



Pro-Hair



Your all-in-one
nutritional solution for
stronger and fuller hair



A simple tool to support your hair from the inside out

You may already know that a healthy diet is the foundation for strong hair. However, in the real world, a "perfect diet" is hard to maintain. Busy schedules, high stress, digestive issues, or dietary restrictions (like being vegetarian or vegan) often create **nutritional gaps**.

When these gaps occur, your body enters "survival mode." It pulls nutrients away from your hair to support your heart and lungs. Over time, this leads to thinning, shedding, and dullness.

This guide introduces **Yorgain Pro-Hair**, a practical nutritional tool designed to bridge that gap. This is not a "magic pill" or a temporary fix. It is a scientifically formulated blend of plant proteins, essential amino acids, and hair-specific vitamins.

In this ebook, you will learn:

- ▶ Why standard supplements often fail to help hair.
- ▶ The "clean science" behind plant-based protein.
- ▶ How to combine Yorgain with your lifestyle for maximum results.
- ▶ What a realistic timeline for hair recovery looks like.



This is your roadmap to moving beyond "hope" and into a routine of **consistent, targeted nourishment**.



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#CHAPTER 01

Why a hair-specific supplement is needed

Even people who eat well may not meet all hair nutrition needs every day. Some common challenges:



Skipped meals



Low protein intake



Vegetarian or vegan diets



Poor nutrient absorption



Increased needs during stress, illness, or hair fall

General supplements often fall short.

- ▶ Multivitamins usually contains no protein very little protein
- ▶ Regular protein powders are designed for muscles, not hair
- ▶ Single nutrients like biotin alone do not support the full hair growth process

Hair needs **both structure and support.**

Yorgain Pro-Hair combines



1. High-quality **protein** for hair structure
2. Specific vitamins and minerals that support hair growth and strength

This makes it **different** from **standard supplements.**



#CHAPTER 02

What's inside Yorgain Pro-Hair

100% plant based protein



Pineapple



Papaya



Peas



Rice



Flaxseed



Sesbania



Each scoop is designed to deliver hair-focused nutrition in a form your body can use easily.

Plant protein (14 g per scoop)



Source: **Pea** and **rice** protein blend

This blend provides essential amino acids, including cysteine and methionine, which are important for strong hair structure.

All 9 essential amino acids

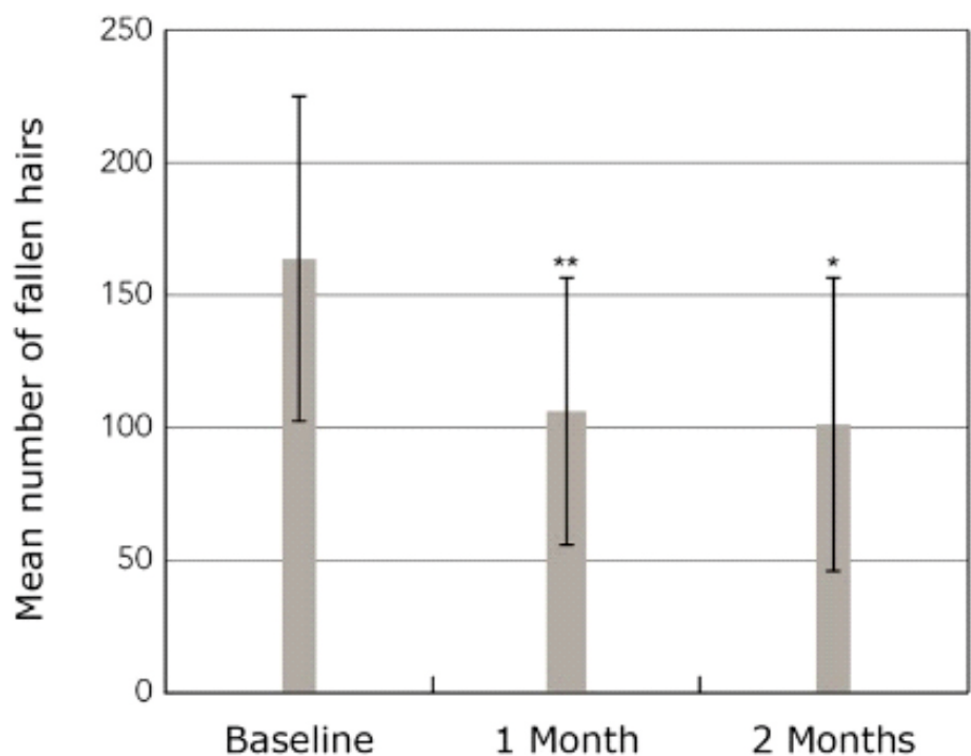
Your body cannot make these on its own. Hair follicles need them daily to produce keratin. Yorgain ensures a complete amino acid profile in every scoop.



Pea protein isolate

- ➔ Rich in **amino acids** that help to **build hair protein - keratin**.
- ➔ **Strengthens** the hair and reduces breakage.
- ➔ Stimulates the hair follicles, **nourishes the scalp** and improves blood circulation.
- ➔ **Increases the anagen** phase of the hair growth cycle
- ➔ Anti-inflammatory properties soothe the scalp and maintain a healthy environment for hair growth.

Efficacy of pea protein to reduce hair loss



After 2 months of treatment in 21 patients, 3 men and 18 women, 86% of the patients experienced reduction in hair loss.
71% confirmed overall improvement in hair health

Rice protein isolate

- ➔ Also, rich in amino acid that makes them **stronger** and **less prone to breakage**.
- ➔ **Increases** hair elasticity
- ➔ **Increases** hair volume and thickness and gives a **fuller look**.
- ➔ **Enhances shine** to the hair giving it a healthy & lustrous look.
- ➔ **Anti-oxidant** properties keep the scalp protected from the external damage.

Flaxseed

- ➔ Rich in **Omega 3 fatty acids** that nourish the hair follicle & promote the hair follicles to give healthy growth.
- ➔ Helps to **retain moisture** in the hair, preventing dryness & frizz.
- ➔ Enhances overall texture of hair by making it **shiner**
- ➔ Regulates **sebum production** in the scalp & improves the scalp health

Sesbania grandiflora extract

- ➔ Rich in **nutritional and medicinal** properties
- ➔ Enriched with biotin, essential for the building of hair proteins
- ➔ Stimulates the natural hair protein "**Keratin**" and makes them stronger
- ➔ Improves the **hair thickness** and prevents brittleness
- ➔ Helps to balance the hair growth cycle and keeps the hair in the catagen phase for a longer time and shortens the telogen phase.

Key vitamins and minerals for hair

IRON



Supports oxygen delivery to hair roots

ZINC & SELENIUM



Help hair tissue repair and growth

BIOTIN, FOLIC ACID, VITAMIN B12



Support cell formation and energy in hair follicles

VITAMIN C



Improves iron absorption and supports immunity

VITAMIN D3



Helps activate hair growth cycles

COPPER



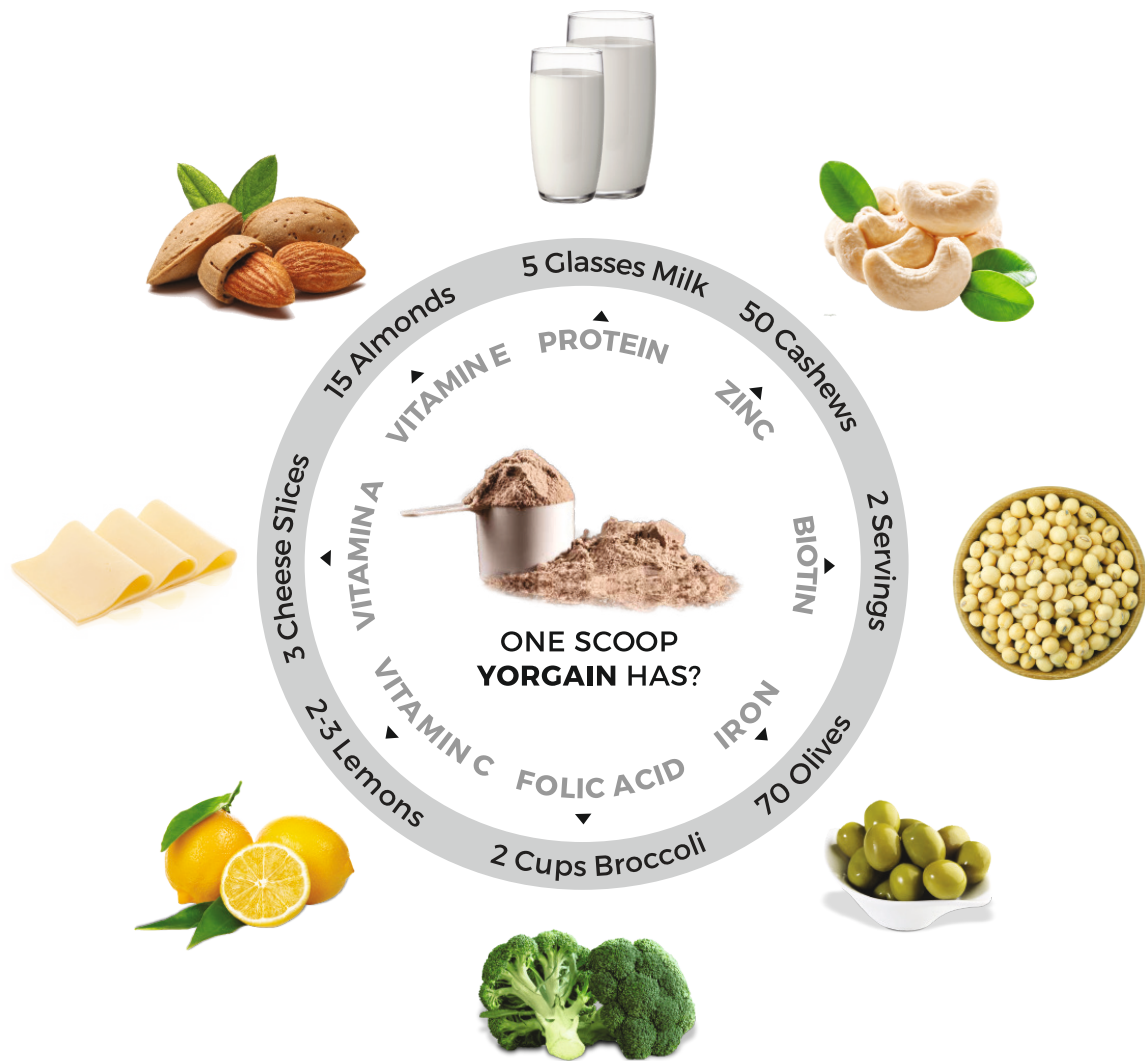
Supports natural hair pigmentation

Digestive enzymes

Papain and bromelain help break down protein and improve absorption. This is especially useful for people who feel heavy or bloated after protein intake.



Goodness in each scoop



EACH SCOOP OF YORGAIN CONTAINS:



14GM
PLANT PROTEIN



11
MINERALS



ANTI-
OXIDANTS



13
MULTI-VITAMINS



DIGESTIVE
ENZYMES

HIGHEST QUALITY STANDARDS:



ALWAYS SAFE FOR ALL



#CHAPTER 03

Why plant protein is better for hair health



Protein is essential for hair, but the **type of protein** matters.

Many people struggle with digestion when using conventional protein sources. Heavy proteins can cause **bloating, acidity, or discomfort**. When digestion is poor, protein absorption reduces, and hair follicles receive less nutrition.

Why plant protein works better for hair

#1

Easier digestion



Plant proteins like pea and rice are lighter on the stomach. They break down smoothly and are absorbed more efficiently, especially in people with sensitive digestion.

#2

Hormone-friendly



Plant protein is naturally free from dairy hormones. This is especially important for people with PCOS, hormonal imbalance, or stress-related hair fall.

A balanced hormonal environment supports healthier hair growth cycles.

#3

Gentle on the gut



Gut health plays a major role in nutrient absorption. Plant protein does not irritate the gut lining and supports better long-term absorption.

This makes it suitable for daily use over months.

#4

Complete When Blended Correctly



Yorgain uses a pea and rice protein blend. Together, they provide all essential amino acids needed for keratin formation, including cysteine and methionine, which strengthen hair bonds.

#5

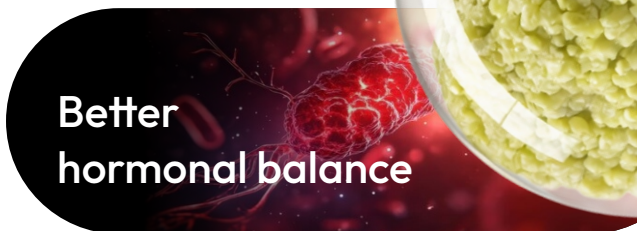
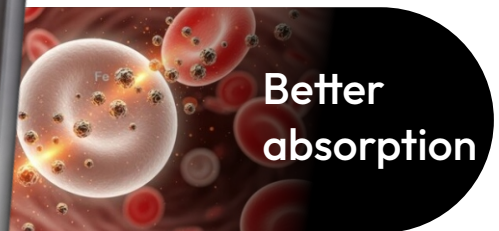
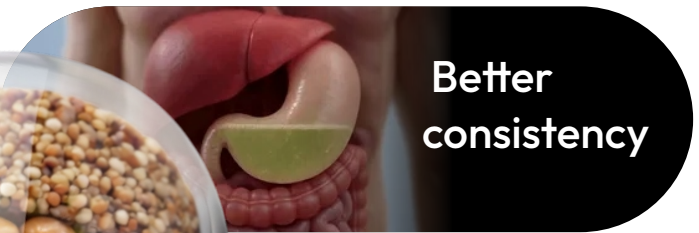
Better long-term consistency



Because plant protein feels lighter, people are more likely to take it daily. Hair responds best to consistency, not short-term heavy intake.

In simple words

Plant protein supports:



#CHAPTER 04

Yorgain Pro-Hair vs. conventional protein

Most protein powders are built for the gym, not the hair clinic.

Feature	Conventional Protein	
Primary Goal	Muscle mass & bulk	Hair strength & density
Digestion	Often causes bloating/gas	Light & easy; includes enzymes
Minerals	Usually missing Iron/zinc	Therapeutic doses of Iron/zinc
Vitamins	Minimal or none	Full hair-vitamin complex
Hormones	May contain dairy hormones	100% Hormone-friendly
		

#CHAPTER 05

How Yorgain Pro Hair supports hair health

Yorgain works by addressing common nutritional reasons behind hair weakness.

Its 5-way support system

Provides daily protein and amino acids for keratin formation

Helps maintain a healthy hair growth cycle

Helps correct common nutrient deficiencies linked to hair fall

Strengthens hair from within to reduce breakage

Supports scalp environment and circulation

In simple words, it gives your hair follicles the nutrition they need to function properly.



#CHAPTER 06

Who can benefit from Yorgain Pro-Hair

Yorgain is suitable for adults whose hair concerns are linked to nutrition or lifestyle.

It may help



Low protein intake



Post-pregnancy hair shedding



Hair loss after illness or COVID



PCOS-related hair concerns



Vegetarian or vegan diets



Stress-related hair fall



Early greying or dull hair



Age-related hair thinning in men and women

It can be used along with

Hair oils

Serums

Minoxidil

PRP or other clinical treatments

#CHAPTER 07

How to use Yorgain Pro-Hair

Daily use instructions

1. Take 1 scoop (20 g)
2. Mix with 200 ml water or milk (dairy or plant-based)
3. Shake or stir well
4. Drink once daily



Daily use instructions

- ➔ 2 scoops daily may be used
- ➔ One in the morning, one in the afternoon

Best timing

- ➔ Morning on an empty stomach
- ➔ Between meals for better absorption

Important reminder

Hair growth is slow.
Daily use for at least 3 months is required.
Best results are usually seen over 6 months.

#CHAPTER 08

What results can you expect?

Hair growth follows natural cycles.
Nutrition supports these cycles gradually.

A Realistic Timeline



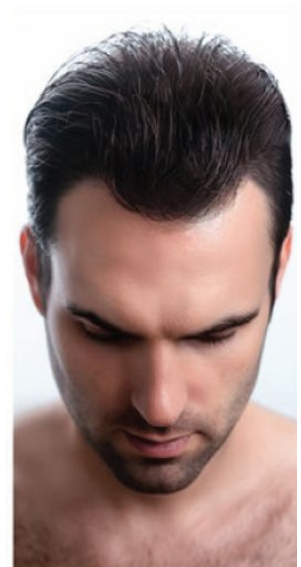
1 to 2 months

- ➡ Reduced hair fall
- ➡ Hair feels stronger and less dry
- ➡ Less breakage during washing or combing



Around 3 months

- ➡ Appearance of short new hairs near the hairline or part
- ➡ These are signs of new growth



4 to 6 months

- ➡ Visible improvement in hair density
- ➡ Hair looks thicker and healthier

Yorgain does not regrow hair overnight.
It supports your body's natural ability to grow healthier hair by correcting nutritional gaps.

Consistency Grows Hair

By now, you understand that hair health is not an overnight event. it is a biological process. You now have a clear understanding of why **Yorgain Pro-Hair** is different from standard muscle-building proteins and how its 5-way support system targets the root causes of hair weakness.

The most important takeaway is this: **Your hair follicles respond to what you do daily, not occasionally.** One scoop of Yorgain provides the "bricks" (protein) and the "workers" (vitamins and minerals) needed to rebuild your hair's strength. While results like reduced shedding can appear in the first few weeks, the true transformation in density and quality happens over 3 to 6 months of consistent use.



Your Action Plan

Start Today:

Replace a low-protein snack or breakfast with one scoop of Yorgain.

Be Patient:

Allow your body at least 90 days to reset its growth cycle.

Listen to Your Body:

Notice the improvements in your energy, nail strength, and hair texture.

You have the **knowledge** and the **tool**. Now, it's time to give your hair the nutrition it has been waiting for.



Consistent **nutrition**
leads to healthier,
fuller hair.