

## **Proanthocyanidins Clinical studies**

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**“Proanthocyanidins promote hair follicle cell proliferation and the anagen phase of hair growth.”**

**Takahashi T, Kamiya T, Yokoo Y.**

In recently published research, Takahashi et al examined 1000 different plant products to determine if any of them could influence hair growth. They determined that proanthocyanidins extracted from grape seeds promoted the proliferation of hair cells by 230%. They also determined that proanthocyanidins converted the telogen (non-growing) phase of hair growth into the anagen (growing) phase of hair growth [1]. In this experiment, proanthocyanidins displayed hair-cycle-converting activity which was similar to that of minoxidil. At the end of their report, the authors say that “We are now investigating the possibility of the use of proanthocyanidins as agents for curing androgenic alopecia.”