

## Life Extension Conditioner

**16 oz bottle**

Item Catalog Number: 00010

Millions of dollars are spent each year on hair products and treatments. Often, damage results from overtreating or roughly treating the hair. It is a myth that shampooing increases hair loss. Gentle washing even on a daily basis will not damage the hair or lead to hair loss. Hair type, level of physical activity, and even a person's occupation should determine the frequency of shampooing. Most experts recommend at least once-a-week washing to prevent dandruff from clogging the scalp. If you have an oily scalp, frequent shampooing will keep the hair from lying flat, weighted down by the fats in sebum, an oily substance secreted by the skin's sebaceous glands that coat the hair shaft.

Coloring, perming, combing, teasing, and harsh shampooing can damage the hair. Conditioning products may provide a protective film that smoothes hair, reduces snarls and tangles. Conditioners that give "extra body" may contain waxes that, when dry, make hair look fuller. Some contain oil/fats (e.g., lanolin, mineral oil, silicone) to smooth hair, and a few have humectants that help to hold in water content.

Hair requires gentle handling especially when wet. Towel dry gently after washing, and avoid curling irons and blow dryers whenever possible. Brushing or combing hair when wet results in more breakage at the root and hair shaft. Instead, untangle long hair gently with the fingers and use a wide-tooth comb or natural bristle brush to avoid pulling, stretching or breaking the hair. Because natural oils do not normally reach the hair ends, it is important to brush regularly, especially with long hair.

The quality and health of your hair is partly reflected by a well-balanced diet containing protein, amino acids, and vitamins. Iron deficiency from a lack of meat products in the diet or heavy menstrual bleeding can affect the health of the hair.

Life Extension Conditioner moisturizes hair to make it more lustrous and manageable.

## References

## Supplement Facts

### Ingredients

Deionized water, steralkonium chloride, cetyl alcohol, emulsifying wax, sodium PCA, jojoba oil, wheat germ oil, lecithin, soybean oil, hydrolyzed animal collagen, allantoin, panthenol, retinyl palmitate, tocopherol acetate (vitamin E acetate), citric acid, honey, methylparaben, DMDM hydantoin, fragrance, FD&C yellow #5, FD&C red #40.

## Dosage and Use

- Use as you would other hair conditioners.
- Life Extension Hair Conditioner is so concentrated only a small amount is needed.

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