

HAIR GROWTH MIRACLES?

YOU SHOULD HAVE QUESTIONS.

BioCore-9TM

A SCEPTIC'S EVIDENCE PACK TO BioCore-9TM

BioCore-9™

**CLEAR ENOUGH TO UNDERSTAND.
STRONG ENOUGH TO QUESTION.**

Let the evidence speak for itself.

Nine ingredients. Nine different roles.

ONE TARGETED COMPLEX.

We could tell you it grows hair. We don't.
We'd rather show you what the science says
and let you decide what that means.

BioCore-9™ is presented as a scalp and hair support complex. The research in this document relates to individual ingredients and is identified by study type so readers can understand both the findings and the strength of the evidence.

YOU SHOULD BE SCEPTICAL.

Hair loss is full of big promises. BioCore-9™ takes a different approach: show the evidence, explain it clearly, and let the research speak for itself.

We have selected nine ingredients for different roles across the scalp, hair follicle and existing hair fibre. Some have human clinical research. Some have laboratory or animal research. Others are here because they help protect and condition the hair.

The important point is simple: we will tell you exactly what each study found. We will not make the research sound weaker than it is, and we will not make it say more than it does.

NINE INGREDIENTS. NINE DIFFERENT ROLES.

One targeted complex. We could tell you it grows hair. We don't. We'd rather show you what the science says and let you decide what that means.

HOW STRONG IS THE RESEARCH?

This is a simple guide to the type and strength of evidence behind each ingredient. A lower position does not mean an ingredient is less useful. It may simply have a different job.

01 Rosemary Oil	Human study showing increased hair count
02 Caffeine	Several human studies; overall results promising
03 Saw Palmetto	Human studies with encouraging results
04 Panax Ginseng	Promising hair follicle research
05 Niacinamide	Promising hair follicle cell research + strong scalp support
06 Panthenol	Strong evidence for existing hair strength and fullness
07 Peppermint Oil	Promising animal hair growth research
08 Biotin	Important to normal hair biology; strongest when deficiency exists
09 Argan Oil	Strong protection and conditioning for existing hair

THE SIMPLE WAY TO READ THIS

Some ingredients have evidence around the follicle. Others support the scalp or protect the hair fibre. They are not all trying to do the same job.

THE QUESTIONS PEOPLE WILL ASK.

Straight answers for hairdressers and clients.

Does BioCore-9™ grow hair?

We do not claim that the finished BioCore-9™ complex has been clinically proven to regrow hair. What we can show is that several individual ingredients have genuine research relating to hair count, thinning hair, follicle activity or the hair cycle.

Why show hair growth research then?

Because it explains why those ingredients are interesting. We show exactly what the researchers found and identify whether the evidence came from people, human hair follicles, cells, animals or hair fibres.

Did Rosemary Oil perform like minoxidil in a study?

In one six month human study, Rosemary Oil significantly increased hair count and the measured hair count result was not statistically different from 2% minoxidil. That is the result of that study. It does not mean every Rosemary Oil product is equivalent to minoxidil.

What is interesting about Caffeine?

A 2025 review found nine clinical studies involving 684 people, and all nine reported results in favour of topical Caffeine. The overall evidence is promising, although the quality and formulas used varied.

Why Saw Palmetto?

Human studies of Saw Palmetto containing products have reported positive changes in measures such as hair count, density, hair quality and stabilisation. Different products and study designs mean we keep those results in context.

Why Niacinamide?

It supports the scalp's protective barrier, and research using human hair follicle cells found changes the researchers associated with supporting the growth phase and protecting against premature follicle regression.

What about Biotin?

Biotin is essential to normal hair biology and deficiency can affect hair. The evidence is strongest where a genuine deficiency exists. Extra Biotin is not automatically extra hair.

Why Argan Oil?

Because not every ingredient needs to be a growth ingredient. Argan Oil has research showing protection of existing human hair fibres against oxidative damage and is valuable for conditioning and hair quality.

UNDERSTANDING BioCore-9™

BioCore-9™ brings together nine ingredients selected for different roles across the scalp, hair follicle and existing hair fibre.

SCALP CARE

Ingredients including Niacinamide help support the scalp's natural protective barrier and overall scalp condition.

HAIR FOLLICLE & HAIR CYCLE

Several BioCore-9™ ingredients have published research relating to thinning hair, hair count, follicle activity or the natural hair cycle. The type of evidence is identified throughout this guide.

EXISTING HAIR

Panthenol and Argan Oil help strengthen, condition and protect the hair fibre that has already grown, supporting the appearance and feel of healthier hair.

WHAT THE RESEARCH TELLS US

The nine ingredients have not all been studied for the same reason. Some have human research relating to hair count or thinning hair. Others have been studied around the follicle and hair cycle. Some support scalp condition, while others help strengthen and protect existing hair.

THE HAIR CYCLE, SIMPLY EXPLAINED.

Hair grows in a cycle. Understanding the four stages makes the research much easier to follow.

ANAGEN - Growing

The active growth stage. The follicle is producing the hair fibre and this stage can last for years on the scalp.

CATAGEN - Changing

A short transition stage. Active growth slows and the follicle begins moving out of the growth phase.

TELOGEN - Resting

The follicle rests before the old hair is eventually released.

EXOGEN - Shedding

The old hair fibre is released as the follicle prepares for another cycle.

WHY IT MATTERS

A study might measure how long hair stays in its growth stage, what happens inside the follicle, how much hair is shed, or whether existing hairs become thicker. Those are all useful findings, but they are not all the same thing.

WHAT'S HAPPENING AT THE SCALP?

The hair we see is already formed. The living activity that produces it happens inside the scalp and around the follicle.

THE SCALP BARRIER

The scalp is living skin. A healthy protective barrier helps the scalp hold moisture and cope with everyday environmental and chemical stress. Niacinamide is particularly useful in this part of the story.

THE BASE OF THE FOLLICLE

At the base of each follicle are specialised cells involved in signalling and the normal hair cycle. Caffeine, Ginseng and Niacinamide have all been studied around these follicle cells.

HORMONE RELATED THINNING

In people who are genetically susceptible, DHT is one factor involved in androgenetic hair thinning. Saw Palmetto has been researched in relation to this pathway.

OXIDATIVE STRESS

Everyday biological and environmental stress can affect cells around the scalp and follicle. Niacinamide and several botanical ingredients have research relevant to protecting against this type of stress.

THE HAIR FIBRE

Once the hair comes out of the scalp it is no longer living tissue. Panthenol and Argan Oil help look after that existing fibre, improving strength, condition, softness and protection.

01 ROSEMARY OIL

Rosmarinus Officinalis (Rosemary) Leaf Oil

RESEARCH AT A GLANCE: Human clinical research

WHY IT MATTERS

- Rosemary Oil is one of the most compelling researched ingredients in BioCore-9™. In a six month randomised human study, the Rosemary Oil group showed a significant increase in hair count from its starting point.
- The 2% minoxidil group also increased significantly, and the measured hair count result was not statistically different between the two groups at six months.
- This is one study using a particular preparation, so it should be understood as an important research finding rather than a guarantee that every Rosemary Oil product will produce the same result.

WHAT THAT RESEARCH SHOWS

In this human study, Rosemary Oil significantly increased hair count over six months. The measured hair count result was not statistically different from 2% minoxidil.

WHAT THAT MEANS

One human study does not establish that every Rosemary Oil product will perform identically, but the result explains why Rosemary Oil has attracted serious interest in hair research.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Panahi Y, Taghizadeh M, Marzony ET, Sahebkar A. Skinmed. 2015;13(1):15-21. PMID 25842469.

STUDY TYPE

Randomised comparative human trial in 100 participants with androgenetic alopecia over six months.

WHAT IT FOUND

At six months, both groups showed a significant increase in hair count from baseline. No statistically significant difference in hair count was found between the groups at month three or month six.

02 CAFFEINE

Caffeine

RESEARCH AT A GLANCE: Promising human research

WHY IT MATTERS

- Caffeine has been widely studied in relation to thinning hair and follicle activity.
- A 2025 systematic review identified nine clinical studies involving 684 people. All nine studies reported results in favour of topical Caffeine.
- The studies varied in quality and used different products, but together they provide a meaningful and growing body of human evidence.

WHAT THAT RESEARCH SHOWS

A systematic review found that all nine included clinical studies reported results in favour of topical Caffeine for hair loss or thinning hair.

WHAT THAT MEANS

The overall research is promising, although the products and study quality varied. This is why the evidence is best understood as a positive body of research rather than a guaranteed outcome from every Caffeine formula.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Szendzielorz E, Spiewak R. Healthcare (Basel). 2025;13(4):395. PMID 39997270.

STUDY TYPE

Systematic review of nine clinical trials involving 684 participants with androgenetic alopecia, excessive hair loss or thinning hair.

WHAT IT FOUND

All nine studies concluded in favour of topical Caffeine. Evidence quality ranged from medium to very low and product standardisation was an important limitation.

03 SAW PALMETTO

Serenoa Serrulata (Saw Palmetto) Fruit Extract

RESEARCH AT A GLANCE: Encouraging human research

WHY IT MATTERS

- Saw Palmetto has been studied in relation to DHT, one of the factors associated with certain forms of hair thinning.
- A systematic review found positive results across several human studies using oral or topical Saw Palmetto containing products.
- Reported findings included improvements in hair quality, hair count, density and stabilisation. Different products, doses and study designs were used, so the evidence should be viewed as encouraging rather than uniform.

WHAT THAT RESEARCH SHOWS

Human studies of Saw Palmetto containing products have reported positive changes in hair count, density, hair quality and stabilisation of hair loss.

WHAT THAT MEANS

The studies used different extracts, doses and delivery methods. That variation matters when interpreting how broadly the findings can be applied.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Evron E et al. Skin Appendage Disord. 2020;6(6):329-337. PMID 33313047.

STUDY TYPE

Systematic review including randomised clinical trials and prospective studies of oral and topical Saw Palmetto containing interventions.

WHAT IT FOUND

Studies reported positive signals including improved hair quality, total hair count, density and stabilisation, while the authors called for larger trials isolating Saw Palmetto's contribution.

04 PANAX GINSENG

Panax Ginseng Root Extract

RESEARCH AT A GLANCE: Promising hair follicle research

WHY IT MATTERS

- Ginseng contains naturally occurring compounds called ginsenosides that have been studied around the hair follicle and the natural hair cycle.
- Laboratory and follicle research has shown promising activity involving cells at the base of the follicle and signals associated with hair cycling.
- The science provides a credible reason for including Ginseng in BioCore 9, although human clinical research is not yet as developed as it is for some other ingredients.

WHAT THAT RESEARCH SHOWS

Ginseng has promising research showing activity in hair follicle biology and the natural hair cycle.

WHAT THAT MEANS

Most of the evidence is currently laboratory and follicle based. It helps explain how Ginseng may interact with follicle biology, while further human clinical research would strengthen the picture.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Iwabuchi T et al. 2024. PMID 38246611; Kim SN et al. J Ginseng Res. 2015. PMID 25617238; Park GH et al. J Med Food. 2015. PMID 25396716.

STUDY TYPE

Laboratory and follicle biology research examining ginseng constituents in relation to dermal papilla activity, follicle cell proliferation and hair cycle pathways.

WHAT IT FOUND

Studies provide a promising biological rationale for activity around the follicle and hair cycle. The human clinical evidence base is less mature.

05 NIACINAMIDE

Niacinamide

RESEARCH AT A GLANCE: Strong scalp support + promising follicle research

WHY IT MATTERS

- Niacinamide helps support the scalp's natural protective barrier, making it highly relevant to overall scalp health.
- It has also been studied using human dermal papilla cells, specialised cells found at the base of the hair follicle.
- In that research, Niacinamide produced changes the researchers associated with supporting the growth phase and protecting against premature movement into the resting phase.

WHAT THAT RESEARCH SHOWS

Niacinamide supports scalp barrier health and has promising human hair follicle cell research relating to the natural hair cycle.

WHAT THAT MEANS

The follicle findings come from cultured human cells rather than a clinical trial on people's scalps. They provide useful biological evidence while human clinical research remains the next level of proof.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE	Choi YH et al. Clin Cosmet Investig Dermatol. 2021;14:1519-1528. PMID 34703266.
STUDY TYPE	Cultured human dermal papilla cell study assessing follicle related signalling, cell ageing and oxidative stress.
WHAT IT FOUND	Niacinamide decreased DKK-1, reduced oxidative stress related changes and cell senescence markers, and increased versican. The authors associated these findings with protection against premature catagen entry.

06 PANTHENOL

Pro Vitamin B5

RESEARCH AT A GLANCE: Strong support for existing hair

WHY IT MATTERS

- Panthenol's strongest role is helping improve the hair that is already there.
- Research on a leave-on technology containing Caffeine, Niacinamide, Panthenol and other cosmetic ingredients showed increased diameter and improved mechanical behaviour of existing hair fibres.
- For someone concerned about thinning hair, improving the strength, diameter and condition of existing hair can make an important difference to how full and healthy the hair looks and feels.

WHAT THAT RESEARCH SHOWS

Panthenol helps condition and strengthen existing hair. Research on a combination formula has also demonstrated increased diameter and improved mechanical behaviour of existing hair fibres.

WHAT THAT MEANS

The research involved a combination formula, so the result cannot be attributed to Panthenol alone. It is evidence about the quality and thickness of existing hair rather than the creation of new follicles.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Davis MG et al. Br J Dermatol. 2011. PMID 22171682.

STUDY TYPE

Hair fibre research on a leave-on technology containing Caffeine, Niacinamide, Panthenol and other cosmetic ingredients.

WHAT IT FOUND

The research focused on increasing the diameter and mechanical behaviour of existing terminal scalp hair fibres.

07 PEPPERMINT OIL

Mentha Piperita (Peppermint) Oil

RESEARCH AT A GLANCE: Promising early hair growth research

WHY IT MATTERS

- Peppermint Oil provides a cooling, fresh and invigorating scalp experience.
- It also has striking early research. In a four week animal study, topical Peppermint Oil produced prominent hair growth effects together with increases in follicle number, follicle depth and dermal thickness.
- Because this research was performed in animals rather than people, it is best viewed as promising early evidence rather than a human clinical result.

WHAT THAT RESEARCH SHOWS

In an animal study, Peppermint Oil produced prominent hair growth effects and increases in follicle number and depth. It also provides an invigorating scalp experience.

WHAT THAT MEANS

The study provides interesting early evidence, but animal findings do not automatically predict the same result in people.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE	Oh JY et al. Toxicol Res. 2014;30(4):297-304. PMID 25584150.
STUDY TYPE	Four-week topical study in C57BL/6 mice comparing saline, jojoba oil, 3% minoxidil and 3% Peppermint Oil.
WHAT IT FOUND	Peppermint Oil produced prominent hair growth effects in the animal model, with increased dermal thickness, follicle number and follicle depth.

08 BIOTIN

Biotin

RESEARCH AT A GLANCE: Important to normal hair biology

WHY IT MATTERS

- Biotin is an essential vitamin involved in normal body functions, and genuine Biotin deficiency can affect the hair.
- Published reviews support improvement where deficiency or an underlying condition exists.
- For people who already have adequate Biotin, the evidence that extra Biotin produces additional hair growth is limited. That is why Biotin's role in BioCore 9 is part of the broader normal hair biology story.

WHAT THAT RESEARCH SHOWS

Biotin is essential to normal hair biology, and correcting genuine Biotin deficiency can improve hair related problems associated with that deficiency.

WHAT THAT MEANS

The strongest evidence relates to deficiency. Research does not show that simply adding more Biotin automatically creates more hair in people who already have adequate levels.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Patel DP et al. Skin Appendage Disord. 2017. PMID 28879195.

STUDY TYPE

Review of published literature examining Biotin supplementation and hair loss.

WHAT IT FOUND

The clearest benefit was reported in people with Biotin deficiency or underlying pathology. Evidence for additional hair growth in otherwise healthy, Biotin sufficient people is limited.

09 ARGAN OIL

Argania Spinosa (Argan) Kernel Oil

RESEARCH AT A GLANCE: Strong protection for existing hair

WHY IT MATTERS

- Argan Oil has a different role from the ingredients researched around the follicle. It is here to help look after the hair that has already grown.
- Human hair fibre research has shown that Argan Oil pretreatment can reduce protein loss and help protect hair against oxidative damage.
- This supports softer, better conditioned and healthier looking hair while complementing the scalp and follicle focused ingredients in BioCore 9.

WHAT THAT RESEARCH SHOWS

Argan Oil has evidence for protecting existing human hair fibres against oxidative damage and helps improve conditioning, softness and overall hair quality.

WHAT THAT MEANS

This is evidence about protection and condition of the existing hair fibre. It is a different, but important, part of the BioCore 9 story.

RESEARCH REFERENCE DOSSIER

TECHNICAL REFERENCE

Sharifi N et al. J Cosmet Dermatol. 2022. PMID 35226791.

STUDY TYPE

Excised human hair fibre study assessing Argan Oil pretreatment before oxidative damage.

WHAT IT FOUND

Argan Oil pretreatment reduced protein loss and supported protection of the existing hair fibre against oxidative damage.

NINE INGREDIENTS. DIFFERENT JOBS.

The strength of BioCore-9™ is not that nine ingredients all claim to grow hair. It is that each was selected for a different part of the scalp and hair story.

HAIR FOLLICLE & HAIR CYCLE

Rosemary Oil, Caffeine, Saw Palmetto and Panax Ginseng have the strongest research story around thinning hair, hair count, follicle activity or the natural hair cycle.

SCALP HEALTH

Niacinamide helps support the scalp barrier and also has promising human follicle cell research. Peppermint Oil provides an invigorating scalp experience and has promising animal hair growth research.

EXISTING HAIR

Panthenol and Argan Oil help strengthen, condition and protect the hair that has already grown. Biotin supports the broader normal hair biology story, particularly where deficiency is relevant.

THE SIMPLE STORY

A targeted complex designed to support the scalp, the environment around the hair follicle, and the strength and quality of existing hair.

HOW TO INTERPRET THE RESEARCH

This page is intentionally more technical for readers who want to look deeper into how the evidence has been assessed.

- Human clinical studies provide the most direct evidence for outcomes in people, but the design, size, duration and statistical method still matter.
- Human follicle, cell and laboratory studies help explain biological plausibility and mechanisms. They do not by themselves establish a clinical outcome in people.
- Animal studies can identify promising biological effects but cannot be assumed to produce the same result in humans.
- Combination product studies show what the tested formula achieved. They cannot automatically prove that one ingredient alone caused the result.
- Research on an individual ingredient does not establish that BioCore 9 as a complete complex, or a finished Tricologie product, will reproduce the same clinical outcome.
- For Rosemary Oil, 'no statistically significant difference' in one comparative study should be reported exactly as that result. It is not the same statistical proposition as a trial specifically designed to establish universal equivalence or non-inferiority.

THE PRINCIPLE

Say what the study found. Say what kind of study it was. Keep the conclusion within that evidence. Strong evidence should not be downplayed, and limited evidence should not be inflated.



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