



Polybalm®

100% Natural Nail Care For Fragile-Looking Nails

Chemotherapy may impact nail health.
Polybalm is the only **Doctor-Recommended,
Clinically-Tested*** nail balm that supports,
nourishes & protects fragile-looking nails.



Nails - Before



After 90 days of Polybalm Use



U.S. Patent Pending

*Breast Cancer Research and Treatment (2018) 171:103-110



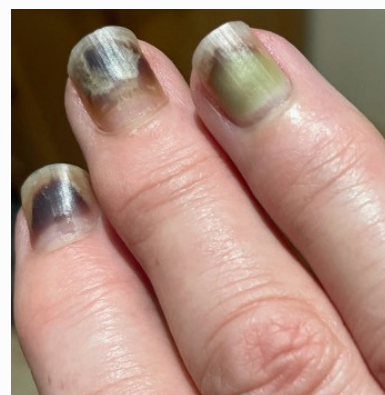
You Are Stronger Than You Know!

Every step you take in this journey, no matter how small, is a testament to your courage and incredible resilience. While chemo can be tough, your bravery shines even brighter! Your body is fighting, and so is your spirit—embrace the power and strength within you. Even in the most challenging moments, remember that you are valued, you are loved and you are never alone; a community of support, hope, and healing surrounds you.

Facing cancer therapy can feel overwhelming.
And while hair loss is a well-known side effect, the
risk of nail changes is under-recognized and underestimated.



Treatments such as chemotherapy, immunotherapies, hormone and
targeted therapies can change your nails, leading to pain, discoloration,
peeling, splitting, bleeding, and in some cases detachment.



These effects are more common with longer treatments or with therapies
like taxanes and anthracyclines.

However, there is a solution.
**Polybalm supports and nourishes delicate and
fragile nails -- before *and* during treatment.**

At Polybalm we are here to support you in caring for your nail
health during your treatment journey. You are not alone, and
taking small steps can make a big difference.

The following pages will help guide you through:

- 🌿 Understanding Chemo Nails, and Common Nail Damage
- 🌿 How to Use Polybalm
- 🌿 Ingredients
- 🌿 Polybalm's Clinical Trial
- 🌿 Testimonials
- 🌿 Nail Care Tips



Understanding Chemo Nails

Chemotherapy and some targeted therapies, immunotherapies, and hormonal therapies disrupt blood vessel growth (anti-angiogenic properties). These treatments can slow cancer growth but also reduce blood supply to the nail bed, causing separation, pain, and increasing the risk of fungal infections.

Nail changes during treatment can vary in type and severity; here's what to expect.



Common Nail Changes

Ridges and Discoloration:

- Most intravenous therapies can cause ridges (Beau's lines) and discoloration (Melanonychia), which align with treatment cycles.

More Pronounced Changes After Multiple Treatments

- Bruising under the nail (Subungual Hematoma)
- Brittle, splitting nails (Onychoschizia)
- Soft tissue infection around the nail (Paronychia)
- Concave-shaped nails (Koilonychia)
- Loosening or separation of the nail from the nail bed (Onycholysis)

Rare but Serious Symptoms

Severe pain and secondary infections:

- Especially concerning for patients with low white blood cell levels (neutropenia), as it reduces the ability to fight infections.

Early signs of nail damage



Nail damage can occur on both fingers and toes, though it's **often noticed first on the toes** due to the pressure from walking and standing.



-- Nail Damage Alert --

Every journey is unique, and while not all chemotherapy treatments impact nails, some such as taxane-based therapies may lead to changes in texture, strength, or appearance. Some individuals notice increased brittleness, ridges, or discoloration, while others may experience little to no change. Factors like the type of treatment, duration, and individual response can all play a role.

Taking steps to nourish and support your nails can help maintain their natural look and feel. Polybalm is a 100% natural, clinically tested nail care balm designed to condition and hydrate nails, keeping them smooth, resilient and looking healthy even in challenging conditions.

By incorporating gentle nail care routine, including regular hydration, you can help your nails look and feel their best throughout your journey. With Polybalm you can maintain well-conditioned nails and helps support your nails naturally, giving them the care they deserve.

80% Of patients undergoing treatment with taxanes and anthracyclines could experience nail damage*

50% Of patients undergoing treatment with taxanes and anthracyclines could experience 'SEVERE' nail damage*

44% Of cancer patients could experience nail toxicity**

30%-40% Of patients on taxane treatment could suffer Onycholysis (nail detachment)***



* Breast Cancer Research and Treatment (2018) 171:103-110

**Nail Changes With Chemotherapeutic Agents and Targets Therapies (2022) PMID: 35198463

***Nail Toxicity Induced by Cancer Chemotherapy Patients (2015) DOI:10.5958/0974-360X.2015.00004.9



Common Nail Damage During Therapy



Discoloration (Melanonychia)

Visible marks and white or dark lines on the nail that appear 1 to 2 months after chemotherapy starts.



Ridges or dents (Beau's lines)

Beau's lines, a common side effect of therapy, are grooves that run horizontally across the nails. The nails can change color to yellow.



Brittle, peeling or splitting (Onychoschizia)

A common side effect of all cancer therapy is brittle, peeling, splitting and weak nails due to damage to the nail matrix and thinning. These conditions can be very frustrating and painful when split nails catch on things, or break off.



Infection (Paronychia)

If your white blood cell count is low (a condition called induced neutropenia), you may develop a skin infection around or under your nails. It often affects the cuticle, causing redness, swelling, tenderness, and sometimes pus. These infections can be painful and may need antibiotics to help relieve the symptoms.



Bleeding under the nails (Subungual hematoma)

This painful side effect of therapy often shows as dark brown bruising under the nail bed.



Separation (Onycholysis)

Cancer therapy can weaken the connection between your nail and the nail bed, causing a white or opaque area on the nail. This commonly leads to loosening or even loss of the nail, which can be painful and increase your risk of infection, as bacteria and fungi can enter the space between the nail and the skin.



Detachment

Without proper treatment, patients may experience partial or total nail loss, which can be very painful. This increases the risk of infection and can make daily tasks, such as buttoning clothes or wearing shoes, very difficult.



Concave shape (Koilonychia)

Koilonychia, a concave, spoon-like appearance to your nail shape or texture occurs because the treatment affects normal nail growth. While these changes can be uncomfortable and may impact your grip.



How To Use Polybalm® For Best Results



Start early

Begin applying Polybalm® 7 to 10 days **before** your treatment starts and continue for 1 to 3 months after it ends.



Prevent early signs of nail damage

If your cancer treatment has already begun, start using Polybalm® immediately, especially if you notice any signs of nail damage, such as tingling, mild pain or brown lines.



Focus where the nail and skin meet

Massage Polybalm® on to your nails using the applicator. Focus on the cuticle and the area where the nail meets the skin (the proximal fold).



Avoid cross-contamination

Each pack of Polybalm® includes two tubes: one for your fingers and one for your toes. This helps prevent cross-contamination and helps ensure safe use.



Apply twice a day

Apply Polybalm® at least 2 to 3 times a day and after bathing, showering or swimming.



What is it like to use?

Polybalm® has a light, natural scent of eucalyptus and lavender. It is non-greasy and absorbs quickly into the nails at body temperature.

Polybalm's 100% natural ingredients give it a firm texture for easy and precise application. This ensures that one pack lasts for several weeks.

Polybalm is most effective when combined with good nail care.



Polybalm's

100% Natural Ingredients

Polybalm's ingredients are gently extracted to maintain their beneficial active compounds.

These natural ingredients, carefully chosen over chemical alternatives, work gently and effectively to support, nourish, strengthen and revitalize fragile nails .



African sage oil

Antifungal and antibacterial. Less drying than tea tree oil



Organic Beeswax

From hives close to Poplar trees. Antibacterial, emulsifier and moisturising



Extra virgin olive oil

Rich in oleic acid. Antioxidant and anti-inflammatory



Eucalyptus leaf

Anti-inflammatory, antioxidant, antifungal, antibacterial and analgesic



Lavender flower

Anti-inflammatory, antioxidant, antifungal and antibacterial



Cocoa seed butter

Rich in polyphenols and vitamins A & E. Restructuring, regenerative and antioxidant



Unrefined shea butter

Hydrating and anti-inflammatory with fatty acids to create a natural barrier



Wintergreen leaf

Natural salicylate that reduces inflammation and pain

Contains natural trace allergens: Linalool, Limonene, Farnesol

Note: Polybalm is an all-natural product; in cold weather, warm it in your hands, pocket, or warm water before use.



This product is protected by one or more pending U.S. patent applications

The Clinical Trial*

Through rigorous testing and refinement, Polybalm has been **clinically tested*** to deeply nourish and hydrate finger and toe nails. Polybalm helps maintain strong and resilient looking nails, **backed by research.**

Doctor Thomas – a highly respected oncologist practicing at Bedford and Addenbrookes Hospitals NHS Trust – and his team of multidisciplinary experts, frequently witnessed the challenging impact of chemotherapy on patients' toe and finger nails. Frustrated by the lack of clinically proven, effective solutions to recommend with confidence, they developed Polybalm®.



The team recognised that some patients and medical professionals inadvertently choose products that may irritate and dry the nails, exacerbating the side effects.

Polybalm's 100% all-natural formulation includes polyphenol-rich ingredients, which are known to have anti-inflammatory, antioxidant and antimicrobial properties.

Defining the precise amount of each ingredient was essential, as excessive essential oil can cause irritation to the nail.

To find out more about the Polybalm® study visit polybalm.com/the-poly-balm-study/


Health Research
Authority

 Advancing
Cancer
Research
Together


Cambridge
University Hospitals
NHS Foundation Trust

The clinical trial*: Participants, method and outcomes



Trial Design

60 adult patients: 37 breast cancer and 23 prostate cancer, half treated with Polybalm®, half with petroleum balm, between 4 and 5 chemotherapy cycles



Effectiveness

Polybalm® proved effective for 93% of patients.
More than 50% of the petroleum balm group suffered **significant** nail damage



Safety and Quality of Life

Patients using Polybalm® reported NO side effects. They experienced less pain and found it easier to perform daily tasks, such as buttoning clothing, which improved their quality of life compared to those using petroleum balm group.



Global Recognition

Presented at American Society of Clinical Oncology conference and published in the Journal of Breast Cancer Research

*Breast Cancer Research and Treatment (2018) 171:103-110

“Testimonials

★★★★☆ 4.7 out of 5



Paige, UK Nurse

“I am a chemotherapy nurse at a day unit. Our patients experience the first-hand discomfort of sore, brittle nails from active treatment. **Polybalm is amazing** and I find it incredible that there is **finally a natural product for our patients’ nails!** I have recommended this to my patients and have **seen outstanding results**”.

Sara, Cancer patient

“I’m nearing the end of chemo, and just wanted to thank you for your excellent product. **My nails have remained strong and healthy throughout.** A friend recommended I use Polybalm®, and I am so glad she did. I’m quite vain about my nails, so when feeling pretty ill over the last few months, **it’s been great that my nails still look good. Thank you.**”

CH, Cancer patient

“**Polybalm® is amazing, and I can’t recommend it highly enough.** I have in fact become quite evangelical about it and tell everyone how well it’s working.”

Val, Cancer patient

“I received EC taxotere and herceptin for my breast cancer. Fortunately, my daughter’s friend has heard of Polybalm® and bought a few tubes for me. None of the doctors or nurses had even mentioned it despite the clinical study. I later found out **I was the only patient on the chemo unit with perfect nails! Thank you.**”

Galligirl, Cancer patient

“I used Polybalm® throughout my chemo... **5 months on I still have my nails...**A few ridges at the tip now but nearly there. I found Polybalm easy to use and as far as I can see, very helpful. **I would recommend.**”



Effective Nail Care Tips During Treatment

Maintaining good nail health throughout cancer therapy can minimize potential side effects of discoloration, disfiguration, inflammation, infection, pain and distress.

Here are a few things to consider:



Manicure and cleaning

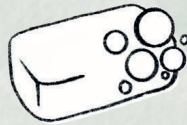
Keep your fingernails and toenails neatly trimmed.

Clip any excess nails that might catch on things and tear the nails even more deeply, but don't over-trim or pick at the nail beds, which can cause more damage.

Ensure you clear debris from under the nails and around the nail beds, which may contain fungus and bacteria.

Avoid using metal nail picks.

A metal nail pick may cause further damage; always use a wooden one.



Soap

When washing hands and feet, ensure they are wet before applying soap. Wet hands and feet will reduce soap's irritating effect on nails.

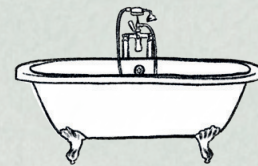
Choose a natural soap and ensure it does not contain sodium laureth sulfate (SLS). SLS is an irritant, as are Parabens. Parabens are preservatives that extend the shelf life of soap. Synthetic fragrances are also potential irritants. It is best to choose "clean" beauty products.

After washing, always apply POLYBALM.



Nail biting

If you bite your nails, **break the habit by wearing cotton gloves.** Biting your nails increases the chance of infection.



Bathing

Swimming, showering and bathing all reduce the moisture around your nails, so **using POLYBALM after is essential.** Also, **dry your nails thoroughly** to reduce the risk of fungal infection, particularly your toes.



U.S. Patent Pending

Effective Nail Care Tips During Treatment, Continued



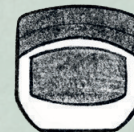
Hand sanitizers

Hand sanitizers have a high alcohol content. Alcohol is an irritant that will also dry nails made susceptible to damage by chemotherapy. **We recommend washing your hands and avoid sanitizing them where possible.**



Gardening and washing dishes

During gardening, use cotton gloves to protect your fingernails. **Rubber gloves should be worn when washing dishes** to prevent exposure to harmful chemicals and further drying of already sensitive skin.



Big brands

Many well established brands contain chemicals and artificial ingredients which may irritate skin around the nails and clog pores.



Artificial nails

Try to avoid using artificial nails. They are a nest for bacteria and infections. Furthermore, the chemicals used to remove false nails can cause drying and further damage to already chemotherapy-weakened nails.

Do not use an electric file on your nails as this will cause more damage.

Although we would not recommend it, if you feel the need for fake nails, ensure all the equipment your nail technician uses is sterilised or, better still, take your own.



Nail Varnish/polish

Patients are often advised to wear dark nail varnish or polish. No clear clinical evidence supports this practice during chemotherapy.

Many nail varnishes are made of chemicals, especially quick drying ones. Chemicals may dry and aggravate nails and skin made sensitive by chemotherapy.

If you use nail varnish, choose a water-based one. When removing nail varnish, **ensure the remover is acetone-free** to reduce the drying effect. When wearing nail varnish and after removal, **moisturising the skin around the nail with a high-quality, clinically proven, natural nail balm is essential.**



Oiling the skin around nails

Many patient groups and advisors suggest **massaging essential oils into the skin around the nails.**



Effective Nail Care Tips During Treatment, Continued



Nail cooling

Professor Thomas, in a co-authored report showed that cooling the nail beds in iced water during chemotherapy reduces the severity of nail damage. Regularly wearing cold gloves and applying ice to your hands can be an uncomfortable and inconvenient experience, but research has shown that it is beneficial.

Special cooling devices for hands and feet are available from the NHS. The practice hasn't been widely adopted within the confines of busy chemotherapy units as they cover the veins of the hands and prevent quick assessment of the patient's extremities.



Shoes

Wear comfortable, **loose-fitting shoes** to minimise trauma to your toenails.



Pedicure

If you have a pedicure, **don't let your beautician use any razor-like tools** to remove dead skin and don't let them cut your cuticles. Plus, **ensure all the equipment is sterilised correctly** or better still, take your own.



Loose nails

If one of your nails becomes loose, **do not pull it off**. It's better to **lightly cover the area with a bandage** or gauze to avoid accidentally ripping off your nail, allowing it to fall off naturally.



Cotton socks

Wear cotton socks as they absorb dampness and may help you avoid fungal nail infections.



Nail buffing

Regularly and **gently buffing your nails using the shiny side of a buffing block** may increase the blood supply helping nails grow and stay strong.



Biotin

Biotin may help strengthen brittle nails but supporting evidence is limited.



U.S. Patent Pending



Diet (and good gut health) during cancer therapy

Phytochemicals, vitamins and essential amino acids are required for the body to repair DNA in the finger and toe nails and across the body, which could be damaged by cancer therapy. They are also vital for the production of keratin, which is necessary for healthy nail and hair formation.

A healthy diet will help you naturally acquire these vital compounds and reduce inflammation.

Here are a few ideas:

Reduce the number of artificial chemicals and additives you consume

Try to avoid ultra-processed foods and high-temperature baked carbohydrates such as chips, fried food, or burnt meat products. Examples of ultra-processed foods include most ready meals, most supermarket sweet desserts, pizza, margarine, ice cream, ham, sausages, crisps, mass-produced bread, most breakfast cereals, biscuits, carbonated drinks, fruit-flavoured yoghurts, and instant, dehydrated foods

Avoid products like sweet drinks, cakes, confectionary, sugary desserts and crisps

Several laboratory studies show that processed sugar and carbohydrates promote chronic inflammation.

Omega 6

Omega 6 is an essential fatty acid that is thought to provide moisture and nourishment for nails. An insufficient amount may cause nails to become dry and break easily. It can be found in walnuts, sunflower seeds, avocado oil and eggs amongst other foods.

Omega 3

Found in oily fish and grass-fed meat, omega 3 is felt to have anti-inflammatory properties, but taking extra amounts in clinical trials has not been shown to help nails. Nevertheless, many people in the UK are deficient in omega 3 and increasing oily fish intake to at least three times a week is recommended.

Increase the amount of Phytochemicals you consume

Found in green tea, onions, and cruciferous vegetables, for example broccoli, cabbage, cauliflower and kale, and herbs such as ginger and turmeric.

Ensure a good intake of vitamins and proteins

Foods rich in B vitamins, including thiamin (B1), folate (B9), and biotin (B7), are grains and dark green vegetables. Healthy protein-rich foods include eggs, lentils, beans and pulses.





Healing Begins With Care – You Are Never Alone On this Journey!

Your body and spirit are remarkable, and even in the most challenging times, they continue to fight for you. Your well-being matters, and even the smallest acts of self-care—like nourishing your nails and skin—are gentle reminders that you deserve comfort, kindness, and strength. Whether it's finding moments of peace amidst the storm or simply taking things one step at a time, every effort counts. Never forget: You are valued, you are cherished, and every day is another step forward on your journey to healing.



The Bottom Line

Polybalm is the only Doctor Recommended, and Clinically Tested* nail balm to support & revitalize fragile-looking nails during treatment

Laura's nails before use



Laura, after 90 days of Polybalm use



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Laura, Cancer patient

“During cancer therapy, my nails became painful and unsightly, even lifting from my nail beds. They were constantly snagging on clothes and bed sheets, waking me at night. **Polybalm is amazing.**”

PolybalmUSA.com



Learn more:

- Clinical Trial
- Patient Guide
- Purchase



U.S. Patent Pending

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