

Published and Conducted Research on Viviscal® with Exclusive Key Active AminoMar C™ Marine Complex to Reduce Hair Shedding and Promote Hair Growth

Viviscal®
Healthy hair starts from within

YEAR	NAME OF CLINICAL STUDY	STATUS	DOUBLE BLINDED	PLACEBO CONTROLLED	PARTICIPANTS*	KEY RESULTS	CONCLUSIONS
2015	A 3-Month Randomized, Double-blind, Placebo-controlled Study Evaluating the Efficacy of a New Oral Supplement in Women with Self-perceived Thinning Hair. By Glynis Ablon, MD, Ablon Skin Institute Research Center, Manhattan Beach, CA.	Published in Dermatology Research and Practice Journal , April 2015	Yes	Yes	60 females	Statistically-significant results were observed in the active group versus the placebo group with respect to: • 32% increase in terminal hairs after 3 months • After 3 months there was a significant self-perceived improvements in overall hair volume, scalp coverage and hair strength. • 39% reduction in hair shedding after 3 months	The results of this study demonstrate that the twice daily administration of Viviscal® for 90 days increased the number of terminal hairs and decreased hair shedding in Caucasian, Hispanic and Asian women with self-perceived thinning hair. These changes were associated with improved hair quality including overall hair growth and increased hair strength. There were no reports of adverse events.
2015	A 6-Month Randomized, Double-blind, Placebo-controlled Multi-Center Study Evaluating the Efficacy of a New Oral Supplement in Women with Self-perceived Thinning Hair. By Glynis Ablon, MD, Ablon Skin Institute Research Center, Manhattan Beach, CA; Steven Dayan, MD, DeNova Research, Chicago, IL	Submitted for publication in 2014	Yes	Yes	40 females (3 withdrew from the Viviscal® group and 1 from the placebo group before study completed)	Statistically-significant results were observed in the active group versus the placebo group with respect to: • 57% increase in terminal hairs after 3 months • 80% increase in terminal hairs after 6 months • 12% increase in hair diameter after 6 months • After 3 and 6 months there was a significant self-perceived improvements in overall hair volume, scalp coverage, hair and nail strength.	The daily administration of Viviscal® was associated with a statistically significant increase in the number of terminal and vellus hairs and also a statistically significant increase in hair thickness among women with self-perceived thinning hair. The majority of study participants in the Viviscal® group perceived significant improvements in their skin and hair quality and quality of life. Viviscal® exhibited an excellent safety profile.
2015	A 6-month clinical trial to determine, whether Viviscal® dietary/food supplement containing marine proteins shows statistically-significant benefits in reducing hair shedding and increasing hair diameter in females with sub-clinical hair thinning/loss. By Stephens & Associates. Thomas J. Stephens & Associates, Inc. Dallas Research Center, 3310 Keller Springs Road, Suite 130, Carrollton, Texas 75006, USA.	Published in the International Journal of Trichology , 2015. Abstract presented at the World Hair Congress for Hair Research 2013 .	Yes	Yes	72 females	Statistically-significant results were observed in the active group versus the placebo group with respect to: • a 7.4% increase in hair diameter after 6 months • an 18.3% reduction in hair shedding after 3 months.	This study concludes that Viviscal® dietary/food supplement containing marine proteins shows statistically-significant benefits in reducing hair shedding and increasing hair diameter in females with sub-clinical hair thinning/loss.
2015	A 6-month clinical trial demonstrating the Efficacy of a Nutriceutical for Promoting Hair Growth using Digital Photography Technique with Posterior Image Analysis. By Medical Dermatologist Leila Bloch, Clinica Bloch, Sao Paulo, Brazil.	Abstract will be presented at the World Congress for Hair Research 2015 . Trial is pending publication in the Journal of Investigative Dermatology .	No	No	52 females	The self-assessment questionnaires observed improvements after 6 months of • 94% in hair volume • 92% hair thickness • 91% in nail growth rate • 92% in nail strength • An increase of 237 strands in 90 days and 772 strands in 180 days • A decrease of 90 telogen hair strands in 90 days and of 181 hair strands in 180 days Quality of Life Questionnaire showed the greatest improvements were related to self-esteem and self-confidence .	The use of Viviscal® was associated with a significant increase in the total number of hair strands and a decreased in the number of telogen hairs . A high proportion of treated subjects reported favorable outcomes to various attributes of hair quality overall Quality of Life improvements.
2012	A 6-month randomized, double-blind, placebo controlled study evaluating the efficacy of an oral supplement Viviscal® in women with self-perceived thinning hair. By Glynis Ablon, MD, FAAD, of the Ablon Skin Institute Research Center, University of California, Los Angeles, California.	Published in The Journal of Clinical and Aesthetic Dermatology , November 2012	Yes	Yes	15 females	• 111% increase in terminal hairs after 3 months versus no change amongst the placebo subjects. • 125% increase in terminal hairs after 6 months versus no change amongst the placebo subjects. • After 3 and 6 months there was a significant self-perceived improvements in overall hair volume, thickness and scalp coverage.	The study concludes that Viviscal® safely and effectively promotes significant hair growth in women with temporary hair thinning .
2011	A 4-Month Study Evaluating the Efficacy and Tolerability of an Oral Supplement for the Treatment of Thinning Hair in African American women. By Brooke Jackson, MD, Skin Wellness Center of Chicago, Chicago, IL, USA.	Conducted in 2011	No	No	16 African American females	Following treatment with Viviscal®, the greatest change in hair growth and hair quality occurred during the initial 2 months of treatment . Increased changes continued to occur after that time except there was a very slight decrease in the number of hairs lost on an average day.	The study concludes that the twice daily administration of Viviscal® is associated with rapid improvements in hair growth and appearance in African-American women . Subjects also experienced ongoing improvements in the quality and appearance of their skin, nails, eyelashes and eye brows .
2010	A pilot consumer research study to evaluate the overall acceptability of a Viviscal supplement in females with self perceived thinning hair associated with poor diet, stress, hormonal influences, or abnormal menstrual cycles. By Thomas J. Stephens & Associates, Inc. on behalf of Lifes2good Inc.	Conducted in 2010	No	No	16 females	Analysis of hair counts showed a directional reduction in hair shedding. After a 10 week period, there was an average 46% reduction in hair loss reported. 75% saw an increased thickness in the body of their hair and 75% saw an increase in overall hair volume .	Viviscal® works well for all ethnic backgrounds. It works well for women and for various reasons/causes of hair loss such as poor diet, everyday stress, and hormonal influences.
1997	Treatment of Androgenic Alopecia* with a marine-based (Viviscal®) Extract of proteins and polysaccharides for 6 months. By Jose Marcos Pereira.	Published in Revista Brasileira de Medicina , March 1997. Vol 53; No. 3; p. 1-5	No	No	200 males (178 completed the study)	• 75.3% of patients observed a significant decrease in hair loss • 14.6% of patients showed partial regrowth	Results suggest the use of marine-based polysaccharides are beneficial for treatment of Androgenetic alopecia in order to stabilise hair loss . Also, the earlier Androgenetic alopecia is treated the greater the likelihood of positive results.
1996	Treatment of Alopecia Areata, Alopecia Totalis and Alopecia Universalis with oral Viviscal for 12 months. By M. Majas and O. Puuste.	Published by Swedish Alopecia Society in 1996	No	No	84 (23 males) (61 females)	After six months of treatment: • 92% of areata group showed regrowth of permanent hair. After four months of treatment: • 83.3% of totalis group showed regrowth of permanent hair after four months • 31.8% of universalis group showed regrowth of permanent hair after five months. • complete cure was observed in 14% of areata, 25% of totalis and 4.5% of universalis .	Long-term use of Viviscal® effectively induces regrowth of hair in patients with alopecia areata and alopecia totalis . Oral use of the treatment for 8-12 months is recommended.
1994	Treatment of hereditary Androgenic Alopecia* in middle aged males by combined oral and topical administration of special marine extract-compound (Viviscal) for 8 months. By A. Lassus, J. Santalahti and M. Sellmann.	Published in Les Nouvelles Dermatologiques, Anglo-French International Dermatology . 1994. No. 13 p. 254-255	No	No	30 males	Hair loss stopped for 100% of subjects after two months treatment. 43% showed total regrowth, 23% showed three quarter regrowth, 13% showed half regrowth & 13% showed 30-50% regrowth.	Viviscal® is effective in the treatment of Androgenic alopecia in both young & middle aged males . Weight dependant dosage of the oral treatment combined with topical treatment is the most effective mode of using Viviscal®.
1992	A comparative study of a new food Supplement, Viviscal®, with fish extract for the treatment of Hereditary Androgenic Alopecia in young males. By Lassus & E. Eskelinen. Department for Dermatological Research, ARS-Medicina, Helsinki, Finland.	Published in The Journal of International Medical Research . Nov. 1992. 20; p. 445-453	Yes	Yes	40 males (3 withdrew from placebo group before study completed)	100% of treated subjects reported that hair loss had stopped after 2 months of treatment. Mean increase in non-vellus hair of 38.1% was recorded in patients after 6 months treatment. 95% of subjects showed both clinical and histological cure.	Viviscal® appears to be the first highly active treatment for androgenic alopecia in young males .
1992	Treatment of Alopecia Areata and Alopecia Totalis with Viviscal. By Prof. Dr. A. Lassus, J. Santalahti.	Conducted in 1992. Submitted for publication in The Journal of American Academy of Dermatology	No	No	40 (20 male) (20 female)	85% of subjects with Alopecia Areata were completely cured & 10% showed significant improvement. 25% of subjects with Alopecia Totalis were completely cured & 20% showed significant improvement.	Considering severe nature of treated subjects, results are definitely impressive & support conception that Viviscal® seems an excellent method for inducing hair growth . Viviscal® might be a new alternative that alters the clinical course of Alopecia Areata & Alopecia Totalis.

*Androgenetic Alopecia is the same disease in both genders – only difference being area of head affected. Treatment is the same.
Note: AminoMar® is the key active of the oral supplement Viviscal which was assessed in the study.
Only Viviscal supplements contain AminoMar C™