

Formulation and Evaluation of Herbal Gummies

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Abstract: *The current study focuses on creating and assessing herbal hair gummies, which provide a tasty and practical substitute for conventional hair care products. Environmental stresses, oxidative damage, and nutritional deficiencies are some of the variables that affect the health of hair. Because of their natural therapeutic qualities, herbal compounds offer a safe and efficient way to increase hair growth, decrease hair loss, and enhance overall hair quality. Key herbal substances like fenugreek (*Trigonella frenum-graecum*), amla (*Emblca officinalis*), and bhringraj (*Ecliptic alba*) were used in the formulation of the gummies in this study. These herbs are abundant in bioactive chemicals, vital vitamins, and antioxidants. Additionally, folic acid, zinc, and biotin were added to the recipe to promote hair health. Because the gummies were made according to a set procedure, they were consistent, stable, and had the ideal organoleptic properties. The formulation's physical features, pH, texture, stability, and sensory qualities were among the many criteria used to evaluate the gummies. An in-vitro antioxidant assay was also conducted to evaluate the herbal components' ability to counteract oxidative stress, a major contributor to hair loss. To find the product's shelf life, stability tests were conducted under accelerated settings. According to the findings, the herbal hair gummies with the formulation satisfied all quality requirements, were palatable, and showed encouraging antioxidant function. Synergistic effects were demonstrated by the herbal substances in increasing hair growth and decreasing hair loss. Herbal hair gummies may be a safe, efficient, and user-friendly hair care supplement, according to the study's findings.*

Keywords: vitamin, antioxidants, Herbal hair gummies, Fenugreek, Amla (*Emblca officinalis*)

