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HAIR, SKIN AND NAILS

# HAIRGAIN

*feed your follicles*

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# HAIRGAIN

*feed your follicles*

What we eat on a daily basis can have a massive impact on our hair health.

The nutrients we get from our diet ultimately determines whether we have enough fuel for our hair! Even if you have a balanced diet, there are certain foods that pack a bigger nutritional punch when it comes to hair health.

To help you achieve gorgeous, healthy locks, Hair Gain have teamed up with Jodie Brandman, a highly regarded nutritional therapist specialising in hormone health and Meg Ackroyd, well known vegan recipe developer, photographer and food stylist. Together they have created delicious and nutritious recipes for you to follow at breakfast, lunch and dinner, with a go to list of powerhouse mane changer snacks and on the go goodies for you to include in your daily diet regime.



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## HAIR GAIN

# About Meg

### Vegan Chef

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Meg (known as PoorLondonVegan on Instagram) is a recipe developer, food stylist, photographer and plant mum. As the Insta handle might suggest, she focuses on creating delicious vegan food that won't break the bank, with ingredients that are accessible to all.



## HAIR GAIN

# About Jodie

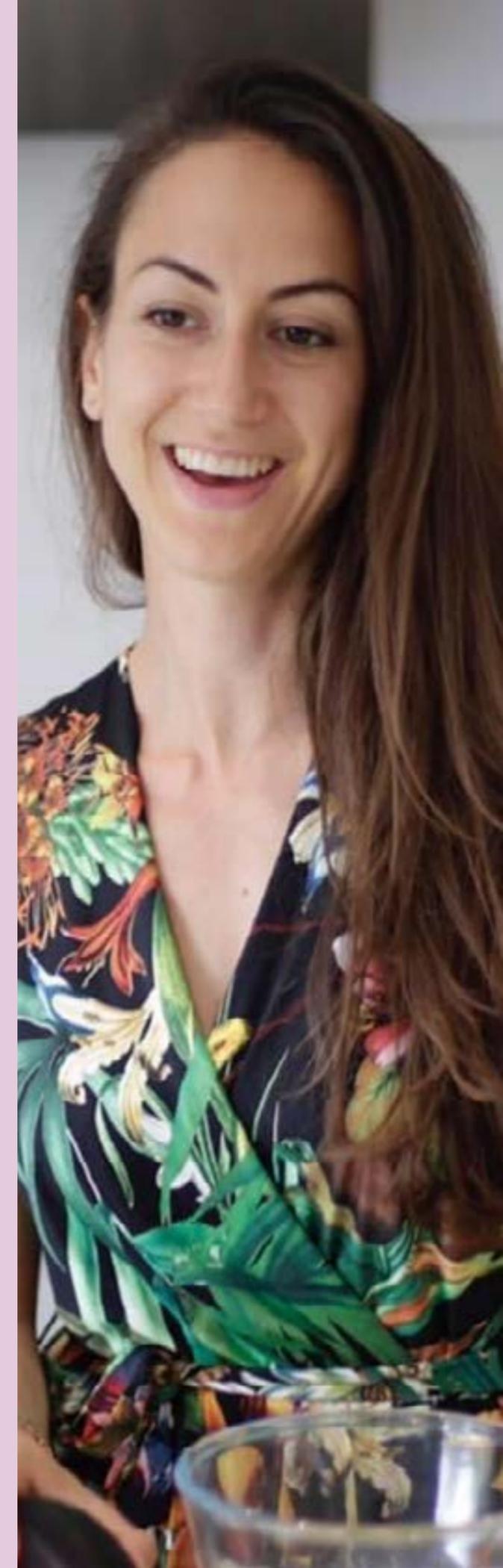
### Nutritional Therapist

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Jodie Brandman BSc DiplON, mBANT, is a nutritional therapist specialising in women's health and hormones. She helps women to fix their periods, boost their moods, and optimise their fertility through small diet tweaks and lifestyle upgrades.

*"In this modern world with high stress levels and exposure to a huge amount of toxins on a daily basis, a great diet is not always enough to really shift the health of our body and hair. As a Nutritional Therapist, I'm always recommending supplements to clients alongside dietary tweaks to really maximise health and hair changes. Hair Gain is one of those supplements that is fantastic to complement a great diet, as it's of high quality and contains some of my favourite nutrients for hair health."*

**- Jodie Brandman**



# 7 Super Snacks For Luscious Locks

By Jodie Brandman | Nutritional Therapist

Did you know that the energy to form hair cells drops four hours after you eat a meal?

That's why it is essential to snack healthily between meals to sustain energy levels to your follicles and maximise your hair's potential for growing healthily and looking beautiful.

I've picked these seven powerhouse snacks for you to include in your daily diet regime, to pack a bigger punch in helping you to achieve luscious locks.



## SWEET POTATO

This delicious potato is not only rich in fibre, it's a great complex carbohydrate, but it also contains vitamin A, which has been found to encourage hair growth. Vitamin A is also important for the thickening of hair and it helps the production of sebum. You can get sweet potato into your diet in so many ways, from a quick lunch-time jacket potato, to cooking it up and throwing it in your smoothie for breakfast!



## BERRIES

Berries are considered to be superfoods by many nutritionists as they are rich in antioxidants which protect internally against free radical damage and so protect hair follicles. They are also high in vitamin C, which is needed to make collagen, an important protein for skin and hair. Getting berries into the diet regularly can protect against brittle and easy-to-break hair. Throw them into a morning smoothie or eat them as a snack throughout the day.



## PUMPKIN SEEDS

These little seeds are a great vegan source of zinc, which is important for promoting hair growth. Low zinc levels have been associated with hair loss, so building up these levels are so important. Whilst zinc is included in Hair Gain, you can get an added dose by sprinkling these seeds on top of your meals!



## BRAZIL NUTS

Brazil nuts contain the mineral selenium, which is absolutely vital for thyroid health. The thyroid is a gland that sits in your neck and is responsible for your metabolism, temperature regulation and keeping your hormones happy. An underactive thyroid is also one of the main reasons for thinning hair and hair loss. Have a handful of brazil nuts as a snack each day to keep your thyroid and your hair happy.



## AVOCADO

Did you know an avocado is actually a fruit?! It's not just amazing at making your meals delicious but the natural oils really help to hydrate your hair. They contain Vitamin E, which is another antioxidant, protecting your hair from damage and nourishing your scalp. There's another excuse for an extra helping of guacamole.



## FLAX SEEDS & CHIA SEEDS

These seeds are rich in protein, which helps create the building blocks for strong hair, plus they can be a good source of omega 3 for vegans. Omega 3 is an essential fat and is linked to reducing inflammation and promoting hair growth. It's also really important for supporting hormone health, and happy hormones mean happy hair!



## PEA SHOOTS

Pea shoots pack a powerful punch as they are rich in nutrients and antioxidants like biotin and L-arginine, which have been shown to reduce inflammation. They are also a rich source of folate (B9), which plays a key role in developing and maintaining the body's cells and protecting against DNA damage.

# On The Go Healthy Hair Goodies

By Jodie Brandman | Nutritional Therapist



## BERRY SMOOTHIES WITH PROTEIN POWDER

I love using Nuzest protein powder in my smoothies. I also add in a greens powder that you can find in most supermarkets. Not only is it rich in vitamin C but it also contains powdered vegetables and wheatgrass, which are really dense in nutrients including magnesium and folate. These minerals support detoxification and are powerful antioxidants to help deal with free radicals that can cause damage in the body.



## APPLE WITH NUT BUTTER

Full of nice and nourishing vitamin E! When you combine a carbohydrate (the apple) with a fat like nut butter, you help slow the release of glucose in the blood. So you have more stable insulin levels and therefore hormones, which ultimately affects hair health.



## CARROTS AND HUMMUS

Chickpeas are a great source of zinc, vitamins B6, C, E, and iron. These minerals and vitamins have a huge role in hair growth. Carrots contain vitamin A which can condition your scalp, and help combat hair loss.



## COCONUT YOGHURT

Whilst coconut is a saturated fat, it can actually support our metabolism and it doesn't raise blood sugar when eaten. Fat like this is also a building block for hormones.



## SEAWEED SNACKS

Seaweed contains nutrients like iron for hair growth. It also contains iodine which is really nourishing for the thyroid. The seaweed snacks from Iitsu are my faves.



## OM BAR CHOCOLATE

Great if you have a sweet tooth and need to nail a craving. These bars will help you get a sweet fix without the refined sugar, plus cacao is a powerful antioxidant. Antioxidants help bind to free radicals which can cause damage in the body. They neutralise toxins and therefore keep you healthier.



## HOMEMADE FLAPJACKS

Mix oats, chia seeds, peanut butter, berries and a splash of milk into a bowl and bake in the oven. A powerhouse snack packed with omega 3 and protein which are important for healthy hair.



## AVOCADO ON OATCAKES

We've already talked about the benefits of avocado to hair health. Add on top of oatcakes for a nutrient rich snack. Wholegrain oats are packed full of vitamins and minerals, especially B and E, iron and magnesium.



## PRIMAL PANTRY BARS

These bars contain protein for hair health and are great for on the go. They can be purchased in most supermarkets and contain nuts and hemp protein that can keep you fuller for longer as well as supporting repair of the body.



# Speedy Chia & Oat Pot

Start the day with energising oats and omega 3 rich chia seeds for a breakfast that is simple and delicious. It's a vegan dish but you can use cow's milk and yogurt if you prefer.

## Hair & Skin Benefits

Chia seeds are chock full of fibre, omega-3 fatty acids, protein, phosphorous, and calcium which contribute to healthy hair. The high levels of antioxidants in chia seeds help fight free radical damage caused by UV exposure. This further helps keep signs of ageing, like fine lines and wrinkles, at bay.



**METHOD**  
Mix



**SERVES**  
1 Person



**TIME**  
15 minutes

## INGREDIENTS

2 tbsp chia seeds  
5 tbsp whole oats  
200ml coconut drinking milk  
1 kiwi  
¼ mango  
½ lime

## DIRECTIONS

Combine chia seeds, oats and milk in a bowl and mix well. Place in the fridge for 5 mins to let it set a little.

While that's in the fridge, peel and slice the kiwi and mango, and cut a lime in half.

Remove mixture from the fridge and spoon two table-spoons into a glass. Add the kiwi slices around the jar and then add the rest of the chia and oat mix.

Top with some sliced mango, a squeeze of lime and a final sprinkle of chia seeds and enjoy!

# Fluffy American Pancakes with Berries and Maple Syrup

These fluffy and light American pancakes are the ultimate healthy breakfast treat. Serve them stacked high with syrup and as much fruit as you like.

## Hair & Skin Benefits

Berries are loaded with beneficial compounds and vitamins that may promote hair growth. This includes vitamin C, which has strong antioxidant properties. Antioxidants can help protect hair follicles against damage from harmful molecules called free radicals. They also help decrease wrinkling and other signs of skin ageing related to sun exposure.



**METHOD**  
Frying Pan



**MAKES**  
6 Pancakes



**TIME**  
15 minutes

## INGREDIENTS

150g self raising flour  
½ tsp baking powder  
1 tbsp brown sugar  
200ml plant based milk  
Coconut oil for cooking

## DIRECTIONS

Sieve flour into a bowl and stir in brown sugar and baking powder.

Gently add the milk and whisk together until you have a smooth, wet batter.

Heat coconut oil in a frying pan on medium-high heat and spoon in the mixture. Cook for a couple of minutes until the bottom is set and bubbles begin to appear.

Flip over and cook for another few minutes until the pancake has risen and is golden and fluffy. Serve with fresh berries and a generous drizzle of maple syrup.





# Curried Cauliflower Soup

Packed with flavour, this smooth, creamy cauliflower soup is a soothing and luxurious lunchtime or dinner dish that can easily be jazzed up by garnishing each portion with a poached egg and a scattering of croûtons and herbs.

## Hair & Skin Benefits

The presence of sulfur and silicon in cauliflower can help promote hair growth, the vitamin C in cauliflower improves the production of collagen. This can boost hair health and delay signs of ageing like wrinkles and fine lines.



### METHOD

Oven / Pan /  
Blender



### SERVES

4 people



### TIME

45 minutes

## INGREDIENTS

1 large cauliflower  
1 white onion  
4 cloves garlic  
1 inch ginger  
10g pea shoots  
1 tbsp curry powder  
1 tbsp coriander powder  
1 tbsp hot paprika powder  
1 tsp cumin powder  
30ml lemon juice  
400ml vegetable stock  
500ml coconut milk  
2 tbsp coconut oil

## DIRECTIONS

Preheat oven to 200°.

Chop cauliflower into chunky florets and add to a large roasting tin with 1 tbsp coconut oil and the spices. Roast for 20 minutes.

In the meantime, add the remaining coconut oil to a large pan on medium heat. Peel and chop the garlic and onion however you like and grate the ginger.

Add to the pan with pea shoots and fry for 5 minutes. Add veggie stock, coconut milk and lemon juice and finally, the roasted cauliflower. Let everything simmer together for 10 minutes, season generously with salt and pepper and let cool before transferring to a blender. Blend until creamy and smooth (adding more hot water if needed) and serve up with vegan creme fraiche and pumpkin seeds.

# Sweet Potato & Black Bean Hash with Mexican Inspired Salad

This tasty black bean and sweet potato hash is easy to make and packed full of nutrients. Perfect for adding more variety and ease to your weekly meal prep routine.

## Hair & Skin Benefits

Sweet potatoes are a rich source of iron, copper, potassium, magnesium and beta carotene. Beta carotene can aid cell growth, which can help prevent hair thinning. The high content of vitamin A in sweet potatoes has a role in supporting the health of your skin. Vitamin A stimulates production of white blood cells which helps maintain healthy endothelial cells and regulates skin cell growth.



**METHOD**  
Oven /  
Frying pan



**SERVES**  
2 people



**TIME**  
20 minutes

## INGREDIENTS

- 1 large sweet potato
- 400g black beans (one tin)
- 2 limes
- 1 tbsp smoked paprika
- 1 tbsp cumin
- Handful cherry tomatoes
- 2 spring onions
- 2 large handfuls rocket
- Handful fresh coriander
- 1 tbsp olive oil
- ½ red chilli

## DIRECTIONS

Preheat oven to 200°. Peel and grate the sweet potato and add to a mixing bowl. Season with salt, pepper, cumin, paprika and juice of one lime. Mix together with the olive oil and transfer to an oven dish. Roast for 10 minutes, then transfer to a large non-stick frying pan on medium heat. Add the black beans and fry for 10 minutes, stirring occasionally.

In a large salad bowl, combine rocket, chopped spring onion, quartered cherry tomatoes and fresh coriander and toss together.

Season with a little salt and the juice of the second lime. Serve the hash alongside the salad and finish with a dollop of creme fraiche and chopped red chilli.





## HAIRGAIN | DINNER

# Teriyaki Tofu Bowl with Sesame Broccoli and Sliced Avocado

Get ready to dive into your new favourite entree! This restaurant-style teriyaki tofu bowl makes for the perfect lunch or dinner – either at home or for an on the go meal!

### Hair & Skin Benefits

Tofu is a rich source of keratin, a protein that promotes hair growth. Tofu can also do wonders for your skin as well. The protein content in tofu enhances the elasticity of skin, helping to tone facial muscles and slow down its ageing.



**METHOD**  
Pan / Oven



**SERVES**  
1 Person



**TIME**  
40 minutes

### INGREDIENTS

- 1 avocado
- 1 block of tofu
- ½ red cabbage
- ½ cucumber
- 3 carrots
- 1 head of broccoli
- 50ml teriyaki sauce
- 1 tbsp sesame oil
- 1 tsp soy sauce
- 1 lime
- 160ml brown rice
- 1tbsp sesame seeds

### DIRECTIONS

Follow instructions on brown rice packaging to cook. Then begin prepping.

Preheat the oven to 180°. Press the tofu by wrapping it in a tea towel and placing it under something heavy, like a stack of books, for 30 minutes. Finely slice the red cabbage, peel and grate the carrots, slice cucumber into matchsticks, chop broccoli into bite sized florets and half, peel and finely slice the avocado.

Grab your pressed tofu and chop into 1.5cm rough chunks, coat with 30ml teriyaki sauce (2 tablespoons) and mix well.

Toss the broccoli in sesame oil and soy sauce. Transfer both to two separate oven dishes and roast for 15 minutes. Toss the red cabbage in the juice of one lime and season with salt and pepper. Add the brown rice to a bowl and top with all the veggies and tofu. Serve with a sprinkle of sesame seeds, pea shoots and a final drizzle of teriyaki sauce.

# Harissa Aubergine Traybake with Brazil Nuts

This bright and cosy traybake features creamy aubergine wedges coated in a smooth and fragrant harissa paste, topped off with crunchy brazil nuts.

## Hair & Skin Benefits

Aubergine contain healthy enzymes that can stimulate the hair follicles and promote healthy hair. They are a rich source of vitamin C which is also a good antioxidant that helps destroy the free radicals in our body and hence prevents them from attacking our skin cells. This protects our skin and body from oxidative damage.



### METHOD

Oven /  
Frying pan



### SERVES

2 people



### TIME

40 minutes

## INGREDIENTS

2 large aubergines  
2 tbsp harissa paste  
Handful fresh parsley  
2 cloves garlic  
1 tbsp paprika  
15ml lemon juice  
40g brazil nuts  
75g pomegranate seeds  
20g pea shoots  
160g brown rice  
1tbsp olive oil  
2 tbsp vegan yoghurt  
2 tbsp tahini  
Handful cherry tomatoes  
50g rocket leaves

## DIRECTIONS

Follow instructions on the brown rice packaging to cook, and preheat the oven to 180°.

Slice the aubergines lengthways and add to a large mixing bowl. Finely chop the garlic and parsley and add to a small bowl with harissa paste, lemon juice, olive oil, paprika and 1 tbsp of water. Mix well until you have a smooth, fragrant paste. Coat the aubergine in the harissa mix and add to a large roasting tray, ensuring the aubergine is evenly covered.

Add to the oven for 5 minutes, then add half of your brazil nuts, and roast together for a further 10-15 minutes until the aubergine is soft and moist.

While the aubergine is still in the oven, prepare the rest of the meal. Mix the rocket, pea shoots and pomegranate seeds together and set aside. Combine tahini and yoghurt with a little water to create a smooth dressing. Finely chop the remaining brazil nuts. Add the cherry tomatoes to a smaller roasting tin and add to the oven for a final 5 minutes with the aubergine.

Serve everything together on a large plate with a final sprinkle of chopped brazil nuts for a perfect summer sharing meal.



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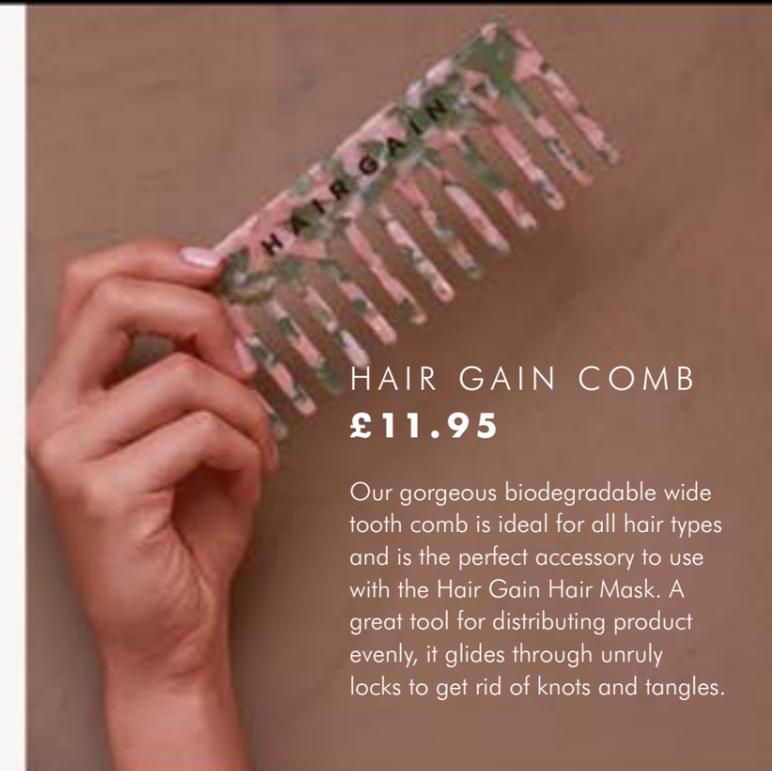
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