What is AFR?

AFR = Accelerated Follicular Restoration
AFR = Help Hair® Shake + Low Anabolic Profile

AFR Benefits

- Faster Regrowth — why wait for your hair?
- Less Shock Loss
- Better Quality of Existing Hair
- Better Patient Experience/Relationships
- Less Overall Down Time
- Better Quality of Donor/Transplanted Hair
- 2nd Sittings can be Performed Sooner
- No Lag Time With Secondary Sittings ie: 2nd, 3rd, 4th etc.
- Less Overall Finasteride Use (7-9 Months) No Refills
- Little or No Shedding When Stop Finasteride
Proper AFR / Shake Use

Best
- 1 Scoop / Day
- 8-12 hrs apart
- AFR Until Full Growth: 4-6 Months

Very Good
- 1 Scoop / Day
- Help Hair Vitamin
- 8-12 hrs apart
- AFR Until Full Growth: 5-6 Months

Good
- 1 Scoop / Day
- AFR Until Full Growth: 6 Months

- Dosage amounts — 1 scoop 2x daily (body weight 120lbs+)
- 1 HH Shake + 1 HH vitamin, 8-12 hours apart
- Too much shake become anabolic (WPI-15gm/scoop)
- Avoid adding additional biotin or hair vitamins
- Avoid WPI (whey protein isolate) and anabolics (creatine, GH, etc.)/fat burners/fad diets (HCG) Path 1
- Avoid mixing with soy milk (soy is anabolic, goitrogenic)
- Avoid heating the shake (denatures protein)
- Avoid adding sugar but not fruits (LGI)
- Add caffeine (200mg) such as unsweetened ice tea or instant coffee for ice mocha frappuccino (Pathway 6)
- Avoid energy drinks
- Spicy foods enhance AFR — chili peppers, curcumin (Path 6)
- Go to HelpHair.com for further recipes

AFR Time Frame / Proper Absorption

- 4 weeks — nails will grow, report they “cut glass”
- 4-5 weeks with AFR — 40-60% of the transplanted hair will remain
- 6-8 weeks with AFR — transplanted hair will start to regrow (sometimes as early as 4.5 weeks)
- 2-3 months — less shedding of existing hair
- 3-4 months — existing hair will look thicker & fuller
- 4-6 months — transplanted hair will fully grow in
- 7-12 months — transplanted hair looks fuller
- 8-9 months stop Finasteride — no shedding
- If you do not use Finasteride regrowth takes 4 weeks longer
- Minoxidil recommended until growth achieved

Maintenance with HH Shake

- After achieved desired results (around 7-8 months) use the shake 2-3 times a week or more

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- Avoid anabolics
- Maintain normal blood work
- Avoid products that could damage hair: hair straightener, hot oil, hot combs, braids, etc.
- We are now noticing even better texture long term use (6-12 months)
Use the S.H.A.P.I.R.O. Chart to assist in your analysis and help identify the potential risk level of your patient’s anabolic profile. This chart is supported by over 120 scientific references.

Please email us at Info@ShakeMD.com for references.