

# Efficacy and Safety of L-Cystine Associated or not to a Natural Keratin (Kera-Diet®) Hydrolysate on Hair and Nails: Randomised, PlaceboControlled, Clinical Trial on Healthy Females

Chesahna Kindred

University of Maryland, USA

**Correspondence to:** Dr.Vincenzo Nobile, Farcoderm srl, Complife Group, Via Mons Angelini, 21, 27028 San Martino Siccomario, Pavia, Italy, Tel: +39-0382- 25504; E-mail: vincenzo.nobile@complifegroup.com

## EDITORIAL NOTE

The acute Telogen Effluvium (aTE) and the Brittle Nail Syndrome (BNS) are two medical conditions affecting both males and females. A dietary approach based on aminoacids and/or on protein hydrolysate could be a safe and effective approach in reducing hair loss during acute telogen effluvium and in improving brittle nails conditions.

The current volume 05, issue 1 various aspects of radiology were discussed by the authors from different parts of the world. In the research article, Nobile V, et al.

The primary endpoints with respect to product efficacy were the measurement nagen/telogen hair and the nail growth speed. Hair resistance to traction (pull testing), hair/nail brightness, and overall hair/nail condition, were secondary efficacy endpoints.

The self-assessment questionnaire shows that the improvement, instrumentally measured and clinically evaluated, is visible enough to be perceived by women; answers to self-assessment questionnaire by enrolled subjects after 90 days are very positive, especially for the KDL group, which underline benefits for the customers with this association. This illustrates that it is possible to visually enhance hair and nail health and status, even among healthy and well-nourished people.

In conclusion, this study provides evidence in supporting the hypothesis that L-Cystine or a combination of a hydrolysate of natural

keratin (Kera-Diet®) and L-Cystine could represent a safe and effective approach in reducing hair loss during acute telogen effluvium and in improving brittle nail conditions. Specifically, we have shown that a 90- days intervention period with the test products is beneficial for telogen hair decrease and for increasing nail growth rate. Therefore and more generally, this study demonstrates that L-Cystine alone or a mix KeraDiet®+L-Cystine, associated with traced elements and specific vitamins at the right dosage can enhance hair and nail conditions, even though human nutrition is more and more balanced.

## REFERENCES

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