



LOCK
HAIR
SUPPORT **RX**

HAIR HEALTHY RECIPES
FOR THE INSIDE OUT

YOUR HAIR HEALTH IS OUR PRIORITY

At LOCKrx Hair Support, your hair health is our priority. Healthy, vibrant hair starts from within, which is why we've created the DEFENSE Recipe Book, a collection of nourishing recipes designed to complement our ingestible and topical solutions for hair loss and thinning.

LOCKrx offers a complete approach to hair wellness, with products trusted for both at-home and professional use. This recipe book was created to inspire you with simple, delicious, and nutrient-rich meals that fuel your body and support stronger, healthier hair.

Because when you feed your body well, you feed your hair well, too.



DEFENSE is a powdered supplement designed to support gut health and target common factors that contribute to hair thinning and loss. Formulated with marine minerals, amino acids, botanicals, and prebiotics, it promotes total body wellness and addresses the gut–scalp connection.

Key ingredients like l-glutamine, spirulina, licorice root, turmeric, and aloe vera work to soothe the gut and improve nutrient absorption—enhancing the bioavailability of **BLOCK** and **GUARD** for maximum results. Available in melon or chocolate mint.

DEFENSE

INGREDIENT	ADDRESSES / SUPPORTS
L-Glutamine	Gut health, which is linked to overall nutrient absorption.
Spirulina	Nutrients and antioxidants.
DGL (Licorice)	Hormonal balance and health.
Turmeric	Often studied for its role in inflammatory response balance.
Beta Glucan	Immune and follicle function.
BioPerine®	Nutrient bioavailability.



DEFENSE

GUT HEALTH

BACKED BY SCIENCE

LOCKrx offers three scientific-backed* ingestible hair support products recommended by physicians. When they are used together, DEFENSE, BLOCK, and GUARD work collectively to help mitigate the hormonal and nutritional deficits known to lead to hair loss.

TIME TO GROW

Healthy hair does not happen overnight. When it comes to hair growth, there is no quick fix. Consistency is key to getting the most optimal results. For most patients, visible growth is experienced in 60-90 days. To maintain healthy hair, LOCKrx should be used every day.

A ROUTINE

A product is only as good as the person using it effectively. Using LOCKrx occasionally will not yield optimal results. Establish a daily routine, and create healthy hair habits.

HOMEMADE COCONUT MILK RECIPE

Many of our LOCKrx DEFENSE recipes call for almond or coconut milk. While you may certainly purchase it at the store, we've included a quick and simple recipe you can make at home!

Ingredients:

- 2 cups shredded unsweetened coconut
- 3-4 cups water (use less water for thicker, creamier milk!)
- Pinch salt
- 2 medjool pitted dates
- 1/2 teaspoon vanilla extract

Instructions:

1. Add all ingredients to a high-speed blender.
2. Add lid and a towel to prevent splashing.
3. Blend 2-3 minutes, or until the mixture seems well incorporated.
4. Stop blender and taste a sample. Adjust for more sweetness. If too thick, add an additional cup of water.
5. Pour the mixture over a large mixing bowl or pitcher covered with a nut milk bag, or a very thin tea towel.
6. Transfer milk to a sealed container and refrigerate. Shake before use.



Keep coconut milk refrigerated for up to 5 days.



HOMEMADE ALMOND MILK RECIPE

Many of our LOCKRx DEFENSE recipes call for almond or coconut milk. While you may certainly purchase it at the store, we've included a quick and simple recipe you can make at home!

Ingredients:

- 1 cup raw almonds
- 3 cups water
- 2 medjool pitted dates
- 1 teaspoon vanilla extract

Instructions:

1. Place almonds in a glass bowl and add enough water to cover them by at least one inch. Cover the bowl with a kitchen towel and refrigerate overnight.
2. Drain and rinse nuts well, discarding soaking liquid.
3. Place nuts in a high-speed blender along with 3 cups of fresh water. For a slight natural sweetness, add two large, pitted Medjool dates and vanilla extract to the blender. Slowly work up to the highest speed and then blend for two minutes.
4. Pour mixture into a strainer lined with cheesecloth and allow the liquid to drain through the solids. Gently squeeze the cheesecloth to extract more liquid.



Keep almond milk refrigerated for up to 3 days.





HAIR HEALTH SMOOTHIE/ SMOOTHIE BOWL

Ingredients:

- 1.5 cups frozen coconut milk ice cubes
- 1 cup coconut milk (2.5 cups total)
- 1 frozen banana (we slice ours before freezing)
- 1/2 frozen avocado (optional!)
- 2 tablespoons cacao powder
- 2-3 tablespoons of raw honey
- 1 scoop LOCKrx DEFENSE, chocolate mint
- 1/2 teaspoon of sea salt
- 1 teaspoon vanilla extract
- 1/2 teaspoon peppermint extract (or 1 handful of fresh mint leaves)

Instructions:

1. Add all ingredients, except garnish, to a high-speed blender.
2. Blend on high setting until smoothie reaches desired consistency.
3. More liquid may be added to help blend smoothie. We recommend coconut water or coconut milk.
4. More honey or peppermint may be added to reach desired taste.
5. Add smoothie to glass or bowl and garnish with any combination of ideas below!



Garnish your smoothie bowl with cocoa nibs, nuts, mint leaves, sliced strawberries, cut up banana, or shredded coconut.

HAIR HEALTH PRE-PROGURT

Ingredients:

- Your favorite brand of yogurt
- 1 scoop of LOCKrx DEFENSE, melon or chocolate mint

Instructions:

1. Open your favorite yogurt or pour one cup yogurt into a bowl or cup.
2. Add one scoop of LOCKrx DEFENSE to your yogurt.
3. Stir.



This yogurt packs all the punch of a healthy gut microbiome! Some of the potential benefits may include better digestive health, improved blood sugar levels, enhanced heart health, stronger bones, and increased weight loss.



HAIR HEALTH MATCHA BERRY OATMEAL

Ingredients:

- 2/3 cup rolled oats
- 2 tablespoons oat flour
- 2/3 cup vanilla protein powder (vegan)
- 2 Scoops LOCKrx DEFENSE, melon
- 1.5 tablespoons of agave syrup, or choice sweetener
- 1 teaspoon of matcha powder
- 2/3 teaspoon vanilla extract
- Pinch salt
- 1 cup water
- 1 cup oat milk
- ½ cup raspberries
- Optional Toppings: chocolate chips, raspberries, almond slivers

Instructions:

1. Bring water to a boil in a medium sized pot.
2. Add vanilla extract and a pinch of salt to the boiling water.
3. Next, add rolled oats, oat flour, protein powder, choice sweetener, matcha powder, and LOCKrx DEFENSE.
4. Combine with a whisk or spoon.
5. Reduce heat and slowly add milk until oatmeal reaches desired consistency (around 5-7 minutes).
6. Serve in two bowls with raspberries, and optional additional toppings.



Mix some matcha powder with coconut oil or olive oil for an excellent DIY hair mask. The antioxidants have been found to strengthen hair and decrease split ends.



HAIR HEALTH BLUEBERRY SMOOTHIE BOWL

Ingredients:

- 1 cup coconut water
- 1 cup coconut milk
- 4 frozen bananas
- 1 cup freshly frozen blueberries
- 2 scoops of LOCKrx DEFENSE, melon
- 1 tablespoon of ground chia seeds
- Desired toppings

Instructions:

1. Mix all ingredients in a blender on medium high until smooth.
2. Pour equally into two bowls.
3. Add desired toppings (see below).
4. Serve immediately.



The possibilities are endless with yummy, nutritious toppings for your smoothie bowl. Top with kiwi slices, shredded coconut, nut butter, fresh berries, sprouted seeds, or whatever else your imagination desires!



HAIR HEALTH LEM-ELON ICED TEA

Ingredients:

- 1 scoop LOCKrx DEFENSE, melon
- 8 oz. unsweetened cold tea
- (black tea or decaf)
- 1/2 lemon, juiced and any seeds removed

Instructions:

1. Whisk or blend all ingredients.
2. Pour over ice into a glass.
3. Garnish with a lemon slice.



Suffering from dandruff? Try applying lemon juice to the scalp as a pre-shampoo treatment. Leave it on for a few minutes to allow the lemon to penetrate the hair follicles and scalp. then shampoo and condition normally.





HAIR HEALTH GUT PUNCH SMOOTHIE

Ingredients:

- 2 cups kale leaves
- 1/2 of Hass avocado
- 1 frozen banana*
- 1 tablespoon chia seeds
- 2 tablespoons ground flax seeds
- 2 cups water
- 1 scoop LOCKrx DEFENSE, melon
- Fresh fruit slice for garnish

Instructions:

1. Add all ingredients except garnish to a high-speed blender.
2. Blend on high until smoothie reaches desired consistency.
3. More liquid may be added to help blend smoothie. We recommend coconut water.
4. Add smoothie to glass and garnish with a slice of fruit.



**Instead of turning overripe bananas into banana bread, consider slicing them and freezing them on a baking sheet. Once frozen, place them in a plastic bag and use them for future smoothies!*

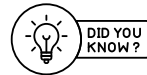
HAIR HEALTH CHA-CHA CHIA SMOOTHIE

Ingredients:

1 handful of ice
2.5 cups of kale leaves
1/2 Hass avocado
1.5 frozen bananas
1 tablespoon of chia seeds
2 tablespoons of ground flax seeds
2 cups of water
1 scoop of LOCKrx DEFENSE,
melon

Instructions:

1. Add water, DEFENSE, and flax seeds to a blender on low for 2 minutes.
2. Add remaining ingredients and blend until smooth.
3. Add smoothie to glass and garnish with a slice of fruit.



Chia seeds are bursting with essential amino acids known to inhibit hair fall and give a boost to new hair growth. They also help fight inflammation.



HAIR HEALTH CHOCOLATE MINT HOT COCOA

Ingredients:

- 4 oz. strong coffee or espresso
- 4 oz. milk or non-dairy alternative, such as coconut, oat, or almond milk
- 1 scoop LOCKrx DEFENSE, chocolate mint
- 1 tsp. Hershey's dark cocoa powder
- Whipped cream topping

Instructions:

1. Heat milk on stove or in microwave.
2. Add cocoa powder and mix well.
3. Add LOCKrx Chocolate Mint DEFENSE and blend with frothed milk
4. Add milk and blend into steaming coffee.
5. Top with whipped cream or dairy alternative almond whip.



For a lighter, non-caffeinated alternative, heat 6 oz. milk or non-dairy alternative. Mix in 1 scoop LOCKrx DEFENSE, Chocolate Mint, blending with manual milk frother.



HAIR HEALTH MOCK PIÑA COLADA

Ingredients:

- 3.5 ounces of canned coconut milk
- 2 scoops LOCKrx DEFENSE, melon
- 3.5 cups frozen pineapple
- 6 ounces pineapple juice
- 1/2 cup spinach
- Pineapple wedges for garnish
- 2 cups of ice

Instructions:

1. Place all ingredients in a blender.
2. Blend on high until everything is combined.
3. Pour into 2 glasses.
4. Garnish with a pineapple wedge, if desired.



Do you experience a tingling sensation when you eat pineapple? You're not alone. The reason your tongue becomes irritated when eating the tropical fruit is because of an enzyme called bromelain, which essentially digests the protein on your tongue as you eat it, causing that tingling sensation you get in your mouth.

HAIR HEALTH CHOCOLATE PEPPERMINT MOCKTINI

Ingredients:

- 1 scoop LOCKRx DEFENSE chocolate mint
- 1 cup of almond or coconut milk
- 1/4 cup of sweetened condensed milk or canned cream of coconut milk
- 2 tablespoons of chocolate syrup
- 1/4 teaspoon peppermint extract
- Addition options: crushed candy canes, peppermint candies, chocolate, or shredded coconut

Instructions:

1. Place syrup on a small dish and coat the rim of 2 martini glasses.
2. Dip chocolate dipped rims into desired additions and set aside to chill.
3. In a blender, mix DEFENSE chocolate mint, milk, and condensed/coconut milk until well incorporated.
4. Pour into prepared martini glasses.



Add a candy cane or bar of dark chocolate to your mocktini for a festive drink during the holidays!





HAIR HEALTH MOJITO & MOCK MOJITO

Ingredients:

- 1 ounce simple syrup
- 1/2 cup grated, peeled, and seeded English cucumber.
- 1/2 of a honeydew melon, seeded and chopped
- 1 scoop of LOCKrx Defense melon
- 2/3 cup mint leaves
- 1 cup white rum (optional)
- 1/2 cup fresh lime juice
- 2 cups club soda

Instructions:

1. Muddle cucumber with simple syrup and then strain and discard solids.
2. In a blender, purée melon and DEFENSE in a blender until smooth.
3. Muddle mint in a pitcher with the simple syrup. Stir in melon juice, rum (optional), and lime juice.
4. Chill. Before serving, stir in club soda.
5. Serve over Ice.



Have leftover cucumber? Washing your hair with cucumber juice daily can give you strong locks. Minerals and vitamins present in cucumbers may help to repair damaged hair, hydrate your scalp, and prevent hair fall.

HAIR HEALTH OVERNIGHT OATS

Ingredients:

- 1 banana, cut in half
- 1 cup old fashioned rolled oats, not instant
- 1½ cups unsweetened vanilla almond milk
- 4 tablespoons LOCKrx DEFENSE, chocolate mint
- 1/2 tablespoon chia seeds
- 2 teaspoons cacao nibs
- almond butter, optional

Instructions:

1. Cut one half of banana in slices and mash the other half.
2. Add mashed banana, oats, almond milk, DEFENSE powder, and chia seeds into a bowl.
3. Stir well to combine, until all the DEFENSE has dissolved.
4. Divide oat mixture into two mason jars.
5. Seal with a lid and refrigerate overnight.
6. Take one container out of the fridge the next morning and stir the mixture. You'll notice that the powder, oats and chia seeds soak up a lot of the liquid, so you may want to add a little more almond milk before serving.
7. Top with banana slices, cacao nibs, and almond butter.
8. Overnight oats will keep for up to 5 days in the fridge in a sealed container.





HAIR HEALTH MELON TEA LATTE

Ingredients:

- 1 scoop LOCKrx DEFENSE, melon
- 4 oz. hot or cold tea (black or decaf black)
- 4 oz. almond, oat, coconut, or regular milk

Instructions:

1. Add DEFENSE to hot or cold tea.
2. For hot latte, heat or steam milk and whisk into tea mixture.
3. For cold latte, mix cold milk or dairy alternative into tea mixture.



NASA AND the World Health Organization (WHO) recognize spirulina as one of the most powerful, natural nutrients in the world. Spirulina is a hero ingredient in LOCKrx DEFENSE.

HAIR HEALTH DECADENT BROWNIES

Ingredients:

- 1 cup oat flour
- 2/3 cup cocoa powder, unsweetened
- 2 tablespoons arrowroot flour
- 2 teaspoon baking soda
- 2 teaspoons baking powder
- 1/8 teaspoons sea salt
- 3/4 cup applesauce, unsweetened
- 1/3 cup walnuts (chopped)
- 1/4 cup agave nectar (syrup)
- 1/3 cup pitted dates (chopped)
- 1/4 cup raisins, seedless
- 1 teaspoon vanilla extract, pure
- 2 scoops of LOCKrx DEFENSE, chocolate mint
- 1/4 cup almond milk
- chocolate, unsweetened

Instructions:

1. Preheat oven to 350° F.
2. Mix together the dry ingredients in a medium bowl.
3. Combine remaining wet ingredients and add to the dry mixture, stirring thoroughly.
4. Spoon batter into an 8 x 8" glass or metal baking pan coated with nonstick spray.
5. Bake in oven for 20 to 30 minutes.
6. Test with a toothpick for doneness. Allow to cool before eating.
7. Glaze with chocolate sauce, if desired.



The spirulina in LOCKrx DEFENSE will give these brownies a slightly green, darker tint. Spirulina is a beneficial prebiotic and a rich source of proteins, vitamins, and essential amino acids.



HAIR HEALTH MORNING MOTIVATORS

Ingredients:

- 1 cup of walnuts
- 1 cup packed, pitted medjool dates
- 3 tablespoons of unsweetened cacao powder
- 1 scoop of LOCKrx DEFENSE, chocolate mint
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of Pure peppermint extract
- 1/8 teaspoon of all-natural fine sea salt
- 2-3 tablespoons of distilled water (if needed)

Instructions:

1. Add all ingredients, except the water, to a food processor using an S Hook or mixing blade.
2. Begin to pulse the ingredients until a dough begins to form. (In some cases, 1-2 tablespoons of water may be used to allow the ingredients to take shape).
3. Once a ball has been formed, remove it from the processor and begin to form smaller bites with a cookie scoop.
4. Eat or roll in choice coating.
5. Refrigerate for one week or freeze for up to 6 months.



2 tablespoons of unsweetened cocoa, matcha powder, chopped walnuts, or coconut make a perfect rolling solution to coat your morning motivators!

HAIR HEALTH CHOCO-CRUNCH COOKIES

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup cacao powder
- 2 scoops LOCKrx DEFENSE, chocolate mint
- 1 pinch of salt
- 1 tablespoon baking soda
- 1 tablespoon flaxseed
- 3 tablespoons water
- 1/2 cup vegan butter
- 1/2 teaspoon peppermint extract
- 3/4 cup dark vegan chocolate chips
- 1 cup brown sugar (for a healthier alternative, coconut sugar can be used at a 1:1 ratio)
- 1/2 teaspoon white vinegar

Instructions:

1. Preheat oven to 375 F.
2. In a small mixing bowl, make a flax egg by mixing one tablespoon of flax seeds and 3 tablespoons of water in a small bowl and set aside for 5 minutes. Alternately, you can use one regular egg.
3. In a medium mixing bowl mix flour, cacao powder, salt, and baking soda and set aside.
4. In a separate large mixing bowl, beat the butter with the sugar until completely mixed. Add flax egg and mix. Add vinegar, peppermint extract, and mix.
5. Slowly fold in two scoops of chocolate mint LOCKrx DEFENSE.
6. Add remaining dry ingredients slowly and mix together.
7. Fold in 3/4 cup chocolate chips.
8. Using a cookie scoop, form 16 cookie dough balls and place on a baking sheet. These cookies will stick to a pan, so nonstick foil or parchment paper is advised.
9. Lower oven temperature to 350 degrees and bake cookies for 10-12 minutes.
10. Take cookies out of the oven and allow to cool on a cooling rack. Enjoy!



HAIR HEALTH BELL OF THE BALLS

Ingredients:

- 1 cup pepitas, soaked overnight
- 1/2 cup medjool dates, pitted
- 1/2 cup shredded coconut, plus more for garnish
- 1 scoop of LOCKrx DEFENSE, melon

Instructions:

1. Drain pepitas and add to a food processor until crumbly.
2. Add dates until well incorporated.
3. Next, add coconut until well incorporated.
4. Gently fold in LOCKrx DEFENSE.
5. Form into 12 balls and roll in coconut.
6. Refrigerate for at least an hour.



Pumpkin seed extract has a protective effect against nutrient deficiency-driven hair loss. Pumpkin seeds are rich in zinc, copper, magnesium, selenium, calcium, and Vitamins A, B, and C. These nutrients help with thinning hair.

HAIR HEALTH PEPPERMINT PATTIES

Ingredients:

- 1 can sweetened condensed milk
- 6 cups powdered sugar
- 2 scoops LOCKrx DEFENSE, chocolate mint
- 3 tablespoons shortening
- 1 tablespoon pumpkin seed oil
- 1/4 teaspoon pumpkin extract
- Food Colors (Red, Yellow)
- 3½ cups semi-sweet chocolate chips

Instructions:

1. Combine condensed milk, powdered sugar, LOCKrx DEFENSE, 5 drops of red food coloring, 12 drops of yellow food coloring, and pumpkin extract in a bowl and blend until combined.
2. Using a cookie scoop, evenly scoop 24 scoops onto a baking sheet. Using the bottom of a bowl or glass, press down the balls until they resemble flat discs or pumpkin shapes.
3. Place the cookie sheet in the freezer until the discs are firm, about an hour.
4. Before removing cookie sheet, melt chocolate in 20 second increments, stirring at each interval until chocolate is melted. Add in pumpkin seed oil and shortening and stir until combined. Place the frozen pumpkin forms one at a time into the chocolate mixture, using a fork to coat. Place on a parchment lined baking sheet and return to the freezer until chocolate solidifies (about 30 minutes).



ENJOY

We hope these recipes inspire you to nourish your body and support your hair health every day. At LOCKrx Hair Support, we're dedicated to helping you achieve stronger, fuller, and healthier hair—inside and out.

LOCKrx can be found online and through a practitioner's office. For optimal hair health, seek a medical professional trained to treat and diagnose your condition. To find a LOCKrx provider nearest you, use the Find an Expert feature on our website or call us at 239-451-5650. Stay inspired. Stay consistent. Stay committed to your hair health journey.

For more information, additional recipes, and expert tips, connect with us:



@SmartSolutionsRX



@SmartSolutionsRX



@SmartSolutionsRX



@SSolutionsRX



LOCK
HAIR
SUPPORT RX

TO LEARN MORE, VISIT
lockrxhair.com

