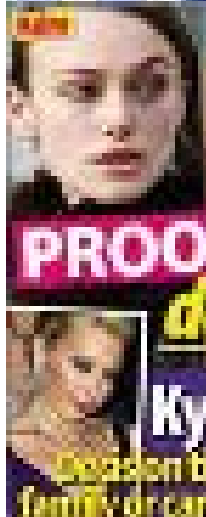
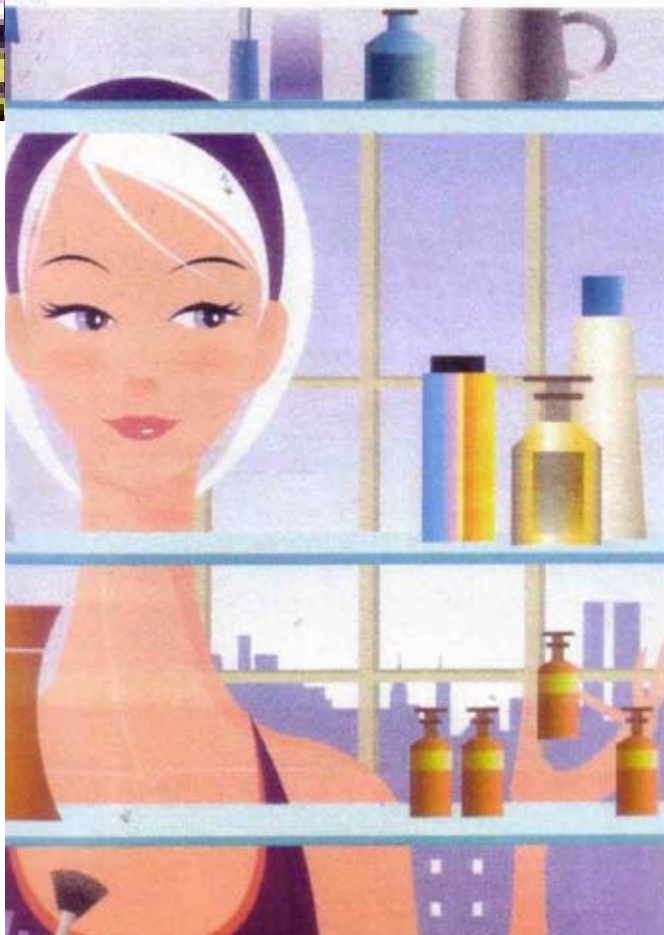


Now Celebrity Hair - Autumn 2006



Can a pill give you thicker hair?

In search of lusher and more luxuriant locks, we test the latest beauty supplements that promise to give you stronger hair in just three months



The shelves are crammed with vitamin and mineral supplements that claim to give you thicker hair as well as smoother skin and stronger nails, but do they deliver? Our volunteers blind-tested seven top selling brands for three months and Dr Sarah Brewer, medical nutritionist and author of **The Encyclopedia Of Vitamins, Minerals And Herbal Supplements (£9.99, Robinson)** gives us her opinion on the ingredients.

STAR BUY

Proto-Col,
£29.95 for
90 tablets
(Urban Retreat
at Harrods,
020-7893 8333;
www.on-beauty.co.uk
or 0870 7703862)

Celebrity users Geri Halliwell, Uma Thurman and Liv Tyler.

What it claims Containing 100 per cent pure collagen, this natural food supplement tops up your natural collagen supply so that your nails become less brittle, your hair is more elastic and shiny and your skin looks more youthful in a few weeks.

Results 'This supplement has certainly made my hair grow. I need a trim every two to four weeks now, rather than every couple of months! My skin is quite leathery and lined from years of sun exposure, but this has made it look plumper and more youthful. My nails have always been very flaky at the tips, but they look healthier and seem stronger. I'd definitely buy this again - it works wonders!' **Janice Creighton, 44**

Dr Sarah Brewer says 'This basically contains just collagen and I'd like to know if the source is bovine or marine. I prefer marine-based collagen products and hydrolysates [partially digested forms], which this formula may or may not contain. I'd also want to know if it's type I, II or III collagen. Type II appears to be best for joints; types I and III may be better for skin, hair and nails.'



VERDICT
10/10