
Subject: kennt ihr den Typ von hairloss.com?
Posted by [Figaro03](#) on Sun, 10 Sep 2006 19:03:14 GMT
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War ja ne Weile mal nicht hier, da in Urlaub...
aber kennt ihr den schon?

http://www.hairsite4.com/dc/dcboard.php?az=show_topic&forum=9&topic_id=15452&mesg_id=15452&page=2&to_pic_page=1

Das Regime:

Twinlabs Cholesterol Success, 450 mg of beta sitosterol a day for 3 weeks, then 225 mg a day for a week, every month
Now Foods, Eco-Green Multi Vitamin
Now Foods, Spirulina, 500 mg
Now Foods, Grape Seed Standardized Extract, 100 mg
Now Foods, Glucosamine Sulfate, 1,100 mg
Now Foods, MSM, 1000mg

I take my supplements on an empty stomach first thing in the morning and then exercise for an hour.

A big part of my regimen is the following:

No shampoo
No sex
No junk food
No meat
No alcohol or drugs
No caffeine