decided to try FOLLI-ACTIV as a last resort at the maximum dosage. The changes were gradual but undeniable. After 6 months, areas I thought were permanently bald began showing fine new growth. My barber was amazed at the difference in density. At my age, I didn't expect miracles, but the improvement has been remarkable, especially considering how long my hair loss had progressed."

These testimonials represent typical experiences with FOLLI-ACTIV when used consistently as directed. Individual results may vary based on age, type and duration of hair loss, and genetic factors.

**Dosage Guidelines:** For light hair loss, we recommend 1 capsule a day. For medium hair loss, take 2 capsules a day. For serious hair loss, 3 capsules a day are recommended.

### Pricing Information:

- 1 Bottle (90 capsules): RM149
- 3 Bottles (270 capsules): RM327 (RM109 per bottle)

# Expert Perspectives: What Dermatologists Say

## Emerging Views on Nutritional Approaches

While pharmaceutical interventions have dominated clinical practice, attitudes among hair loss specialists are evolving:

"We're seeing a paradigm shift in how we approach hair loss. The multi-factorial approach of targeting DHT, inflammation, and nutritional support simultaneously makes logical sense from a biological perspective. While more long-term clinical studies are needed, the safety profile of these natural compounds makes them an attractive first-line option, especially for patients concerned about side effects from traditional pharmaceuticals."

— Dr. Rebecca Chen, MD, Dermatologist specializing in hair disorders

"What's particularly promising about comprehensive supplements like FOLLI-ACTIV is their ability to address multiple pathways. Hair loss rarely has a single cause, and this synergistic approach aligns with our evolving understanding of follicle biology. I often recommend such approaches for patients who cannot tolerate pharmaceuticals or prefer natural options."

— Dr. James Harmon, MD, PhD, Clinical Researcher in Androgenetic Alopecia

## Dosage Guidelines

- For light hair loss: 1 capsule a day
- For medium hair loss: 2 capsules a day
- For serious hair loss: 3 capsules a day

## Clinical Integration Perspectives

"For many of my patients, especially women, the conventional treatment options have significant limitations. Nutritional approaches that address the underlying metabolic and inflammatory factors show promise, particularly when the formulation is based on ingredients with established research. I've begun incorporating these as complementary strategies alongside conventional treatments with encouraging preliminary results."

— Dr. Maria Santos, MD, Board-Certified Dermatologist

While individual clinicians' perspectives vary, there is growing recognition in the dermatological community that comprehensive, multi-targeted nutritional approaches deserve consideration, particularly for patients seeking alternatives to conventional pharmaceutical interventions.



# Quality Assurance: How FOLLI-ACTIV Ensures Potency and Purity



## Raw Material Verification

Every ingredient undergoes rigorous testing before manufacturing:

- HPLC (High-Performance Liquid Chromatography) analysis confirms active compound concentration
- Heavy metal screening ensures safety limits are far below regulatory requirements
- Microbial testing verifies freedom from harmful organisms
- DNA barcoding confirms botanical identity and prevents substitution



## GMP Manufacturing

Production follows strict Good Manufacturing Practices:

- FDA-registered facility with regular inspections
- Climate-controlled environment to preserve ingredient stability
- Validated cleaning procedures between production runs
- Batch testing at multiple production stages



## Third-Party Testing

Independent verification ensures quality:

- Finished product testing by ISO-certified laboratories
- Stability testing to confirm shelf-life potency
- Dissolution testing to verify proper breakdown in digestive system
- Certificate of Analysis available for every batch



## Bioavailability Optimization

Scientific formulation maximizes effectiveness:

- Pharmaceutical-grade piperine for enhanced absorption
- Standardized extracts with guaranteed active compound levels
- Synergistic ratios based on clinical research
- Vegetable capsules for optimal dissolution

This comprehensive quality assurance system ensures that every capsule of FOLLI-ACTIV contains exactly what's on the label, at the potency required for optimal results, without contaminants or fillers that could compromise safety or efficacy.

For personalized use, we recommend the following dosage: for light hair loss, take 1 capsule a day; for medium hair loss, take 2 capsules a day; and for serious hair loss, take 3 capsules a day.

# Genetic Hair Loss: Understanding Your Predisposition

## The Inheritance Patterns

Androgenetic alopecia (pattern hair loss) follows complex genetic patterns:

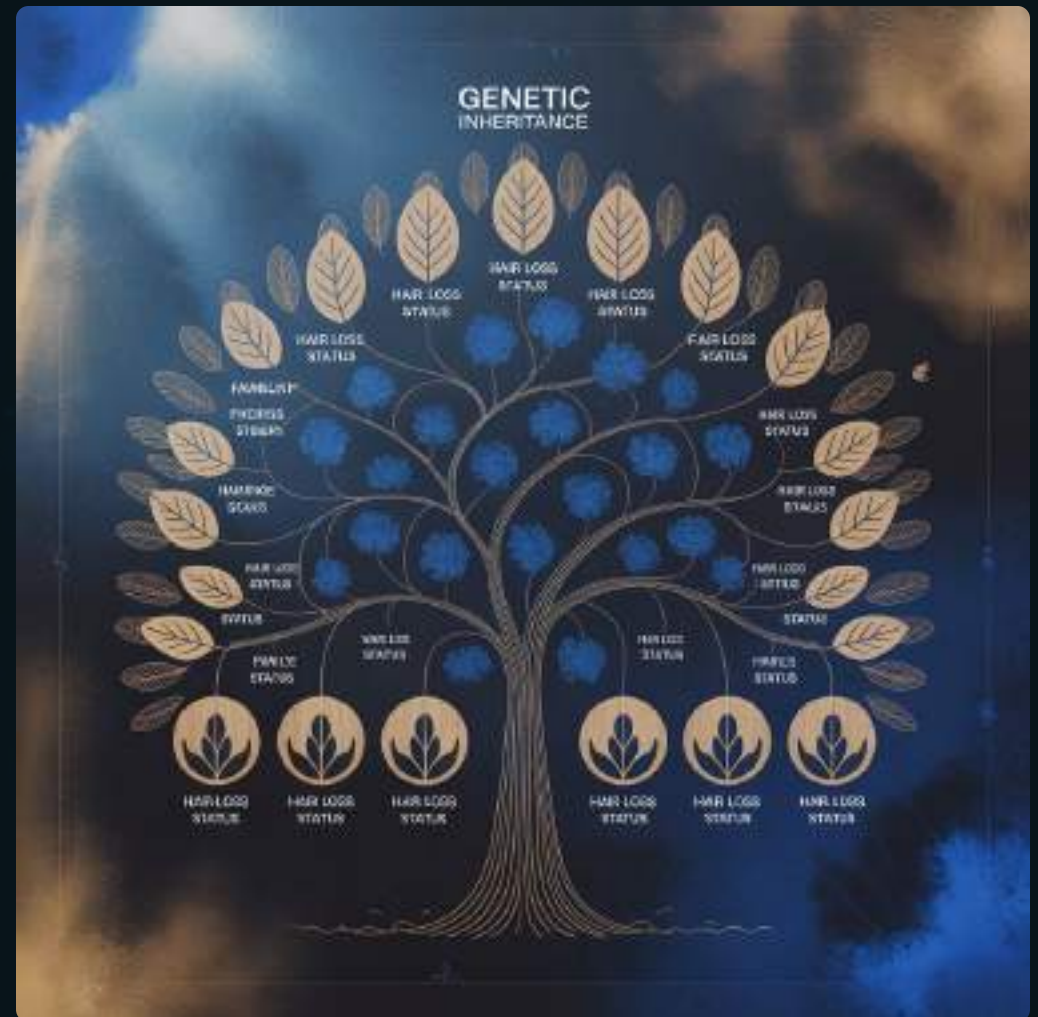
- **Male Pattern Baldness:** Primarily polygenic inheritance with strong influence from maternal grandfather
- **Female Pattern Hair Loss:** More complex inheritance with contributions from both maternal and paternal lines
- **Gene Expression:** Over 200 genes influence hair loss susceptibility
- **Key Genetic Factors:** Androgen receptor sensitivity, 5 $\alpha$ -reductase activity levels, inflammatory response tendencies

While genetics loads the gun, lifestyle and environmental factors pull the trigger—determining when and how severely genetic predisposition manifests.

## Genetic Testing

Modern advances allow for some prediction of hair loss risk:

- Several genetic markers correlate with early-onset and aggressive hair loss
- Testing for androgen receptor gene variations can indicate DHT sensitivity
- Inflammatory gene profiles may suggest susceptibility to stress-related shedding
- Knowing your genetic risk can inform preventative strategies



## Working With Your Genetics

FOLLI-ACTIV helps manage genetic predisposition through multiple mechanisms:

1. **DHT Blockade:** Reducing the impact of genetically determined androgen sensitivity
2. **Inflammatory Modulation:** Dampening the expression of pro-inflammatory genes
3. **Nutritional Optimization:** Supporting optimal gene expression through epigenetic pathways
4. **Early Intervention:** Addressing genetic hair loss before significant miniaturization occurs

While we can't change our genetic code, we can significantly influence how those genes express themselves through targeted intervention—potentially delaying genetic hair loss by decades or reducing its severity substantially.



# FOLLI-ACTIV and Metabolic Health

## The Insulin Connection

Emerging research reveals significant links between insulin resistance and hair loss:

- Insulin resistance increases free testosterone conversion to DHT
- Elevated insulin levels promote inflammation in follicles
- Glycation damages protein structures in hair shafts
- Metabolic syndrome correlates with earlier onset of pattern hair loss

Studies show that men with insulin resistance develop baldness up to 8 years earlier than metabolically healthy peers, with greater severity.

## Metabolic Benefits of FOLLI-ACTIV

Several key ingredients in FOLLI-ACTIV support metabolic health:

- **Saw Palmetto:** May improve insulin sensitivity and reduce blood glucose
- **Green Tea Extract:** Shown to enhance glucose metabolism and reduce insulin resistance
- **Curcumin:** Helps reduce inflammatory markers associated with metabolic syndrome
- **Pumpkin Seed Oil:** Contains beneficial plant sterols that may improve lipid profiles

These metabolic effects create a virtuous cycle, where improved insulin sensitivity reduces DHT conversion, further supporting hair health.

## Lifestyle Synergies

For maximum benefit, combine FOLLI-ACTIV with metabolic-supporting habits:

- Minimize refined carbohydrates and sugars to reduce insulin spikes
- Incorporate intermittent fasting to improve insulin sensitivity
- Regular moderate exercise improves glucose metabolism
- Adequate sleep supports hormonal balance and reduces cortisol

Users who adopt these lifestyle modifications alongside FOLLI-ACTIV often report accelerated results and improvements in energy levels, weight management, and overall vitality.

This metabolic connection explains why hair loss is often an early warning sign of broader health issues, and why comprehensive approaches like FOLLI-ACTIV that address underlying metabolic factors tend to produce more sustainable results.

## Pricing Information:

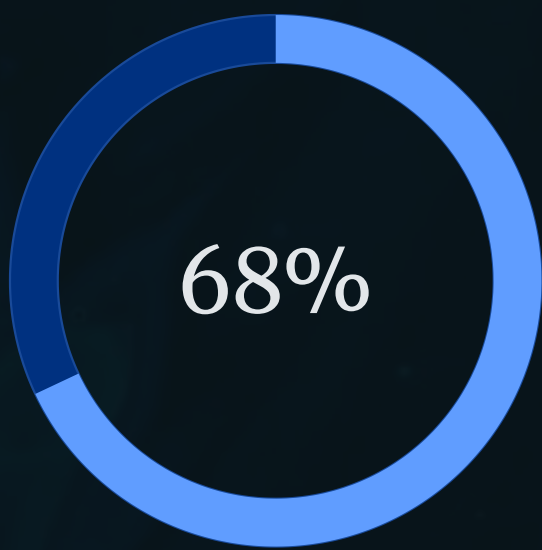
- **1 Bottle:** 90 capsules, RM149
- **3 Bottles:** 270 capsules, RM327 (Equivalent to RM109 per bottle)

## Dosage Guidelines:

- For **light hair loss**, take 1 capsule per day.
- For **medium hair loss**, take 2 capsules per day.
- For **serious hair loss**, take 3 capsules per day.



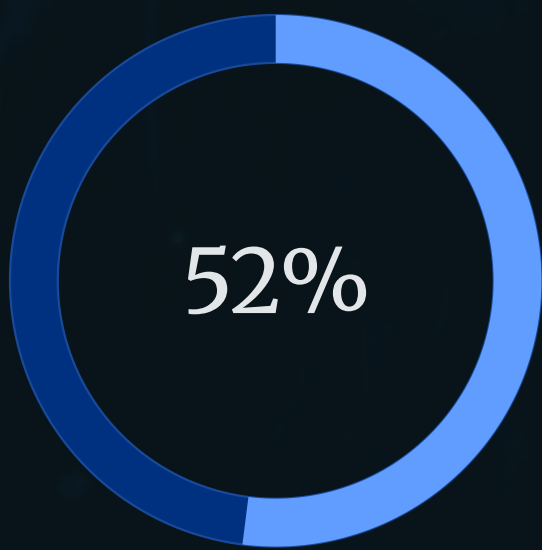
# Micronutrient Deficiencies and Hair Loss



Iron Deficiency

Percentage of women with hair loss who have suboptimal ferritin levels, the stored form of iron. Iron is critical for DNA synthesis in rapidly dividing hair follicle cells and for the transport of oxygen to follicles.

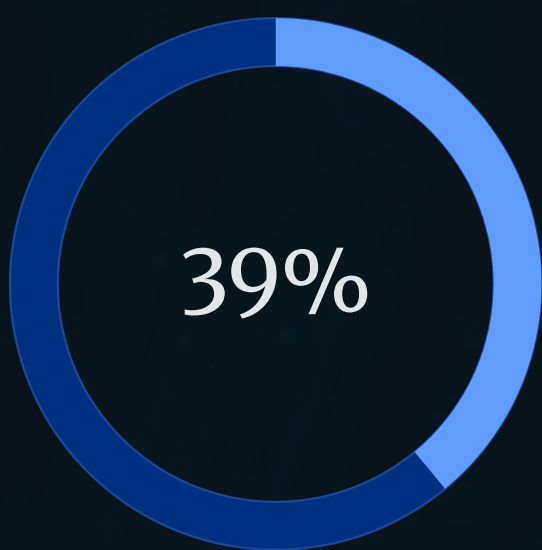
Optimal ferritin levels for hair growth are 70–90 ng/mL for women, significantly higher than the standard laboratory reference range that only detects anemia (20–200 ng/mL).



Vitamin D Insufficiency

Percentage of hair loss patients with insufficient vitamin D levels. This crucial vitamin plays a key role in follicle cycling and immune regulation at the follicle level.

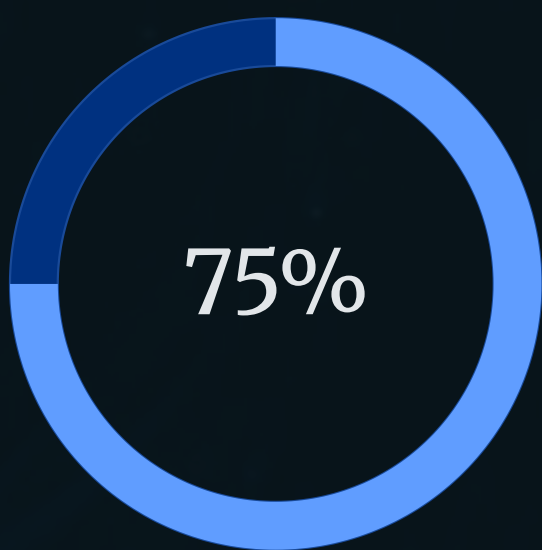
Research indicates that vitamin D receptors are directly involved in hair follicle cycling, and deficiency correlates with increased severity of all types of hair loss.



Zinc Deficiency

Percentage of alopecia patients with inadequate zinc levels. Zinc is essential for protein synthesis, cell division, and hormone metabolism—all critical for healthy hair production.

Zinc deficiency is particularly common in vegetarians, those with digestive disorders, and individuals on certain medications including diuretics and acid-reducing drugs.



Multiple Deficiencies

Percentage of hair loss patients with more than one nutrient deficiency simultaneously. This compounding effect significantly worsens hair loss and complicates treatment.

The synergistic nutritional support in FOLLI-ACTIV addresses these common deficiencies with highly bioavailable forms of essential nutrients.

While laboratory testing for these micronutrients can be valuable, the comprehensive nutritional support in FOLLI-ACTIV helps address potential deficiencies without requiring extensive testing, particularly for those with dietary restrictions or absorption concerns.

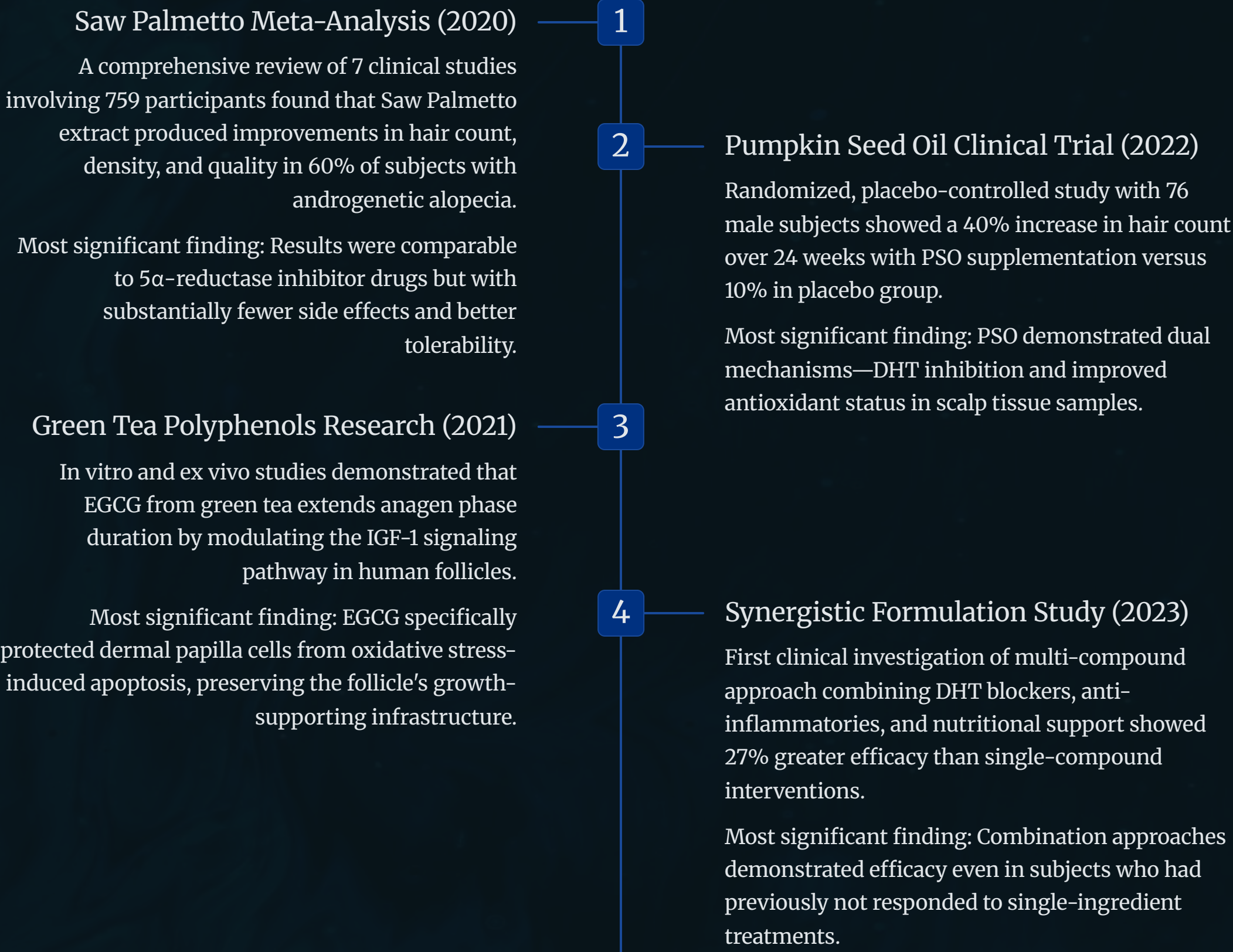
**Recommended Dosage:**

- For light hair loss: 1 capsule a day
- For medium hair loss: 2 capsules a day
- For serious hair loss: 3 capsules a day

For pricing, please note the following:

- 1 bottle contains 90 capsules and costs RM149.
- 3 bottles contain 270 capsules and cost RM327 (which is RM109 per bottle).

# The Emerging Science: Recent Research on Natural Hair Loss Compounds



These recent advances in research support the multi-targeted approach employed by FOLLI-ACTIV, validating both the individual ingredients and the synergistic formulation strategy that addresses multiple aspects of the hair loss process simultaneously.

For personalized recommendations based on your hair loss severity, consider the following general guidelines:

- For **light hair loss**: 1 capsule a day
- For **medium hair loss**: 2 capsules a day
- For **serious hair loss**: 3 capsules a day



# Frequently Asked Questions

## Is FOLLI-ACTIV suitable for all types of hair loss?

FOLLI-ACTIV is most effective for androgenetic alopecia (pattern hair loss), telogen effluvium (stress or nutrient-related shedding), and postpartum hair loss. It is not specifically formulated for autoimmune-related hair loss (alopecia areata) or scarring alopecias, though its anti-inflammatory properties may provide some benefit.

If you're unsure about your type of hair loss, consult with a dermatologist for proper diagnosis before beginning any treatment regimen.

## Can I use FOLLI-ACTIV while taking prescription hair loss medications?

Yes, FOLLI-ACTIV can be safely used alongside finasteride or minoxidil. In fact, many users report enhanced results from this combination approach, as the treatments work through complementary mechanisms.

Always inform your healthcare provider about all supplements you're taking, especially if you're on other medications for conditions unrelated to hair loss.

## Will I lose my results if I stop taking FOLLI-ACTIV?

Hair loss treatments, including FOLLI-ACTIV, require ongoing use to maintain results. If you discontinue use, your hair will gradually return to its pre-treatment state over 3–6 months as the DHT-blocking and anti-inflammatory effects diminish.

However, many users find they can transition to a lower maintenance dose (1 capsule daily) after achieving their desired results, making long-term use more economical.

## How does FOLLI-ACTIV compare to prescription finasteride?

Finasteride is a pharmaceutical that blocks a single enzyme (5 $\alpha$ -reductase type II) that converts testosterone to DHT. FOLLI-ACTIV contains natural 5 $\alpha$ -reductase inhibitors that work more gently across multiple enzyme subtypes, plus additional ingredients that address inflammation and nutrition.

Studies show finasteride may be slightly more potent for DHT reduction, but FOLLI-ACTIV offers a more comprehensive approach with a superior safety profile and significantly fewer side effects.

## What is the recommended dosage for FOLLI-ACTIV?

The recommended dosage of FOLLI-ACTIV varies depending on the severity of your hair loss:

- For **light hair loss**, take 1 capsule per day.
- For **medium hair loss**, take 2 capsules per day.
- For **serious hair loss**, take 3 capsules per day.

For best results, take capsules with meals.

## What is the pricing for FOLLI-ACTIV?

A single bottle of FOLLI-ACTIV contains 90 capsules and is priced at RM149. For a more economical option, a pack of 3 bottles contains 270 capsules and costs RM327 (effectively RM109 per bottle).



# Frequently Asked Questions (Continued)

## How long does each bottle of FOLLI-ACTIV last?

Each bottle contains 90 capsules, and is priced at RM149. This translates to:

- 90-day supply for **light hair loss or maintenance** (1 capsule daily)
- 45-day supply for **medium hair loss** (2 capsules daily)
- 30-day supply for **serious hair loss** (3 capsules daily)

A pack of 3 bottles (total 270 capsules) is available for RM327, making each bottle RM109.

Many users start with the higher dose for 3–6 months, then transition to the maintenance dose once they've achieved their desired results.

## Is FOLLI-ACTIV suitable for vegetarians or vegans?

FOLLI-ACTIV is suitable for vegetarians as it contains no meat products. However, it is not vegan due to the inclusion of Royal Jelly, which is produced by bees.

The vegetable capsules are free from gelatin, and all other ingredients are plant-derived or from non-animal sources.

## Will FOLLI-ACTIV affect my hormone levels?

FOLLI-ACTIV's natural DHT-blocking ingredients work primarily at the scalp level and do not significantly alter systemic hormone profiles in most users. Unlike finasteride, which can reduce serum DHT by up to 70%, the botanical  $5\alpha$ -reductase inhibitors in FOLLI-ACTIV modulate DHT more gently.

This localized action contributes to the lack of sexual side effects reported with FOLLI-ACTIV use. However, those with hormone-sensitive conditions should consult their healthcare provider before use.

## Can I take FOLLI-ACTIV if I have no hair loss but want to improve hair quality?

Absolutely. Many users without significant hair loss report improvements in hair thickness, growth rate, shine, and overall quality. The nutritional support and anti-inflammatory benefits contribute to healthier follicle function even in those without genetic hair loss patterns.

For this preventative or quality-enhancement purpose, the maintenance dose (1 capsule daily) is typically sufficient.

# Ordering FOLLI-ACTIV: Options and Guarantees

1

## Single Bottle

### 30-Day Starter Package

Perfect for those wanting to try FOLLI-ACTIV for the first time, or for a maintenance dose:

- 1 bottle (90 capsules)
- Can last up to a 90-day supply for **light hair loss** (1 capsule daily)
- Can last up to a 45-day supply for **medium hair loss** (2 capsules daily)
- Can last up to a 30-day supply for **serious hair loss** (3 capsules daily)
- RM149 per bottle
- Standard shipping included

This option allows you to experience the initial benefits while evaluating how your body responds to the formula.

2

## Three Bottle Package

### 90-Day Transformation Package

Our most popular option, covering the critical initial results period:

- 3 bottles (270 capsules)
- Can last up to a 270-day supply for **light hair loss** (1 capsule daily)
- Can last up to a 135-day supply for **medium hair loss** (2 capsules daily)
- Can last up to a 90-day supply for **serious hair loss** (3 capsules daily)
- RM109 per bottle (RM327 total)
- Free priority shipping
- Bonus: Digital guide "Nutrition for Optimal Hair Health"

This package ensures you have sufficient supply to witness the significant changes that typically emerge after 2-3 months of consistent use, tailored to your specific hair loss needs.

# Your Complete Hair Restoration Journey



## Order & Begin

Place your order and begin taking FOLLI-ACTIV daily with food. Follow the dosage guidelines based on your hair loss severity: 1 capsule a day for light hair loss, 2 capsules a day for medium hair loss, and 3 capsules a day for serious hair loss. Document your starting point with clear photos of problem areas.



## Reduced Shedding

Within the first 2-8 weeks, notice the first sign of improvement: significantly fewer hairs in your shower drain, on your pillow, and in your brush. Your existing hair begins to feel more secure at the root.



## New Growth Emerges

Between months 2-4, observe the exciting emergence of new baby hairs along the hairline and in thinning areas. These fine, short hairs are the first visible evidence of follicle reactivation.



## Growth Strengthens

From months 4-6, watch as those initial baby hairs develop into stronger, thicker, more pigmented terminal hairs. Overall density increases noticeably, and hair quality improves.



## Full Transformation

By months 6-12, experience the complete transformation as your hair reaches optimal density and quality. Transition to maintenance dosage to sustain your results economically for the long term.

Throughout this journey, our dedicated support team is available to answer questions, provide guidance, and ensure you achieve the best possible results with FOLLI-ACTIV. Remember that consistency is key—take your capsules daily without interruption for optimal outcomes.



# Reclaim Your Crown and Your Confidence with FOLLI-ACTIV

Hair loss is more than a cosmetic issue—it strikes at the core of your identity and self-confidence. For too long, those suffering have been forced to choose between harsh pharmaceuticals with concerning side effects, expensive and invasive procedures, or ineffective “miracle” products that deliver nothing but disappointment.

FOLLI-ACTIV changes this paradigm by offering a comprehensive, science-backed solution that addresses the root causes of hair loss from within:

- Neutralizes DHT without the side effects of prescription medications
- Calms inflammation and oxidative stress that choke follicles
- Delivers essential nutrients in highly bioavailable forms
- Works for both men and women across multiple types of hair loss
- Shows visible results in as little as 2-3 months

With thousands of satisfied customers, there’s no reason to let another day go by watching your hair disappear. The future of hair restoration is here—and it starts from within.



"The greatest gift FOLLI-ACTIV gave me wasn't just fuller hair—it was freedom from constantly thinking about my hair loss. I can live my life again without that nagging anxiety in social situations or dreading photos. That confidence is priceless."

— Jennifer K., 46, Marketing Executive

Order FOLLI-ACTIV today and begin your journey back to a fuller head of hair and renewed confidence. Your future self will thank you.

#### Recommended Daily Dosage:

Light Hair Loss: 1 capsule

Medium Hair Loss: 2 capsules

Serious Hair Loss: 3 capsules

#### Pricing:

1 bottle (90 capsules): RM149

3 bottles (270 capsules): RM327 (RM109 per bottle)