



FOLLICS FR 02, 05, 07, 10, 12, 15, 16
TOPICAL HAIR LOSS TREATMENTS

FR

FOR TOPICAL USE ONLY

DESCRIPTION

The Follis FR range includes topical hair loss treatments containing varying concentrations of minoxidil (the number indicates % w/v). Each FR product has a unique proprietary formula that combines minoxidil (USP or Sulfate) with varying complementary active ingredients, including menthol, adenosine, procyanidin B-2, Procapil blend, Folicusan blend, finasteride, alfatradiol, GHK-Cu solution and copper tripeptide-1.

FR treatments are a powerful weapon in the fight against male and female pattern baldness. The Follis FR range offers several unique advantages over other hair treatments. FR treatments work faster and better than other generic solutions, with similar tolerability and side effects. They allow users to maintain normally thick and healthy hair and may work for users who previously did not respond to minoxidil alone. These treatments are intended for both the vertex (crown) of the scalp and the frontal hairline.

FR 02 is safe for both men and women. FR 05, 07, 10, 12, 15, and 16 are for male use only.

CLINICAL PHARMACOLOGY

When applied topically, minoxidil solutions have been shown in numerous clinical studies to stimulate hair growth in individuals with androgenic alopecia (male and female pattern baldness). Although the exact mechanism of action is not fully understood, there may be more than one way in which minoxidil results in hair growth. They include: 1) stimulation of follicular cells into the proliferative period of the hair cycle (anagen phase); 2) stimulation of resting follicles (telogen phase) into anagen phase; and 3) inhibition of androgen metabolism and its capacity to affect hair follicles.

Other compounds used in these formulations have shown in various studies to open ion channels within cells, suppress dihydrotestosterone (DHT), prevent perifollicular fibrosis, provide antioxidant effects, prolong the anagen phase of the hair follicle, increase expression of vascular endothelial growth factor, selectively suppress protein-kinase-C (PKC) isozymes, and block chronic inflammation.

CONTRAINDICATIONS

This formula is contraindicated in individuals with a history of sensitivity reactions to any of its components. It should be discontinued if hypersensitivity is noted.

GENERAL

- As with all topical solutions for hair loss, it is important to start early, since the technology works by revitalizing hair follicles that have been dormant. They may not respond as vigorously after many years
- FR treatments do not prevent or reverse hair loss that occurs due to medications, hypothyroidism, chemotherapy, or diseases that cause scarring of the scalp
- For best results, apply treatment directly to the scalp twice a day, every day, without skipping applications

- In some users, FR treatments may cause scalp irritation. If it continues or worsens, stop use and consult your physician
- Regrowth may appear in as little as one month, although most men require 2 months or more, since normal hair grows at a rate of 1–1.5 cm per month
- When beginning FR treatments, increased shedding of old hairs to prepare for new hairs may last for up to two weeks. If it continues longer, discontinue use of the product and consult your physician
- If baldness is due primarily to heredity, then continued use of FR treatments is necessary. If due to other factors, it may be possible to discontinue treatment and maintain hair.
- To prevent unwanted facial hair, allow FR treatments to dry before bed to avoid smearing.
- Two times per day, apply 1 ml (5 pumps) with the applicator directly to the areas of thinning or balding. Using less would reduce the effectiveness. [For FR 16 use only 3 pumps two times per day]
- If you miss an application, do not try to make up for it by applying more later. Just return to your normal schedule
- FR treatments should not be used by people under 18 years of age.

WARNINGS

If you experience rapid heartbeat, dizziness, or shortness of breath, discontinue the use of FR treatments and seek medical attention immediately. Pregnant or nursing women should not use FR treatments. Stop use and consult your physician if sudden, unexplained weight gain occurs, your hands or feet swell, or unwanted facial hair growth occurs. The most common side effects are redness and irritation. Do not use FR treatments if you have low blood pressure or take blood-pressure-lowering medications. People with heart failure or significant coronary disease should avoid FR treatments because of these side effects. To prevent unwanted hair growth on other parts of the body, make sure that you limit the application of FR treatments to the scalp, wash your hands with soap and water after use, and allow the lotion to dry completely before bed.

DIRECTIONS/ USAGE

Shake well before use. Twice per day, apply 5 pumps directly in the area of thinning or shedding. [For FR 16 use 3 pumps.] FR treatments should be applied whether hair has been washed or not. Hold the sprayer close to the scalp to avoid getting solution on the hair. Massage the lotion into the scalp. Do not rinse. Wash your hands with soap and water immediately after use.

Product may slightly darken in appearance over time. Variance is normal and indicates no change in the efficacy or in expected results.

OVERDOSAGE

If medication were applied excessively, hair regrowth would be no more rapid, but the chance of side effects would increase

QUESTIONS AND ANSWERS

Q: Are FR treatments safe?

A: FR treatments contain herbal extracts and vitamins known for their

safety, especially in topical use. The active components minoxidil, finasteride, and adenosine have been tested through numerous clinical studies and shown to be safe. Topical minoxidil has been on the market for many years and used by millions of people with a very low incidence of side effects. You should not use FR treatments if you are suffering from low or high blood pressure or have heart problems.

Q: Can I use hair sprays, mousses, gels, etc.?

A: Hair sprays, gels, and other styling aids are not recommended since they tend to clog hair follicles. If using styling aids, apply FR treatments first and wait for it to dry completely before styling.

Q: Can I color or perm my hair while using FR treatments?

A: While there is no clear evidence that coloring, perming, or using hair relaxers affects hair loss, it is not recommended. If you do use such treatments, they will not interfere with FR treatments.

Q: Is stress a factor in hair loss?

A: When the body is under significant physical or emotional stress, it is possible the immune system will produce antibodies that attack hair follicles. This process results in bald patches or diffuse loss. Stress-induced shedding responds well to FR treatments, and you can discontinue treatment and keep any new hair you recovered.

Q: Can I go swimming or get my hair wet?

A: You should avoid rinsing hair for at least three hours after the product has been applied. If you plan on swimming, it is recommended to re-apply the product immediately after, on dry scalp, or wait at least three hours after application to swim.

Q: Does the treatment reduce sex drive?

A: No, unlike some oral drug treatments which may come with sexual side effects, FR treatments are not shown to affect sex drive. Researchers have even conducted studies investigating the topical use of minoxidil to improve erections. Other ingredients in FR treatments (herbal extracts and a vitamin complex) would not be suspected to interfere with sexual function.

Q: What should I do if I see flakes?

A: Roughly five percent of users notice flaking or irritation with FR treatments. Such flaking may actually indicate increased cell turnover. If irritation persists after several weeks, you may wish to discontinue treatment.

Q: What is dihydrotestosterone?

A: Dihydrotestosterone (DHT) is believed to be a primary cause of male pattern baldness. DHT is formed from testosterone when it comes into contact with sebaceous glands. It tends to shrink hair follicles and thicken the scalp, thus restricting blood flow to the capillaries. The combination of these processes leads to hair loss.

Q: Can I blow dry my hair after using FR treatments?

A: Optimally, you would apply FR treatments after blow drying, since drying can cause some of the solution to evaporate, thus is not recommended following application.

Q: What type of results should I expect?

A: You should begin to arrest hair loss in about two weeks and start to see new hair growth in 1-2 months. If you have small patches of falling hair, you should notice significant results quickly. In advanced stages of baldness, it can take up to six months for results to appear.

Q: What should I do if I experience side effects?

A: If you experience itching or flaking, try applying less. Once the reaction subsides, increase gradually until you reach the normal dose. If you experience dizziness or shortness of breath, consult with your physician. Minoxidil can cause blood pressure to drop, so you may want to have your pressure checked. Do not use FR treatments if you have

low blood pressure.

Q: How effective are FR treatments?

A: With additional ingredients, FR treatments are significantly more effective than minoxidil alone. Many users who did not respond to Rogaine do respond to FR treatments. Expect dramatic results from FR treatments.

Q: Who is the ideal candidate for FR treatments?

A: The ideal candidate for FR treatments is someone in the beginning stages of androgenic alopecia (hair loss), where symptoms are easier to prevent than to reverse. If there has been a large patch of visible scalp for more than 15 years, FR treatments may not work well.

Q: What can I reasonably expect from FR treatments?

A: It is important to have realistic expectations. Hair grows at a rate of approximately 1-1.5 cm per month, so you will not notice immediate results. You may notice accelerated shedding during the first two weeks, as old hairs get pushed out, and follicles prepare to grow new hairs. Just stick with the treatment. You should expect significant results after 2-6 months of consistent usage.

Q: Can I use FR treatments once a day instead of twice?

A: For FR treatments to be effective, they must be used twice per day, preferably morning and evening. After a year or two, you may consider dropping back to once a day for maintenance.

Q: Can I skip a treatment or two of FR treatments?

A: Consistency of treatment is strongly recommended, but if you do miss an application, do not increase your next dose to compensate. Simply continue with your normal daily treatment schedule.

Q: How long can I suspend use without losing hair?

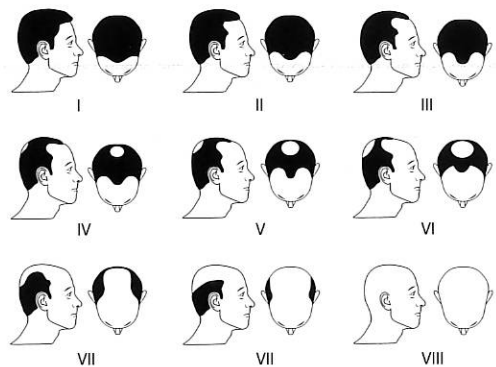
A: Once you achieve the desired results, it is possible to interrupt treatment for one to two weeks without new shedding. However, it is best to use FR treatments continuously to maintain strong, healthy-looking hair.

Q: What shampoo should I use?

A: To optimize your results, be sure to wash hair with a high-quality shampoo, like Follics S1 or S2 Hair Growth Shampoo containing no sodium lauryl sulfate or sodium laureth sulfate, which are cheap detergents used in products often linked to skin irritation, drying, and damage. It is important to maintain a healthy scalp if you are concerned about hair. Dandruff, grease, or bacterial build-up on the scalp has been linked to hair loss.

Q: What hair loss stages are Follics FR treatments intend for?

A: Hair loss stages I-VII of the Norwood scale.
(See below)



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