
Subject: Lysin bei HA

Posted by [Yes No](#) on Wed, 27 May 2009 18:30:51 GMT

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Aus eigener Erfahrung weiß ich dass die Einnahme von Lysin haarkräftigend ist (habe mich aber nicht weiter damit befasst!); vielleicht jedoch sollte ich das Thema wieder 'aufwärmen'.
Zitat:L-Lysine

Studies involving the administration of L-Lysine to those with hair loss showed a remarkable increase in scalp hair growth.

Bio Sciences Ltd., an English bio-tech firm was recently issued a patent for the use of oral L-Lysine in combination with either topical minoxidil or Propecia as separate "hair growth kits."

According to the data they presented, the simple addition of L-Lysine to either compound dramatically improved the efficacy of both.

Directions:One 500 mg. tablet L-lysine, 3 times daily (divided doses on an empty stomach). The addition of Vitamin C (500mg) and Iron;(18-22mg), will replicate the exact formula used by DH Rushton.
