

*“Possible mechanisms of miniaturization during androgenetic alopecia or pattern hair loss”, study available at:*

<https://www.sciencedirect.com/science/article/abs/pii/S0190962201432804>

*“Genetic prediction of male pattern baldness”, study available at:*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5308812/>

*“The biggest myths about hereditary hair loss”, article available at:*

<https://www.thedailybeast.com/the-biggest-myths-about-hereditary-hair-loss?ref=scroll>

*“Side Effects Of Prescription Hair Loss Treatments Make You Less Attractive Than No Hair” , article available at:*

[https://www.healthstatus.com/health\\_blog/hair-loss/side-effects-prescription-hair-loss-treatments-make-less-attractive-no-hair/](https://www.healthstatus.com/health_blog/hair-loss/side-effects-prescription-hair-loss-treatments-make-less-attractive-no-hair/)

*“Effectiveness of topical Minoxidil”, article available at:*

<https://healthfully.com/effectiveness-of-rogain-4472920.html>

*“Perception of Hair Transplant for Androgenetic Alopecia”, study available at:*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5469375/>

*“ Minoxidil for Hair Loss in Women”, study available at:*

<https://www.everydayhealth.com/hair-loss/minoxidil-for-hair-loss-in-women.aspx>

*“Learn the facts about Rogaine and low libido”, article available at:*

*“Multivitamin just create “very expensive urine”, medical expert warns”, article available at:*

<https://www.independent.co.uk/life-style/health-and-families/health-news/multivitamins-expensive-urine-waste-of-money-vitamins-australian-medical-association-chief-michael-a7578961.html>

*“Carcinogenicity of tetrachlorvinphos, parathion, malathion, diazinon, and glyphosate”, study available at:*

[https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(15\)70134-8/fulltext](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(15)70134-8/fulltext)

*“Glyphosate-based herbicides are toxic and endocrine disruptors in human cell lines”, article available at:*

<https://www.ncbi.nlm.nih.gov/pubmed/19539684>

*“Glyphosate is now the most heavily used weed-killer in history”, study available at:*

<https://detoxproject.org/glyphosate-is-now-most-heavily-used-weed-killer-in-history/>

*“Monsanto's Roundup — Most Popular Weed Killer in U.S. — 'Probably' Causes Cancer, WHO Report Says” , study available at:*

<https://www.ecowatch.com/monsantos-roundup-most-popular-weed-killer-in-u-s-probably-causes-canc-1882023016.html>

*“In the U.S. and the world, pesticide use is up”, study available at:*

<http://www.panna.org/blog/us-and-world-pesticide-use>

**“Formulations of glyphosate-based weedkillers are toxic, tests show” , study available at:**

<https://www.theguardian.com/business/2020/jan/23/formulations-glyphosate-based-weedkillers-toxic-tests>

**“ Hair loss... on a woman? It's happening to increasing numbers of us - and it eats away at your femininity like an acid”, article available at:**

<https://www.dailymail.co.uk/femail/article-2344666/Hair-loss--woman-Its-happening-increasing-numbers-eats-away-femininity-like-acid.html>

**“This 256-Year-Old Man Broke His Silence Before His Death, And Revealed An Incredible Secret”, article available at:**

<https://boredomtherapy.com/li-ching-yuen/>

**“Anti-aging effect of Huolisu -A controlled, double-blind study of 507 subjects of middle and old age”, Du Xin, et al. in the Chinese Journal of Integrated Traditional and Western Medicine 1986;6(5): 271-4**

**“Promotion effect of constituents from the root of Polygonum multiflorum on hair growth”, Sun, YN, Cui L, Li W, et al. in the Bioorg Med Chem Lett 2013;23(17):4801-5.**

**“Review of clinical studies of Polygonum multiflorum Thunb. and its isolated bioactive compounds” , study available at:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4471648/>

**“Polygonum multiflorum root extract as a potential candidate for treatment of early graying hair”, study available at:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5288971/>

**“He Shou Wu (Fo-Ti): Benefits, Dosage, and Side Effects”, article available at:**

<https://www.healthline.com/nutrition/he-shou-wu>

**“ Lycium barbarum Polysaccharides Attenuate Cisplatin-Induced Hair Cell Loss in Rat Cochlear Organotypic Cultures”, study available at:**

<https://www.mdpi.com/1422-0067/12/12/8982>

**“Lycium barbarum Increases Caloric Expenditure and Decreases Waist Circumference in Healthy Overweight Men and Women: Pilot Study”, study available at:**

<https://www.tandfonline.com/doi/abs/10.1080/07315724.2011.10719973>

**“Titrated extract of Centella asiatica increases hair inductive property through inhibition of STAT signaling pathway in three-dimensional spheroid cultured human dermal papilla cells.”, study available at:**

<https://www.ncbi.nlm.nih.gov/pubmed/29032741>

**“Development and Evaluation of Polyherbal Formulations for Hair Growth Activity”, study available at:**

[http://phcogfirst.com/sites/default/files/PJ\\_1\\_2\\_Development%20and%20Evaluation%20of%20Polyherbal.....pdf](http://phcogfirst.com/sites/default/files/PJ_1_2_Development%20and%20Evaluation%20of%20Polyherbal.....pdf)

**“Analysis of iodine content in seaweed by GC-ECD and estimation of iodine intake”, study available at:**

<https://www.sciencedirect.com/science/article/pii/S1021949814000155>

**“ 10 Signs and Symptoms of Iodine Deficiency”, study available at:**

<https://www.healthline.com/nutrition/iodine-deficiency-symptoms>

**“WAKAME IS ANOTHER JAPANESE STAPLE THAT DESERVES SOME HEALTHY PROPS”, study available at:**

<https://www.wellandgood.com/good-food/what-is-wakame/>

**“Antioxidant activity of selected commercial seaweeds.”, study available at:**

<https://www.ncbi.nlm.nih.gov/pubmed/22692475>

**“ What Are the Benefits of Bladderwrack?”, article available at:**

<https://www.livestrong.com/article/112758-benefits-bladderwrack/>

**“Summary of Bladderwrack”, study available at:**

<https://examine.com/supplements/bladderwrack/>

**“Hyaluronic acid: A key molecule in skin aging”, study available at:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3583886/>

**“Efficacy of a New Topical Nano-hyaluronic Acid in Humans”, study available at:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3970829/>

**“ List of the best vitamins for skin”, study available at:**

<https://www.medicalnewstoday.com/articles/324943>

**“Vitamin B: A Key to Energy”, article available at:**

<https://www.psychologytoday.com/us/articles/200304/vitamin-b-key-energy>

**“ How well does calcium intake really protect your bones?”, article available at:**

<https://www.health.harvard.edu/blog/how-well-does-calcium-intake-really-protect-your-bones-201509308384>

**“ Ten benefits of vitamin E oil”, article available at:**

<https://www.medicalnewstoday.com/articles/318168#Risks-and-considerations>

**“Zinc: Everything You Need to Know”, article available at:**

<https://www.healthline.com/nutrition/zinc#deficiency>

**“Vitamin C and Immune Function”, study available at:**

<https://www.ncbi.nlm.nih.gov/pubmed/29099763>

**“ Dietary Selenium Intake Modulates Thyroid Hormone and Energy Metabolism in Men”, study available at:**

<https://academic.oup.com/jn/article/133/11/3443/4817951>

**“ Health benefits and risks of copper”, study available at:**

[https://www.medicalnewstoday.com/articles/288165#health\\_benefits](https://www.medicalnewstoday.com/articles/288165#health_benefits)

**“What are the benefits and effects of manganese?”, article available at:**

<https://www.medicalnewstoday.com/articles/325636>

***“The Antiaging Properties of Andrographis paniculata by Activation Epidermal Cell Stemness”, study available at:***

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6332002/>