

# NUTRAFOL

## Women

Nutrafol for Women is a multi-targeting nutraceutical containing standardized ingredients that address key triggers of poor hair health including stress, DHT, free radicals, micro-inflammation, and compromised nutrition.\*



### Benefits

**Hair Growth** – Clinically shown to improve hair growth and hair growth rate.

**Hair Quality** – Shown to improve strength, shine, texture, density, manageability, coverage, and softness of hair after 3 and 6 months.

**Overall Health** – Formulated with ingredients shown to reduce stress and fatigue, improve sleep, improve the appearance of skin and nails, and promote overall feelings of wellness.

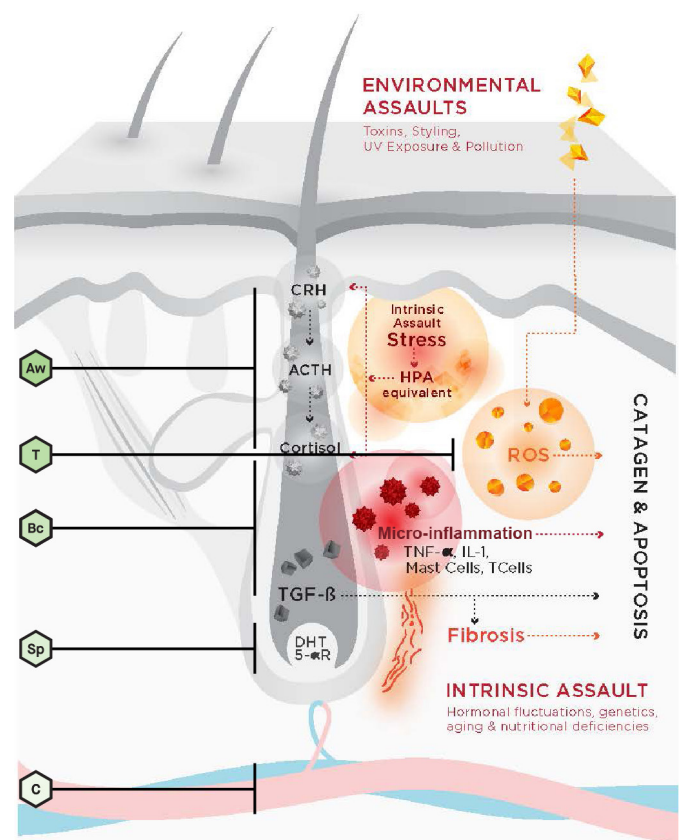
### Indications

For adult women with thinning hair and for women looking to grow healthier hair.

### Special Features

- Science shows that women report more stress compared to men, causing them to lose key nutrients for building hair. Enhanced with added Marine Collagen.
- Synergen Complex® is a patent pending, proprietary blend of standardized botanicals that synergistically target multiple factors affecting hair growth.\*
- Nutrafol® Blend is a proprietary blend of amino acids and botanicals designed to provide bioavailable nutrient support for healthy hair production.\*
- Physician formulated with clinically tested, patented ingredients shown to be effective in humans.
- Careful extraction methods to preserve the most potent part of each plant without harm.
- Standardized to ensure each serving contains a clinically effective dosage.
- Sourced responsibly from all over the world, manufactured in the United States.
- Enhances bioavailability of botanical extracts and micronutrients with Black Pepper Extract and bio-optimized technologies.

### How It All Comes Together



- |           |                                                     |           |                                                        |
|-----------|-----------------------------------------------------|-----------|--------------------------------------------------------|
| <b>Aw</b> | <b>Ashwagandha</b> targets stress hormone, cortisol | <b>T</b>  | <b>Tocotrienols</b> targets ROS and lipid peroxidation |
| <b>Bc</b> | <b>Bio-Curcumin</b> targets micro-inflammation      | <b>Sp</b> | <b>Saw Palmetto</b> targets DHT Hormones               |
| <b>C</b>  | <b>Collagen</b> targets hair nutrition              |           |                                                        |

Sadick NS, Callender VD, Kirlik LH, Kogan S. New Insight Into the Pathophysiology of Hair Loss Trigger a Paradigm Shift in the Treatment Approach. J Drugs Dermatol. 2017;16(11):s135-s140.

### Recommendations

Nutrafol® recommends 4 capsules daily with a meal containing healthy fat.

# NUTRAFOL

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	AMOUNT PER SERVING	%DV
Vitamin A (as Beta-Carotene)	(5000 IU) 1563 mcg	174%
Vitamin C (as Camu Camu Fruit Extract)	100 mg	111%
Vitamin D (as Cholecalciferol)	(2500 IU) 62.5 mcg	313%
Biotin (as D-Biotin)	3000 mcg	10000%
Iodine (from Organic Kelp) ( <i>Laminaria Digitata</i> )	225 mcg	150%
Zinc (as Zinc Amino Acid Chelate)	25 mg	227%
Selenium (as Selenium Amino Acid Chelate)	200 mcg	364%
<b>SYNERGEN COMPLEX®</b>	<b>1680 mg</b>	<b>**</b>
Hydrolyzed Marine Collagen Type I & III, Sensoril® Ashwagandha (Root and Leaf) Extract (10% Withanolides), Saw Palmetto (Fruit) CO <sub>2</sub> Extract (>45% Fatty Acids), Curcumin (Rhizome) Extract (95% Curcuminoids), Full Spectrum Palm Extract (20% Tocotrienol/Tocopherol Complex), Hyaluronic Acid		
<b>NUTRAFOL BLEND®</b>	<b>530 mg</b>	<b>**</b>
L-Cysteine, L-Lysine, L-Methionine, Solubilized Keratin, Horsetail (Stem and Leaf) Extract, Japanese Knotweed (Root) Extract (50% Resveratrol), Black Pepper (Fruit) Extract (95% Piperine), Capsicum (Fruit) Extract (2% Capsaicinoids)		

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Vegetable Cellulose Capsule, Organic Rice Hulls.

**CONTAINS:** North Atlantic Cod (Collagen).

**DOES NOT CONTAIN:** Gluten, Soy, Shellfish, Dairy, Binders, Artificial Additives.

### Discover the clinical efficacy of our ingredients at [Nutrafol.com](http://Nutrafol.com)

USPlus® Valensa is a reg. trademark of Valensa and protected by US Patent Nos. #6,319,524, #6,669,968

BCM-95® is a reg. trademark of Dolcas-Biotech Inc. and protected by US Patent Nos. #7,736,679, #7,879,373, #7,883,728

Sensoril® is a reg. trademark of Natreon Inc. and protected by US Patent Nos. #6,713,092, #7,318,938

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Capsimax® is a reg. of OmniActives Health Technologies LTD.

## Precautions

If you have a medical condition or are taking medications (especially blood thinning drugs) consult with your doctor before using. Not intended for children under 18, pregnant or nursing mothers.

## Highlights and Awards



Featured in

marieclaire  
COSMOPOLITAN

ELLE  
VOGUE

SHAPE  
GLAMOUR



Teresa / 6 months on Nutrafol Core for Women

## Clinical evidence for Women

In a recent 6-month double blind RCT conducted for women with self-perceived thinning hair, daily supplementation with Nutrafol Core for Women showed the following results determined by phototrichograms, global photography, and blinded investigator assessments.

- Statistically significant improvement in hair growth and quality over baseline and placebo
- Early improvement in number of terminal and vellus hair counts at 3 months
- Statistically significant increase in hair count at 6 months compared to baseline and placebo where no growth was observed
- Statistically significant, progressive visible clinical improvement in hair growth and quality

Figure A

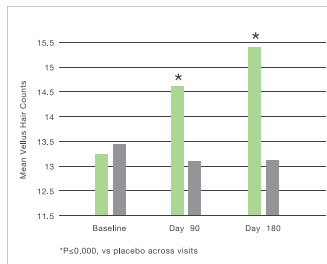


Figure B

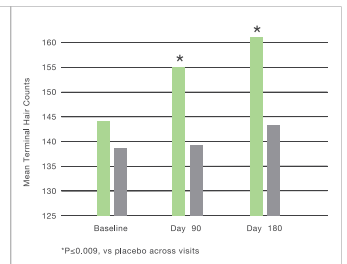
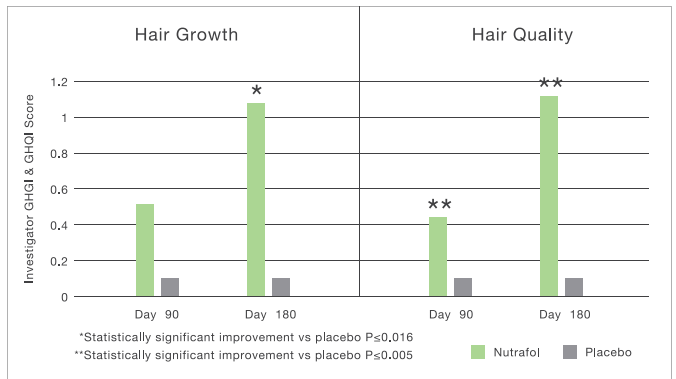


Figure C



**Figure A:** Active treatment resulted in significant improvement in terminal hair growth. **Figure B:** Active treatment resulted in statistically significant improvement in vellus hair growth. **Figure C:** Global improvement in hair growth and quality by blinded investigator grading. [reprinted from Ablon, et.al]<sup>14</sup>

Ablon G, Kogan S. A Six-Month, Randomized, Double-Blind, Placebo-Controlled Study Evaluating the Safety and Efficacy of a Nutraceutical Supplement for Promoting Hair Growth in Women With Self-Perceived Thinning Hair. *J Drugs Dermatol.* 2018;17(5):556-565.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The information contained is for information purposes only. If you are pregnant, nursing, taking any medications or have a medical condition, consult your doctor before using.