

# NUTRAFOL®

## Postpartum

Nutrafol Postpartum is a physician-formulated nutraceutical designed with natural ingredients that address key **root causes** that contribute to postpartum shedding, including **physical and emotional stress** and **postpartum nutritional gaps**, to support women with **whole-body recovery** through this transitional period for **thicker, stronger hair growth**.



### Benefits

#### Whole-body Recovery

Immune-supporting ingredients like omega 3s and antioxidants promote recovery from physical stress.

#### Stress Management

Adaptogens and amino acids balance the stress response and support female reproductive health.

#### Replenishment

A combination of essential vitamins and minerals fills postnatal nutritional gaps as they relate to hair.

#### Hair Support

Formulated with ingredients shown to support hair growth, thickness, and strength with less shedding.<sup>1-4</sup>

### Indications

For postpartum women concerned with or experiencing excess shedding, slower growth, or thin, weak, brittle hair after childbirth.

### Special Features

- Physician developed with an OBGYN and breastfeeding friendly with whole-food sourced ingredients known to be used during lactation.<sup>5,6</sup>
- Formulated without gluten, dairy, soy, artificial additives, and GMOs. Packaging is BPA- and glycerin-free.
- Fortified with amino acids, vitamins, botanicals, and minerals that improve skin health and support healthy mood.<sup>2,7-9</sup>
- Fills the nutritional gaps between prenatal and postnatal needs.

### The Science<sup>10-12</sup>

## Hair Cycle Through Pregnancy

Before Pregnancy	During Pregnancy	After Pregnancy
Estrogen & progesterone: fluctuate cyclically through menstruating years	Estrogen: rises 800% Progesterone: rises 900%	Estrogen & progesterone: return to normal Cortisol: increases 200%
Anagen: 90% of hair	↑	↓ ↓
Telogen: 10%	↓	↑
Shedding: 75-100 hairs per day	↓	↑ ↑
Diameter: Baseline	↑	↓ ↓

### Pregnancy

- **Anagen phase (growth) is extended.** The average 75-100 hairs per day that a woman typically sheds is lessened.
- Reason: **Increased amounts of progesterone and estrogen** induce anagen and prevent the hair follicle from shifting to the resting phase (telogen).

### Post-birth

- **Telogen rate rises.** Hair shifts out of anagen, resulting in excess shedding about three months later.
- Reason: **Estrogen and progesterone decline** abruptly, while **cortisol increases 200% 2-4 days after birth**, suppressing anagen.

# NUTRAFOL®

## Key Ingredients

Featuring **Synergen Recovery Complex®**, physician formulated and developed with an OBGYN using clinically effective ingredients that target the **root causes** of postpartum thinning and shedding while helping the body through recovery after childbirth.<sup>3,8,9,13-18</sup>



### DHA Omega-3s (std. 50:1 DHA:EPA)

Sourced from algae to support the body's stress and immune responses, including addressing inflammatory cytokines such as TNF- $\alpha$ , a mediator of the hair cycle.<sup>8</sup>



### Theanine

A calming amino acid that combats emotional stress and promotes relaxation.<sup>9</sup>



### Collagen-OSA (std. 5% orthosilicic acid)

Provides additional protein and mineral support for stronger-growing hair.<sup>13, 14</sup>



### Shatavari (std 40% saponins)

An adaptogen commonly used postpartum that has been shown to counter stress and support female reproductive health.<sup>15</sup>



### Apple (std. 60% polyphenols)

An antioxidant high in polyphenols to support hair growth.<sup>3</sup>



### Nettle

A nourishing botanical rich in iron, essential for hair replenishment.<sup>16,17</sup>



### Tocotrienol Complex (std 20% tocopherol/tocotrienols)

A potent antioxidant that combats stress from the environment to support hair density.<sup>18</sup>

## Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	AMOUNT PER SERVING	%DV*
Vitamin A (as Beta-Carotene)	600 mcg	46%
Vitamin C (from Camu Camu)	100 mg	83%
Vitamin D (as Cholecalciferol)	(2000 IU) 50 mcg	333%
Vitamin B1 (as Thiamin HCL)	2 mg	143%
Vitamin B2 (as Riboflavin)	1.5 mg	94%
Vitamin B3 (as Niacinamide)	10 mg	56%
Vitamin B5 (as Calcium Pantothenate)	6 mg	86%
Vitamin B6 (as Pyridoxine HCL)	10 mg	500%
Vitamin Biotin (as D-Biotin)	3000 mcg	8571%
Vitamin B9 (as 5-MTHF)	100 mcg	17%
Vitamin B12 (as Methylcobalamin)	250 mcg	8929%
Iodine (from Organic Kelp) ( <i>Laminaria Digitata</i> )	225 mcg	77%
Selenium (as Selenium Amino Acid Chelate)	150 mcg	214%
Zinc (as Zinc Amino Acid Chelate)	15 mg	125%
<b>SYNERGEN RECOVERY COMPLEX®</b>	<b>1210 mg</b>	<b>**</b>
Hydrolyzed Marine Collagen (5% Orthosilicic Acid), Omega 3 Algae Extract (>45% Fatty Acids. 50:1 DHA:EPA), Shatavari (Root) Extract (40% Saponins), L-Theanine, Apple (Fruit) Extract (60% Polyphenols), Nettle (Root) Extract, Full Spectrum Palm Extract (20% Tocopherol/Tocotrienol Complex)		
<b>POSTPARTUM HAIR BLEND</b>	<b>410 mg</b>	<b>**</b>
L-Cysteine, L-Methionine, Pea (Sprout) Extract, Sea Buckthorn (Fruit) Powder, L-Lysine		
*Based on DV for lactating women		
**Daily Value (DV) not established		

**OTHER INGREDIENTS:** Vegetable Cellulose, Organic Rice Hulls.  
**CONTAINS:** Fish (Collagen).

## Recommendations

Take 4 capsules once a day with a meal, preferably one containing healthy fats for optimal absorption. For best results, take for a minimum of 3-6 months and beyond. Do not exceed recommended dosage.

## Precautions

For adults only. Consult your healthcare provider if you are pregnant, nursing, have a medical condition, or are taking other nutritional supplements or medications. Keep away from children. Do not use if safety seal is damaged or missing.

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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.