

Grey-Hair Pill

Go Away Gray is a natural supplement now on the market in the United States. It combines plant-derived catalase with vitamin B6, folic acid, zinc, saw palmetto and horsetail—all of which are said to also make hair healthier. Natural-supplements seller Cathy Beggan worked with an R&D team to develop it, and says hair regains its colour within three months of daily use. It costs about \$30 for a month's supply.

The “secret ingredient” is the catalase. Why? Hair produces its own hydrogen peroxide, and a 2009 study by U.K. researchers found that this bleach builds up when there's a reduction in one of the hair's enzymes—catalase—suggesting hair goes grey because it bleaches itself out.

During the development stage, Beggan tested Go Away Gray on her assistant's husband. His

full head of grey started to regain its natural colour in two weeks.

Canadians can buy the pills online, but you'll want to consult

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Would you take a pill to keep your hair from turning grey?

your doctor before taking them. Dr. Peter Vignjevic, a Hamilton dermatologist, says, “Enzymes taken orally can break down in the stomach. How would they get to your hair without being changed?” Also, any new formulation, even one with natural ingredients, could have adverse effects. But, he adds, “If it works, and is safe, Cathy Beggan will be a billionaire.”

Diane Peters, from Best Health