



**THYMUSKIN®**

**HAIR THERAPY GUIDE**

**Stops Hair Loss & Activates New Hair Growth**



**Vita-Cos-Med Klett-Loch GmbH**

Röntgenstraße 11

D-67304 Eisenberg

Phone: +49 621 714820

E-Mail: [info@thymuskin.de](mailto:info@thymuskin.de)

[www.thymuskin.de](http://www.thymuskin.de)

[www.gkl-biotec-ag.com](http://www.gkl-biotec-ag.com)

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## WHAT IS THYMUSKIN®?

Thymuskin is a dermatological system against hair loss and for the activation of new hair growth for both men and women. It is highly effective, offers very good tolerability for various types of hair loss and does not have any side effects.

The dermatological Thymuskin system consists of the combined application of Thymuskin Shampoo and Thymuskin Serum. Thymuskin contains the patented GKL-02 active complex which mimics the natural thymic total extract and is free of animal derived ingredients.



*Thymuskin is free of animal-derived ingredients*

## HOW DOES THYMUSKIN® WORK?

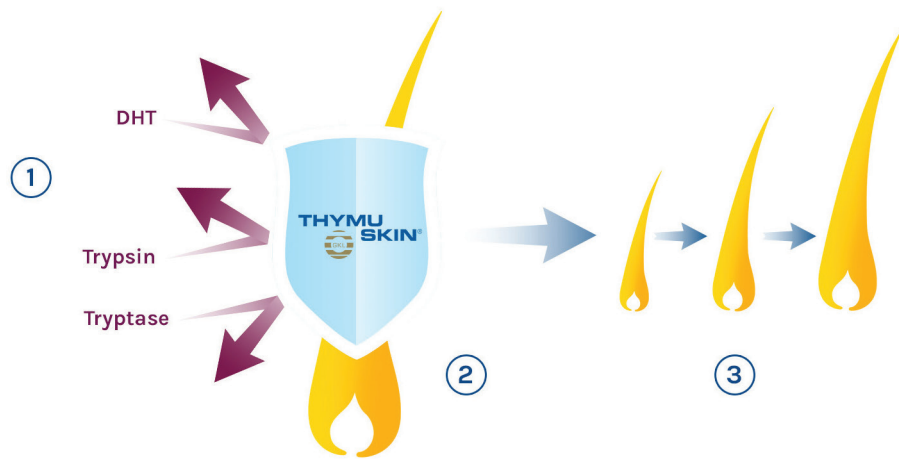
Thymuskin has an immunological effect on hair follicles, as is typical for a thymic preparation. The active ingredients, as contained in Thymuskin preparations, improve cell migration of the hair root (follicle) during the growth phase (anagen phase). The hair follicles that are still intact are re-activated, new hair is formed and the growth phase is significantly prolonged.

Various thymic peptides within the GKL-02 peptide library have been proven to increase hair growth. This way, Thymuskin preparations are able to re-activate hair growth in bald areas, which have been present for less than 3 years. The mode of action is based on immunological regulation and modulation. Thymuskin impairs special enzymes, which are triggering the hair loss process.



### Thymuskin in 2 Minutes

See Video on Youtube: [www.goo.gl/SRdMXp](http://www.goo.gl/SRdMXp)



1. Prolonging of growth phase by protection from DHT and enzymes
2. Regeneration of hair follicles by activation of Keratinocytes
3. Growth stimulation by various thymic peptides

## WHEN TO USE THYMUSKIN® ?

- » against all kinds of hair loss problems
- » for the re-activation and promotion of new hair growth
- » for hair care (strengthens & improves hair structure)
- » for prevention of androgenetic (genetic) hair loss before it occurs
- » to maintain successful hair status after Thymuskin therapy

The main product is the relevant Thymuskin Serum. The effectiveness is supported through the use of the relevant Thymuskin Hair Shampoo. The shampoo is especially designed to clean and prepare the scalp for the serum application. The serum provides the active peptide complex GKL-02 and vital nutrients to stimulate new hair growth and to nourish the follicles.

# SUCCESS CONTROL WITH THE HAIRCOUNT-METHOD

We recommend to count the number of hairs falling out. This easy and effective method documents the course of the application and the results. The Thymuskin web application is your assistant during hair loss therapy.

- » Only this way you can determine if the hair loss situation is improving or not. A decrease in hair loss usually starts slowly and can be overseen if you don't make the hair count.
- » If you realize that hair loss is decreasing (mostly after a couple of weeks of application), it motivates you to consequently go on with the therapy.

## APPLICATION HAIRCOUNT-METHOD

1. Wash your hair once per week on a selected, from now on fixed day and daytime over a closed hand washbasin. Keep the same washing intervals during the week as usual (e.g. daily or at least 3x per week) to ensure that the results are accurate.
2. After washing, draw the hair out of the basin with a comb.
3. Put the hairs on a paper tissue and count the number of hairs.
4. Enter the number of lost hair in the Thymuskin Hair Record or in the Thymuskin Web App.
5. If you use the Thymuskin Web App, a graphic will document the course of the hair loss. In most cases you should see a decrease of lost hair after a couple of weeks, if you have applied Thymuskin and performed the haircount regularly.

- » Run the hair count ideally every week or every two weeks on a fixed day. This way you have control over the course of your hair loss and you can follow up the success of the Thymuskin therapy. Keep the same frequency of application and hair count. This is a crucial success factor.



*The Thymuskin web application is your assistant during hair loss therapy.*

- » The objective of your hair loss therapy is to lower the hair loss to a value of less than 100 hair lost per day. The 100-hair-a-day rule is generally considered as being a normal, healthy level. However, there are exceptions: If the hair does not regrow normal and healthy afterwards or in older age 100 hairs per day may also not be a normal, healthy value. Therefore, this rule should be seen as an approximate value for your orientation. Determine your personal best value based on your individual situation and course of hair loss.

From now on the improved hair status should be obtained. You can use Thymuskin as usual. Optionally, you can also reduce the frequency of application, if keeping the hair status is your objective. Other options include the long-term use of Thymuskin Shampoos or to switch to a lower dosed Thymuskin line, like Thymuskin Classic. In case hair loss increases again, frequency of application and dosage should be restarted and increased again, too.

If your objective is to activate new hair growth, frequency of application and dosage should not be reduced after reaching your personal best value. Regrowth is possible in bald areas, which have been present for less than 3 years. The possibility and quality of regrowth is due to the type of hair loss and due to your individual situation. Often, it needs time and patience. While stopping hair loss is often possible within approximately 3 month, regrowth of hair needs usually a longer application period of at least 12-18 month and sometimes even longer (see also 8. Thymuskin Serum & Serum Gel).



**THYMUSKIN Webapplication**

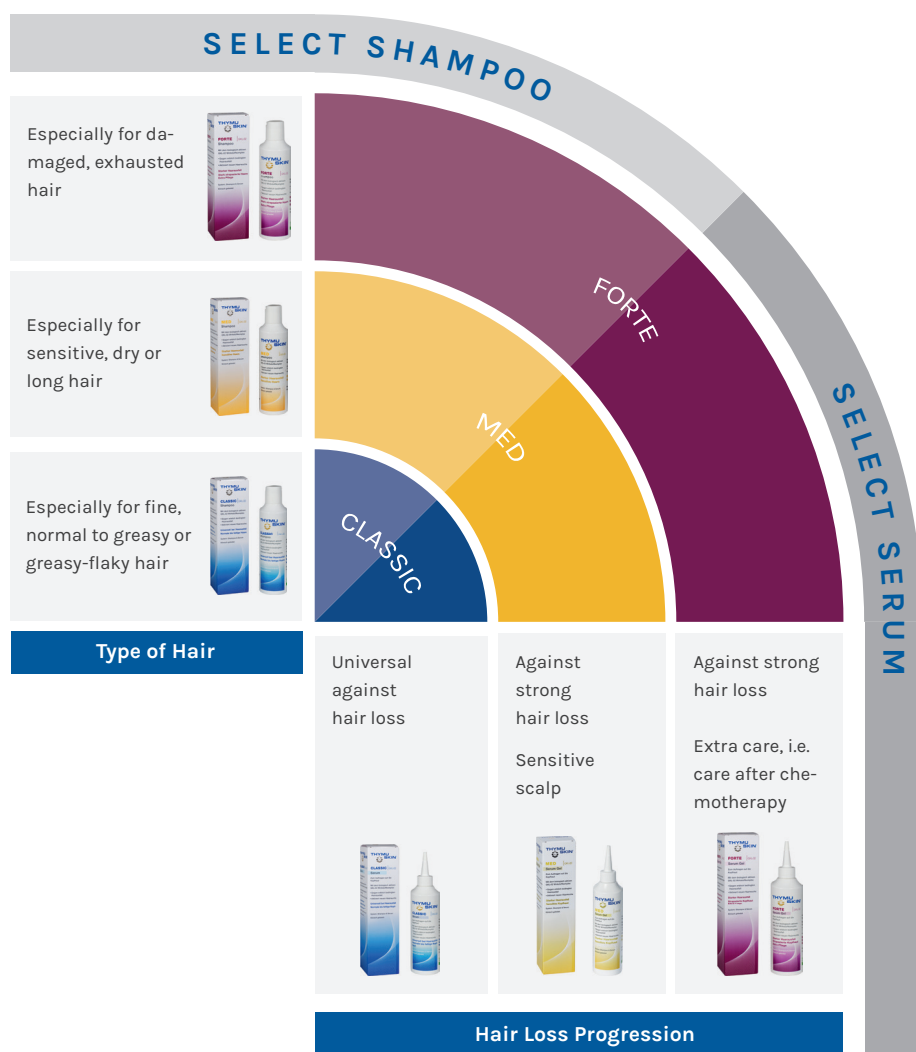
[www.app.thymuskin.de](http://www.app.thymuskin.de)



# FIND THE RIGHT THYMUSKIN® PRODUCT-COMBINATION

The Productfinder helps you to choose the right products for your hair-loss-therapy: 2 steps to the right choice of Thymuskin Shampoo & Serum therapy-combination.

1. Select the Thymuskin Shampoo, which matches best with your hair condition
2. Select the suitable Thymuskin Serum by determination of the strength of your hair loss and your scalp condition (see below)



- » In any case we recommend to consult your physician, pharmacist, Thymuskin-specialist or contact [info@thymuskin.de](mailto:info@thymuskin.de)
- » After successful therapy, you can downsize successively on the next lower-concentrated Thymuskin product-line.

## HOW TO USE THYMUSKIN® PRODUCTS

### The main principle

- » Wash your hair with the Shampoo
- » Massage the Thymuskin Serum into your scalp
- » Use less but frequently

The Thymuskin Serum should be initially be used every day after washing hair with Thymuskin Shampoo. Daily use should however always be continued for a duration of at least 12-15 weeks.

Wash your hair regularly with Thymuskin Hair Shampoo (daily, at least 3x per week). After drying your hair, massage the Thymuskin Serum in your scalp (do not apply on the hair). For drying your hair we recommend to prefer a towel instead of a hair dryer. It does not need to be 100% dry, it is sufficient if it is towel-dry.

After 8-15 weeks, the hair status will already normalize while constantly using Thymuskin with the active-peptide-complex GKL-02. Hair roots will be promoted for growth. Usage of the Thymuskin system can be reduced to 3x per week after the hair loss has normalized and fewer than 100 hairs - respectively your personal best value - are falling out each day. We recommend to apply the Thymuskin hair-loss-therapy for at least 3 month.

After successful therapy you can switch to Thymuskin Classic, which is lower concentrated and keeps up the successful status on long term (see also 4. Success Control with the Haircount-Method).

# THYMUSKIN® HAIR SHAMPOOS

The dosage recommendations are standard values and are not to be considered as generally binding recommendations. A dry scalp or long hair needs more shampoo and serum, compared to normal scalp and short hair. All Shampoos are highly concentrated – the strategy for success is: use less but frequently.

Wash your hair regularly with Thymuskin Hair Shampoo (daily, at least 3x per week). Hair loss affected often avoid to wash their hair on a daily basis, even though hair wash generally does not cause hair loss. In this case we recommend to wash the hair at least 2-3 x per week. Please be aware, it is crucial to keep the application of Thymuskin Serum on a daily basis.



## Dosage THYMUSKIN Shampoo

Size of a hazelnut (ca. 1,5oz) for short hair  
up to the double size for long hair

## APPLICATION SHAMPOO

1. For gentle cleaning and basic conditioning, rinse your hair thoroughly with warm water.
2. Massage the shampoo gently in your hair and scalp for about a minute.
3. Rinse it out thoroughly with warm water.
4. Dry the cleaned hair, preferably with a towel.



- » The Thymuskin cleansing & caring shampoo cleans from accumulated dirt particles and provides already the active ingredient complex GKL-02 to the scalp. Additionally Thymuskin Shampoo supplies the hair with various caring ingredients. Finally, it prepares for the application of Thymuskin Serum. Therefore, usage of Thymuskin Shampoo is crucial for the most effective results during the Thymuskin hair therapy.

- » Don't forget to use your Thymuskin products also at the hair dresser during the hair-loss-therapy. This way you can ensure a continued application.
- » All Thymuskin Shampoos are concentrates, so use sparingly.

## THYMUSKIN® SERUM & SERUM GEL

After washing and drying your hair, apply Thymuskin Serum or Serum Gel to your clean scalp and spread out evenly (don't rinse out afterwards).



### Dosage THYMUSKIN Serum

Scalp-wide coverage with scalp treatment or scalp treatment-gel, spread out evenly but it should not run down the head. No need to apply it on the hair. Dosage usually 2-4oz.



### APPLICATION TREATMENT SERUM

1. Part your hair with a comb and apply the Thymuskin Serum in punctual drops to the scalp.
2. Massage the serum with your fingertips in circling motions into the scalp until it seems dry.
3. Proceed this way. Usually it needs about 4-6 parted hair lines for the total scalp. It is a leave-in product, **do not** rinse out.
4. Finally style your hair as you are used to. You can also use your styling products as normal. There is no need for drying your hair or scalp after application.

If you use a hair dryer, don't point it to the scalp but lift your hair in order to point the dryer upwards away from the scalp through the hair. Optionally you can select a low or medium dryer temperature or you keep more distance between the dryer and your hair. This way the scalp is being prevented from hot air, which first dries out the scalp and then causes sweating of the scalp

The Thymuskin Serum should initially be used every day after washing hair with Thymuskin Shampoo. A result can generally be noticed after approximately 8-15 weeks, characterized by a stabilization in the state of the hair (strengthening of the hair) and a reduction in the number of hairs falling out each day. Daily use should however always be continued for a duration of at least 12-15 weeks.

Usage can be reduced to 3x per week after the hair loss has normalized and fewer than 100 hairs - respectively your personal best value - are falling out each day.

After a further 3 month, if hair loss has not worsened, use can be further reduced to twice a week after washing with Thymuskin Shampoo. The time until new hair growth can be expected, depends on the type of hair loss, the strength of hair loss and the individual predisposition (receptiveness) of the affected person. As soon as your hair loss has stopped and the state of your hair is normal, you should use Thymuskin Shampoo and Thymuskin Serum less often, but still twice a week. If you do not wish to continue using Thymuskin, you must expect hair loss to resume after approx. 3 month, especially in case of androgenetic hair loss.

Pathological hair loss can be a sign of illness. In such cases you must consult a doctor to find out the cause. You can also get advice from your pharmacist or Thymuskin specialist.

## INITIAL DETERIORATION

When beginning the hair loss therapy with Thymuskin the activation of the hair follicles may cause increasing hair loss, because the re-growing hair is very soon pushing out already inactive hair.

This temporary situation is no reason for concern but proves the reactivation of the hair growth. It is individual for each patient. Most of the time it gets better until week 8 of therapy.

Almost all patients respond to thymus-peptides, since they are nature identical in every human. Sometimes they respond in the very first week, sometimes responding needs more time and an initial deterioration occurs. Patience and frequency will prove successful in most cases.

## PERSONAL CONSULTATION



Save Your Hair

If you want to inform us about your hair loss problem, we will be glad to give you advice. We need your roughly age, gender, short description of the hair problem and information about other possible diseases. With this information we can very likely give you a realistic outlook about what results you can expect from Thymuskin. In any way, frequent use for ca. 3 months is crucial for success. We always say "take less but frequently".



**Write your questions to**

[info@thymuskin.de](mailto:info@thymuskin.de)



## THYMUSKIN® CLASSIC

- » Universal use against hair loss



## THYMUSKIN® MED

- » Against strong hair loss
- » Especially for sensitive hair & scalp



## THYMUSKIN® FORTE

- » Against strong hair loss
- » Especially for damaged, exhausted hair & scalp

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