

# Acc(u)Life

## HAIR LOSS

Hair loss occasionally occurs with extreme weight loss of any kind and is typically caused by a mineral deficiency. If you are experiencing hair loss, you may take the following supplements:

### **DAILY:**

- 2,500 mg Spirulina
- 4,000mg Cold Pressed Flax Seed Oil in capsule form

Typically, it will take 2-4 weeks for the hair loss to stop. Then the hair should begin to grow back both thicker and stronger.

You may obtain these supplements at any health food store, vitamin stores such as GNC, The Vitamin Shoppe, or at on-line vitamin wholesalers such as [www.swansonvitamins.com](http://www.swansonvitamins.com) or [www.puritan.com](http://www.puritan.com).

**As with all supplements, if you are on medication you should consult with your physician before beginning use.**

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**

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