

Research Bulletin

Hair & Nails Study

Study Name: The Effectiveness of the Use of Oral *LIGNISULmsm* (Methylsulfonylmethane) Supplementation on Hair & Nail Health

PRINCIPAL

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INSTITUTION: Council for Natural Nutrition

A. HAIR STUDY

INTRODUCTION:

A total of 21 patients were studied for 6 weeks for the hair study component. Data was collected by Certified Cosmetologists under the direction of the Principal Investigator. Both the investigators and the patients were blinded as to whether supplementation was with placebo or **LIGNISULMSM**. The subjects were randomly assigned to either Group A (placebo) or Group B (**LIGNISULMSM**). Sixteen of the subjects were men and 5 were women. Dosage was 3,000 mg/day in both Groups A & B.

The study participants were studied for hair length, brilliance, and diameter of the individual hair fibers using industry-standard measurement scales at the beginning of the study period (t=0) and after 6 weeks (t=6 weeks).

RESULTS &

DISCUSSION:

Those subjects supplemented with **LIGNISULMSM** showed significant improvement in hair health, while those on placebo showed either no change, or only slight changes after 6 weeks. The most marked changes were measured in hair length and hair brilliance. The women showed the better results in hair growth, brilliance, and thickness of hair fibers.

All subjects supplemented with **LIGNISULMSM** were duly impressed with the changes in the health and appearance of their hair. The cosmetologists literally could differentiate which participants were on **LIGNISULMSM** by the appearance of the hair alone after 6 weeks.

It is expected that if the study were continued for 8 to 16 weeks, the results would have been even better for those on **LIGNISULMSM** as has been our past experience.

CONCLUSION:

This pilot double blind, random study proves that oral supplementation with **LIGNISULMSM** is a valuable addition to

hair care. Hair health was significantly improved in a short term of 6 weeks.

B. NAIL STUDY

INTRODUCTION:

A total of 11 patients were studied for 6 weeks for the nail study component. Data was collected by Certified Cosmetologists under the direction of the Principal Investigator. All investigators and the patients were blinded as to whether supplementation was with placebo or **LIGNISULMSM**. The subjects were randomly assigned to either Group A (placebo) or Group B (**LIGNISULMSM**). Dosage was 3,000 mg/day in both Groups A & B.

The study participants' nails were measured for length, thickness, luster and general appearance using industry-standard measurement scales at the beginning of the study period (t=0) and after 6 weeks (t=6 weeks).

RESULTS & DISCUSSION:

Those subjects supplemented with **LIGNISULMSM** showed significant improvement in nail strength, thickness and appearance. Results would be better at periods of over 8 weeks from our clinical experience, but it was felt to be too difficult to keep clients enrolled in the study if it lasted longer than 6 weeks. This way we had no dropouts.

Overall improvement rate was 80% even in this short study. All subjects supplemented with **LIGNISULMSM** stated they would continue to use **LIGNISULMSM** on an ongoing basis based on the improvement in nail health and appearance that was observed.

CONCLUSION:

This pilot double blind, random study proves that oral supplementation with **LIGNISULMSM** is a valuable addition to nail care. Nail health was significantly improved by 80% overall in a short term of 6 weeks.

Note: The above statements are observations only and have yet to be statistically verified.

*The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.