

**Abstract**

The invention relates to a hair restorer preparation  
respectively food supplement (100, 100a-100c) for oral  
5 administration, comprising L-cysteine and zinc, wherein the hair  
restorer preparation respectively food supplement (100, 100a-  
100c) comprises copper, calcium, magnesium, silicium and  
cholecalciferol, and wherein the composing substances or  
substance compositions (S-Z) composing the hair restorer  
10 preparation respectively food supplement (100, 100a-100c) are  
determined in their dosage by means of tests and/or measurements  
and/or questionnaire evaluations (A-H) and are adaptable to the  
individual organic nutrients supply requirements of a female or  
a male customer (200, 200a-200d).  
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