

**QuickGROW™**

**R O O M M**

**W O R L D**



**THE**

**SCIENCE**

**E-BOOK**

# QuickGROW™

PART 1:

## **How Keratin & Collagen is formed**

Understanding how keratin and collagen is formed.

PART 2:

## **What slows down keratin & collagen**

An overview of the key factors that slow down hair growth and how we speed it up.

PART 3:

## **How our Products work**

Our 5 step program to longer, faster growing hair, skin & nails



## PART ONE:

# How keratin grows



Fig 1: Diagram illustrating the different stages of a hair cycle that a follicle goes through (one cycle usually lasts between 5 - 7 years).

Hair growth is a natural process that occurs in cycles and is influenced by various factors. Each hair on your scalp goes through three phases: anagen (growth phase), catagen (transition phase), and telogen (resting phase). During the anagen phase, hair actively grows, while the catagen phase is a short period when hair growth stops, and the follicle prepares for shedding. In the telogen phase, the hair rests before eventually falling out and being replaced by a new hair during the next anagen phase.

Your individual hairs do not experience the same stage (growth cycle) at the same time. Up to 90% of your scalp hair experiences the Anagen (growing) stage, 1% experience the catagen (transition) stage and around 15% experience the Telogen / exogen (shedding) stage.

This is why it is normal to experience hair loss of an average of 100 – 150 hairs per day.



Fig 2: Normal percentages of hair follicles in the anagen, Catagen and Telogen stages.

**SUMMARY:** A healthy hair cycle lasts up to 7 years and comprises of 90% of your hair in a growth stage, 1% in the transition stage and 15% in the shedding stage.

Continued...

# How keratin grows



Nail growth is a continuous process that occurs throughout your life. Nails are composed of a protein called keratin, which is also found in hair and the outer layer of the skin. Your body produces keratin when it has an abundance (excess) of the building blocks that make up keratin. This process slows down due to slow cell activity (free radical build up) and lack of nutrients from diet. Medications are a big factor that slows down nail growth and also can make nails brittle and weak.

By supplementing a daily dose of the precise ingredients your body needs for keratin, your body naturally starts producing hair and nails at its fastest rate.

Quick Grow supplements contains the daily dose of essential nutrients that supports keratin formation.



Continued...

# How collagen is formed

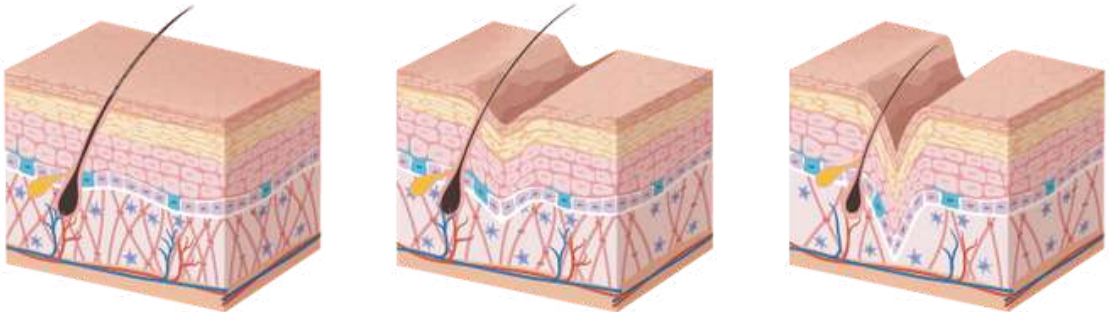


Fig 5: Diagram illustrating the deterioration of a hair follicle due to lack of collagen in the skin

Collagen is one of the most important building blocks of your hair, skin and nails. By boosting collagen production in your skin we are creating an abundant, healthy, nutrient-rich foundation for your hair to grow at a much faster rate.

Whole animal collagen needs to be broken down in the body. This causes the amino chains to become incomplete and require additional precursors to reform collagen in the body.

Collagen is formed through a process called biosynthesis, where specialized cells called fibroblasts produce collagen molecules. These molecules then combine to form fibrils, which provide support to different tissues including hair, skin and nails.

The Quick Grow supplements range contains all 19 amino acids with collagen precursors including Tryptophan and Vitamin C, Proline, Hydroxyproline, Silica, Copper, Biotin and Glycine that triggers collagen formation and are crucial in the formation of Type 1 collagen in your skin.

Quick Grow supplements contains the daily dose of essential nutrients that boosts collagen formation.



## PART TWO:

# What **slows down** hair, skin and nails?

To understand what makes Quick Grow products work so effectively, we first need to look at the three main contributing factors that cause slow growth.



### SHORTENED CYCLES

Each of your hair follicles goes through four cycles: growing, resting, shedding, and transitioning. A healthy growing cycle can last between 5 to 7 years but can be shortened by illness, medication, hormonal changes, and poor lifestyle habits.



### LACK OF NUTRIENTS

Your hair, skin, and nails need a daily dose of specific amino acids, vitamins, and minerals to grow including: 9 essential aminos, calcium, chromium, magnesium, selenium, zinc, potassium, manganese, chromium, and vitamins B, C, D, and E (All of which are found in our products).



### SLOW CELLULAR ACTIVITY

Free radicals, impurities, and unhealthy lifestyle habits cause your cellular activity to slow down. A few signs of free-radical build up in your body include: a weakened immune system, dull dry hair, wrinkled skin, and weak or brittle nails.

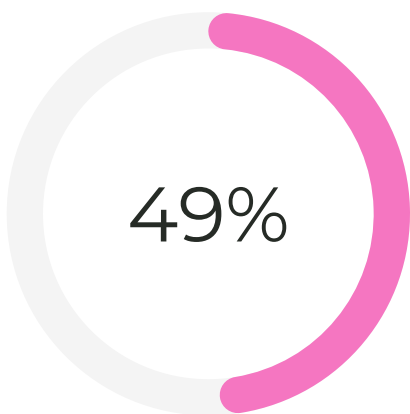
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# How we **speed up** keratin & collagen

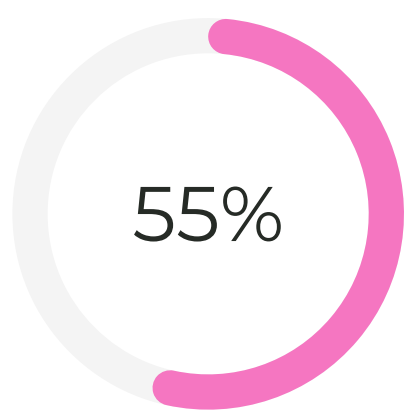
Our products contain clinically-proven ingredients that speed up hair and nail growth, and improve collagen synthesis.

Clinically proven to:

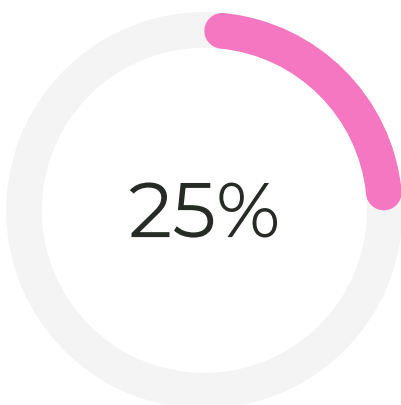
Increase **hair growth & density** by up to:



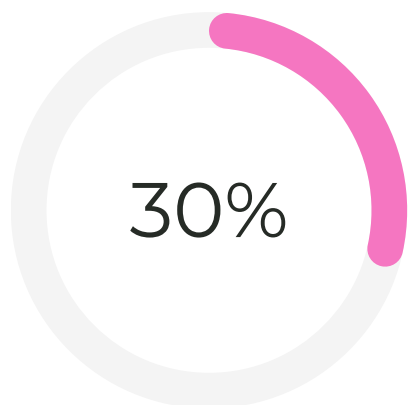
**Prolong** hair **growing cycle** by up to:



Increase **nail growth speed** by up to:



Increase **collagen synthesis** by up to:

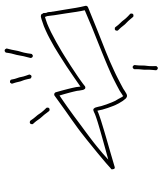


\* BASED ON CLINICAL TRIAL #**PMC8883010**

## PART THREE:

# 5 STEPS TO FASTER GROWING HAIR, SKIN & NAILS

Let's unpack the science behind each of our products and how we holistically help your body achieve faster growing hair, skin, and nails.



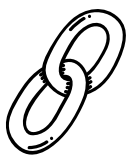
STEP 1: Jumpstart growth



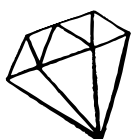
STEP 2: Increase collagen & keratin



STEP 3: Prolong growing cycles



STEP 4: Prevent split ends & breakage

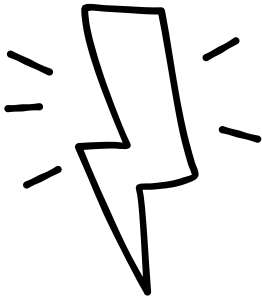


STEP 5: Protect hair length





STEP 1:



# JUMPSTART GROWTH

## Advanced Amino Capsules

These capsules create a clean and healthy, nutrient rich environment within your skin and follicles. It contains key ingredients that are clinically proven to jumpstart hair growth and trigger collagen production for beautiful, faster growing hair and nails and more radiant glowing skin from the inside out.

### SUMMARY:

- 1 Contains **Advanced Amino Formula** of clinically-proven key ingredients to trigger hair and nail growth and collagen synthesis
- 2 High in **anti-oxidants** to remove free radicals and repair damage
- 3 Improves **blood circulation**
- 4 Boosts **cell formation** (collagen & keratin cells)
- 5 **Detoxifies** and cleanses environment within the skin and follicles
- 6 Improves **nutrient absorption** within the skin and cells



# INGREDIENTS

## ADVANCED AMINO FORMULA

Our capsules contain our Advanced Amino formula of clinically-proven key ingredients including Magnesium, Biotin, Inositol, Silica, Arginine, and a patented herbal blend to:

- Increase hair growth speed and density by up to 55%
- Prolong hair growing cycles by up to 49%
- Increase nail growth speed by up to 25%
- Improve collagen synthesis by up to 30%



ADVANCED AMINO CAPSULES



ADVANCED AMINO CAPSULES

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## INOSITOL

### Speeds up cell activity

Inositol is an energy source that your cells and body absolutely loves. It helps speed up the rate in which your body heals itself and generates more cells at a faster rate, specifically keratin and collagen cells. By supplementing Inositol alongside our Advanced Amino formula, you are giving your hair, skin and nails everything it needs to grow and heal at its fastest, healthiest rate.

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## GRAPE SEED EXTRACT

### Improves cell communication

Slow hair growth, dehydrated, wrinkled skin and a weak immune system are just a few signs that there is a build-up of free radicals in your body. Our capsules are rich in Grape seed extract which has high levels of antioxidants that make these unstable molecules stable again. Grape seed extract is also clinically proven to jumpstart your hair growth cycle and protect the skin from premature ageing

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## SILICA

### Jumpstarts hair growth cycles

Our capsules are rich in Silica; the custodian of beautiful hair, skin and nails. This herbal extract increases blood circulation within the follicles, improving nutrient delivery and communication between the endocrine system and your hair to stimulate growth. Silica also boosts collagen production, and improves hydration within the skin resulting in noticeably more hydrated glowing skin within as little as 2 weeks



The  
**REVIEWS  
ARE IN**

See what customers are saying about our Advanced Amino Capsules.

“ This is truly the best supplement I have ever used!

Caylin McLean  
South Africa

”





STEP 2:

# BOOST COLLAGEN

## Complete Collagen

Quick Grow Vegan Collagen is a Complete Collagen producing formula containing all the ingredients and collagen precursors your body needs to form your own natural collagen in the skin.

### SUMMARY:

- 1 Complete collagen boosting formula
- 2 Contains multiple collagen precursors to boost collagen formation
- 3 Increases the dermal density in your skin and anti-wrinkle formula
- 4 Boosts keratin production for faster hair and nail growth
- 5 Improves hair and nail condition and boosts shine



# INGREDIENTS

## COMPLETE COLLAGEN FORMULA



STRAWBERRY



CHOCOLATE

This creamy nutritional shake is a complete vegan collagen producing formula containing all the amino's and collagen precursors your body needs to boost your own natural collagen. Increased collagen synthesis has a direct impact on faster growing hair making this nutritional shake your complete hair, skin and nail boosting formula. This shake is ideal for women who want to give their bodies a complete hair, skin and nail supplement that supports their weight-loss and diet goals, is sugar free, low calorie, low carb as well as Kosher, Hallaal and Keto safe. Just one scoop a day gives your body an abundance of amino's, vitamins, minerals and collagen precursors to support faster growing hair, skin and nails.

### KEY INGREDIENTS

- All 19 amino acids (nearly 3000mg of amino's per serving)
- All 9 essential amino acids (unable to synthesise from food sources and essential for the body)
- Tryptophan (an essential indispensable amino for collagen synthesis making this a complete collagen source)
- Vitamin C (essential collagen precursor and slows the appearance of sun spots, wrinkles and dark spots)
- Choline (crucial of collagen synthesis)
- Inositol (stimulates cellular activity which speeds up collagen and keratin synthesis)
- Vitamin E (a fat soluble vitamin responsible for skin hydration, dermal density and elasticity within the skin)
- Vitamin B1, 2,3,5, 6, 7,9 & 12 (collagen precursors that trigger the formation of collagen and keratin within the hair, skin and nails)
- Co-enzyme Q10 (high in anti-oxidants to remove free radicals, energises skin and keratin cells and improves skin moisture retention and elasticity)
- Magnesium (promotes healing and cellular rejuvenation)
- Manganese (essential collagen precursor and cellular healing and rejuvenation properties)
- Selenium (a powerful anti-oxidant to remove free radicals to reduce ageing, damage and increase hair, skin and nail growth speed)

### 5 COLLAGEN PRECURSORS:

#### TRYPTOPHAN

##### COLLAGEN PRECURSOR

Whole animal collagen is deficient Tryptophan, an essential amino that must be supplemented for collagen formation

#### VITAMIN C

##### COLLAGEN PRECURSOR

Without Vitamin C your body cannot form collagen. It is an essential cofactor and directly triggers your body to produce collagen. It has a direct impact on anti-aging and cell renewal in the hair, skin and nails.

#### SILICA

##### COLLAGEN PRECURSOR

Our collagen is rich in Silica; the custodian of beautiful hair, skin and nails. This herbal extract increases blood circulation within the skin, and boosts collagen production, and improves hydration within the skin resulting in noticeably more hydrated glowing skin within as little as 2 weeks

#### CO-ENZYME Q10

##### COLLAGEN PRECURSOR

Co-enzyme Q10 is an enzyme that improves dermal density in your skin by enhancing the production of collagen cells. It also boosts keratin production which has a direct impact on faster hair and nail growth speed.

#### INOSITOL

##### COLLAGEN PRECURSOR

Inositol is a precursor of collagen formation and promotes cellular duplication. It and increases the dermal density in your skin by improving elasticity and moisture retention.



The

# REVIEWS ARE IN

See what customers are saying  
about our Collagen.

“ My glow  
and grow  
on the go!

Yolanda Nieman  
South Africa

”





STEP 3:

# PROLONG GROWTH CYCLES

## Scalp Therapy

Our shampoos and conditioners are designed specifically to provide therapy for your scalp. The unique herbal blend creates a sulphur-rich environment on your scalp, which encourages the hair follicles to remain in the growing cycle for longer. This in turn produces stronger, healthier hair that grows at its fastest rate.

### SUMMARY:

- 1 Remove impurities and detox the scalp and follicles
- 2 Create a pH Balanced environment for improved nutrient absorption
- 3 Feeds your follicles with the building blocks of keratin
- 4 Scalp balancing properties

# KEY INGREDIENTS



## Detox your scalp

improve the environment

Impurities, blockages and build-up on the scalp weakens your follicles immunity and breaks down communication from your endocrine system to your follicles. Our shampoos detox your scalp by removing impurities, build-up, plastics and metals (found in water) and use two sulphate free non-toxic anionic surfactants (foaming agents) called Olefin Sulfonate and Cocamidopropyl Betaine which gently remove dirt without the harmful effects of sulphates.

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## Citric Acid

Improves nutrient absorption

Our Scalp Therapy Shampoos contain Citric Acid which creates the ideal pH environment on your scalp. Citric Acid improves the absorption of our herbal extracts and amino formula within the follicles and scalp. It is also known to improve the strength and condition of your hair resulting in nourished, healthy hair from the inside out.

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## Hair food

Nutrient rich formula

Our shampoo's and conditioners deliver a nourishing, nutrient rich formula of Biotin, vitamins, herbal extracts and a rich amino blend direct onto your scalp and follicles. These ingredients you are giving your hair all the keratin building blocks it needs to produce hair at its fastest rate, enhancing the growing cycle and improving the shine, strength and condition of your hair after every wash.

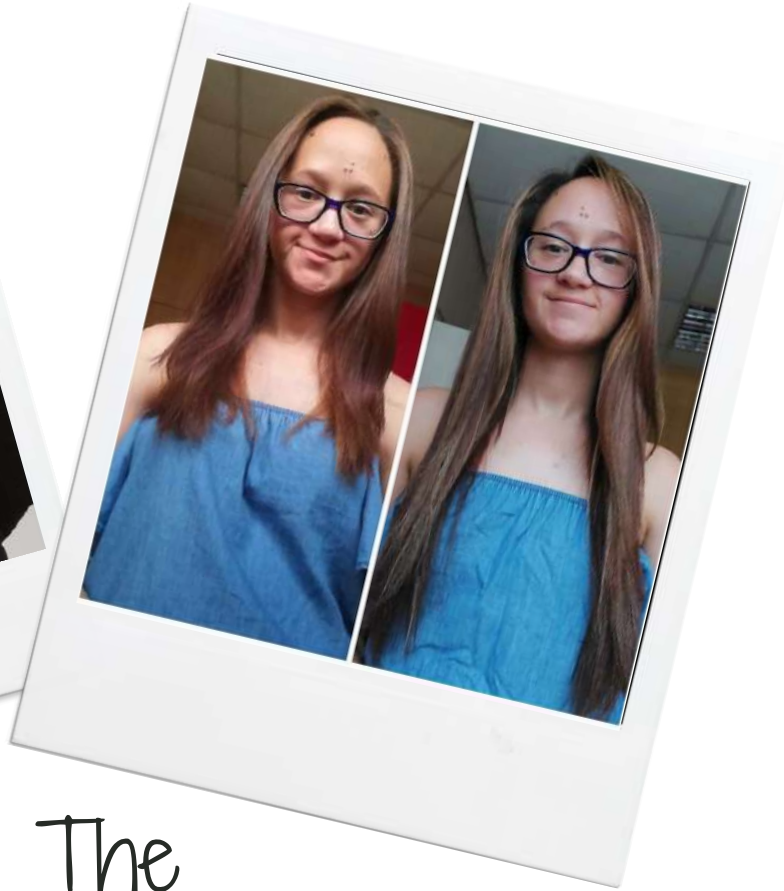
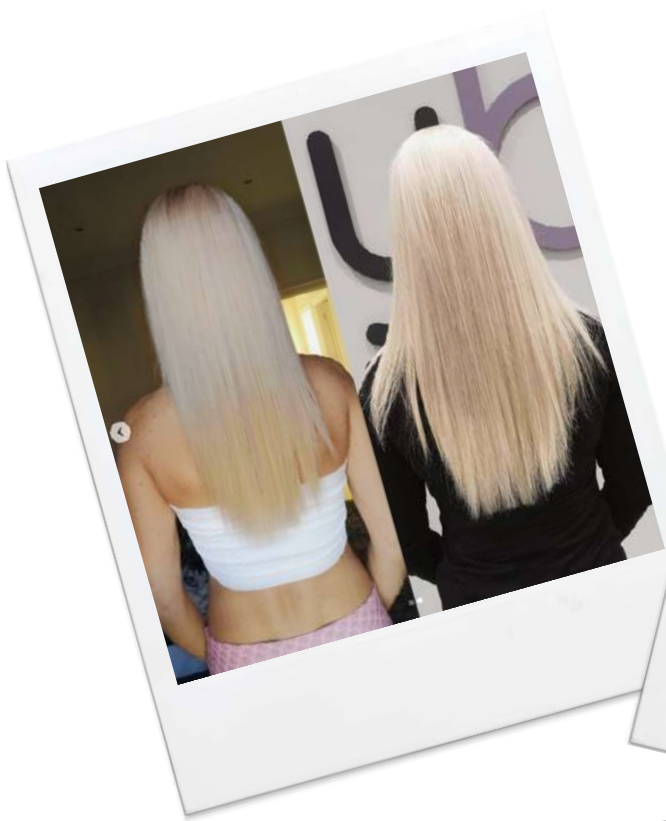
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## Inositol

Speeds up follicle activity

Inositol is an energy source that your follicles thrive in. It helps speed up communication within the cells which supports and prolongs healthy hair growing cycles. Inositol also improves immunity and health within the follicles resulting in a stronger, healthier strand of hair.





The

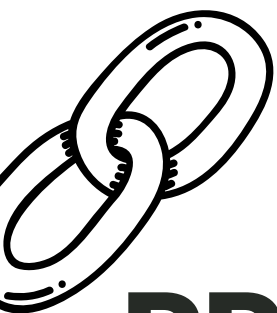
# REVIEWS ARE IN

See what customers are saying  
about our Shampoo & Conditioner.

“ My hair has  
never grown  
so fast! ”

Yolanda Nieman  
South Africa





STEP 4:

# PREVENT BREAKAGE

## Treatment Masques

Quick Grow treatment masques contain caviar extract and BioRestore® technology that works deep within your hair to replenish lost keratin and restore elasticity. This prevents split ends from forming and results in hair that is deeply conditioned, up to 60% stronger, 20% shinier, and intensely repaired from the inside out.

### SUMMARY:

- 1 Prevents split ends and breakage
- 2 60% stronger hair
- 3 Intense keratin repair
- 4 20% more shine
- 5 Locks in moisture



# KEY INGREDIENTS



VIOLET TREATMENT MASQUE



ADVANCED TREATMENT MASQUE

## Shea butter, Coconut oil & Olive oil

### intense mineral rich hydration

Our Treatment Masques soaks deep into your hair, delivering intense lipid hydration from shea butter, olive oil and coconut oil for intense hydration. These 3 natural oils reduce frizz, increase strength, shine and improve overall condition, protecting your hair from split ends and breakage.

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## Bio Restore

### Reduces split ends and breakage

Our Scalp Therapy Shampoos contain Citric Acid which creates the ideal pH environment on your scalp. Citric Acid improves the absorption of our herbal extracts and amino formula within the follicles and scalp. It is also known to improve the strength and condition of your hair resulting in nourished, healthy hair from the inside out.

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## Bio Affinity

### Replenish lost keratin

Our masques contain BioAffinity® technology; delivering positively charged (cationic) keratin which is attracted to damaged sections of the hair. This helps replenish lost keratin along the hair strand, increasing strength and shine by up to 60%.

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## Complete keratin formula

### All 19 Amino acids

This hair masque delivers all 19 amino acids back into the hair in a lipid and mineral rich formula that restores hair health, shine and strength and heals the hair from the inside out.



The

# REVIEWS ARE IN

See what customers are saying about our Treatment Masque.

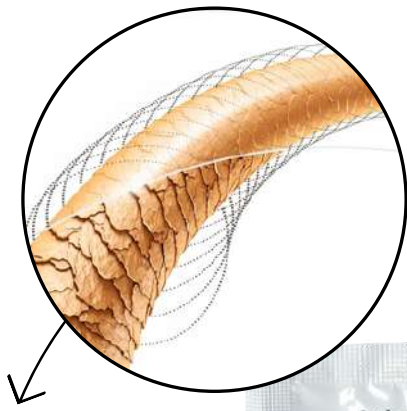
“ I can't believe how soft her hair is now! ”

Marie Richardson  
South Africa



STEP 5:

# PROTECT YOUR LENGTH



Protective mesh coating that seals the hair cuticles and split ends



## Smoothing Treatment

Quick Grow Smoothing Treatment  
Our advanced smoothing treatment protects and smooths hair using bioidentical keratin, which has the same molecular composition and 19 amino acids found in human hair.

It forms a permeable keratin mesh around each hair's cuticle to protect it from damage, breakage, and moisture loss. Protective mesh coating that seals the hair cuticles

*RESULT: Hair retains some movement and texture with a smooth silky finish that is frizz-free, improved strength and sealed split ends*



Seals split ends, 60% stronger hair, 20% more shine, Locks in moisture Prevents breakage, Intense repair

## SMOOTHING TREATMENT

# HOW IT WORKS

This treatment uses Bio Identical keratin that has a similar composition to human hair (containing all 19 amino acids) at a molecular weight of 600. It forms a permeable keratin coating surrounding the outer cuticles of the hair protecting it from damage, breakage and moisture loss. This treatment smooths down the outer cuticles resulting in smooth shiny hair with natural movement with restored luster, elasticity and shine.



### STEP 1: Cleanse

*Product: Clarifying Shampoo*

First the hair is gently cleansed using a pH 6 clarifying shampoo. This does not affect the existing surface keratin or any applied colour.



### STEP 2: Treatment Application

*Product: Smoothing Treatment*

The next step involves directly applying the creamy keratin treatment to the hair. This creates a protective barrier against heat, chemicals, and environmental damage.



### STEP 3: Tone and Treat

*Product: Violet Treatment Masque*

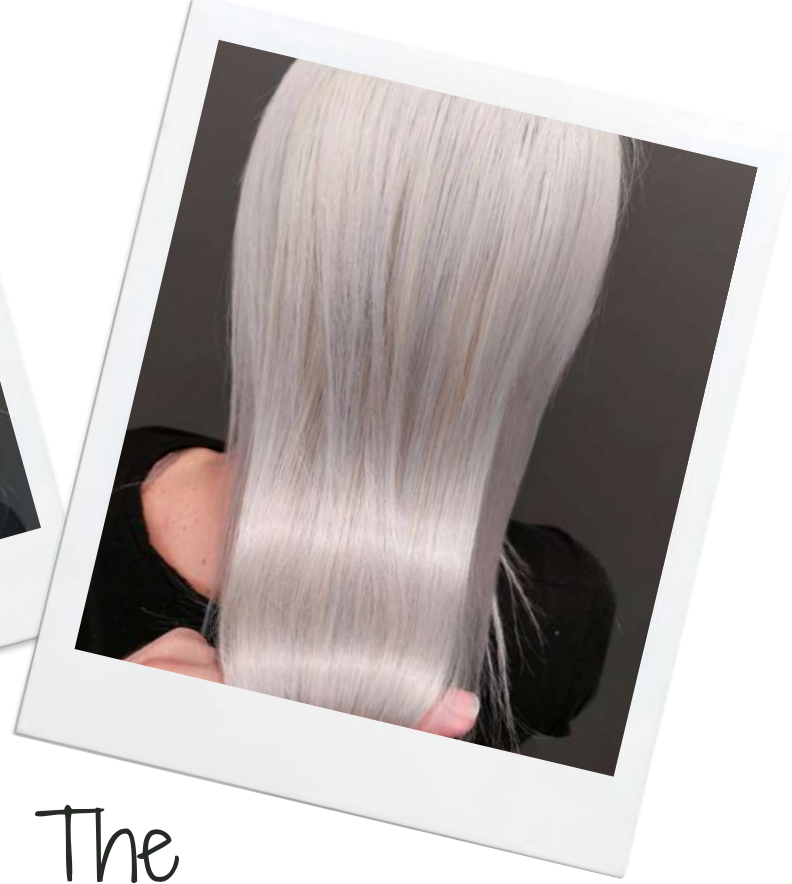
This violet treatment masque soaks deep into the hair delivering essential lipids in a mineral rich violet pigment to tone out unwanted yellow tones.



### STEP 4: Setting the Treatment

The last step involves sealing the treatment using heat by blow-drying and then flat-ironing the hair (see directions).

*The protective barrier can last up to 3 months with the correct use of after-care products.*



The  
**REVIEWS  
ARE IN**

See what stylists are saying about our Smoothing Treatment.

“ What a difference after one treatment! ”

Skin PHD Olympus  
South Africa





The

# REVIEWS ARE IN

See what customers are saying about our Smoothing Treatment.

“ My hair has never felt this good in YEARS! ”



Veena Bodhie  
South Africa

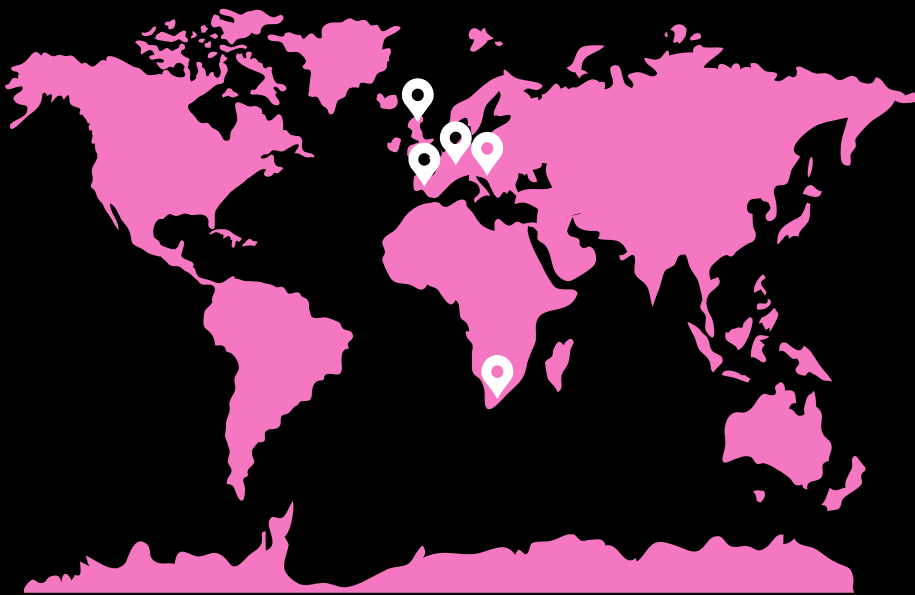




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