

# NUTRAFOL®

## Stress Adaptogen

A blend of standardized stress adaptogens that address stress as a root cause of hair thinning by balancing cortisol, reducing oxidative stress, and modulating immune reactivity known to compromise the hair follicle. A daily complement to Nutrafol Core hair growth formulas for extra stress support.



### Benefits

**Targets root causes** – This hair-focused adaptogenic formula supports the stress response, a key pathway that plays a role in compromised hair growth.<sup>1</sup>

**Cortisol balance** – Adaptogens tone the HPA axis to balance levels of cortisol secreted from the adrenal glands.<sup>1</sup>

**Counters oxidative stress** – Adaptogens have antioxidant properties that defend against oxidative damage caused by stress.<sup>2</sup>

**Immune system-modulation** – Adaptogens help support the body's immune response to stress.<sup>3</sup>

### Indications

To be taken with Nutrafol Core to support patients with moderate to severe stress who are experiencing diffuse hair thinning and increased shedding. These patients may be chronically stressed, may have recently experienced a stressful event (such as surgery, a big move, or a death in the family), have trouble sleeping, or be fatigued from long-term stress.

### Recommendations:

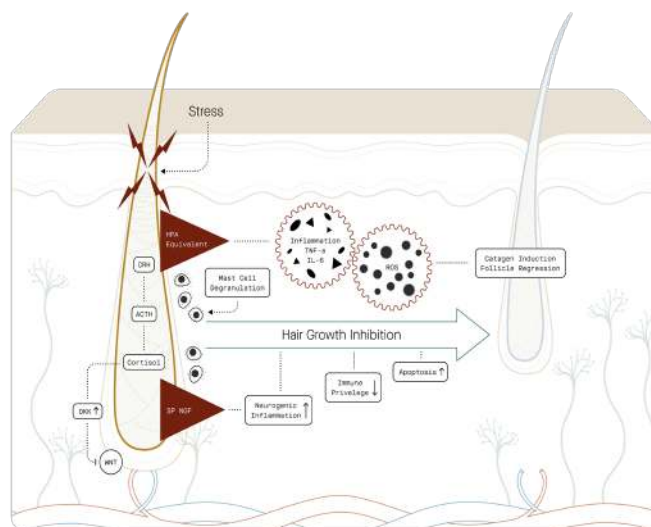
Pair with Nutrafol Core, a clinically effective hair growth supplement. Take two capsules each day with or without food.

### Product Features:

- Natural and standardized: Rhodiola, Reishi, and Schisandra are globally sourced for their superior quality.
- Effective and pure: 100% free of drugs, hormones, gluten, soy, shellfish, and artificial additives.
- Promotes whole-body health: Adaptogens are known to help support the stress response and improve sleep, focus, energy, vitality, and feelings of calm.

### The Science:

Recent research suggests that thinning hair is multifactorial and that stress is a common and key root cause. Hair follicles possess their own fully functional HPA axes within the dermis making them targets of stress hormones and immune reactions during peripheral stress responses.<sup>4</sup>



### The systemic effects of stress that impact hair follicles:

- 1 Stress causes the release of cortisol which induces catagen and follicle regression.<sup>5</sup>
- 2 Substance P is also released. This stress-associated neuropeptide modulates inflammation in the skin and collapses immune privilege surrounding the follicle, leaving it vulnerable to attack.<sup>6-9</sup>
- 3 Increased corticotropin-releasing hormone results from stress as well. It binds to the follicle inducing further production of local stress hormones and hair growth arrest.<sup>10</sup>

# NUTRAFOL®

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	AMOUNT PER SERVING	%DV
Reishi Mushroom Extract (30% Polysaccharides)	200 mg	**
Schizandra Extract	200 mg	**
Rhodiola Extract (3% Rosavins, 1% Salidroside)	150 mg	**

\*\*Daily Value (DV) not established

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

**MANUFACTURED FOR:** Nutraceutical Wellness Inc.  
New York, NY 10016. Nutrafol.com

## Precautions

For adults only. If you are pregnant, nursing, or taking any medication or have a medical condition, please consult your healthcare provider before taking any dietary supplement. Keep out of reach of children. Do not use if safety seal is damaged or missing.

## Key Ingredients:

### Rhodiola rosea

Clinically shown to balance cortisol by toning the HPA axis and modulating pathways involved in glucocorticoid resistance.<sup>1, 11</sup>

### Reishi mushroom

Clinically shown to increase antioxidants and lower stress induced reactive oxygen species (ROS).<sup>2,12</sup>

### Schisandra chinensis

Has adrenal protective mechanisms that help target the negative effects of stress by balancing immune cytokines known to induce catagen. Shown to support anagen progression and hair fiber length in preclinical studies.<sup>13</sup>

## References:

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11. Panossian A, Wikman G, Sarris J. Rosenroot (Rhodiola rosea): traditional use, chemical composition, pharmacology and clinical efficacy. *Phytomedicine*. 2010;17(7):481-493.
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13. Kang JI, Kim SC, Hyun JH, et al. Promotion effect of Schisandra nigra on the growth of hair. *Eur J Dermatol*. 2009;19:1193-1195.

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.

\*Results seen in animal model. Levkovich T, Poutahidis T, Smille C, et al. Probiotic bacteria induce a 'glow of health'. *PLoS One*. 2013;8(1):e53867.