

## Hairbiotic MD

A professional-strength booster that **targets the gut microbiome** as a root cause of thinning hair. **Physician formulated** with specific strains to **help diversify the microbiome** to address gut-related pathways that are implicated in hair health.

Taken as a daily complement to Nutrafol hair growth nutraceuticals.



### Benefits

Hairbiotic MD was developed with 10 clinically tested probiotic strains to improve the gut microbiome as it relates to hair through strengthening the gut-hair axis, supporting the gut lining, and increasing nutrient absorption.<sup>1-6</sup>

**Diversify the gut microbiome** — Probiotic strains known to reduce bad bacteria in the gut and promote growth of healthy bacteria.<sup>4-5</sup>

**Improve nutrient absorption** — Probiotic strains known to increase absorption of key hair supporting nutrients.<sup>1,6</sup>

**Support the immune system** — Probiotic strains that modulate the gut-derived immune response known to impact the hair follicle.<sup>2-3,8</sup>

### Indications

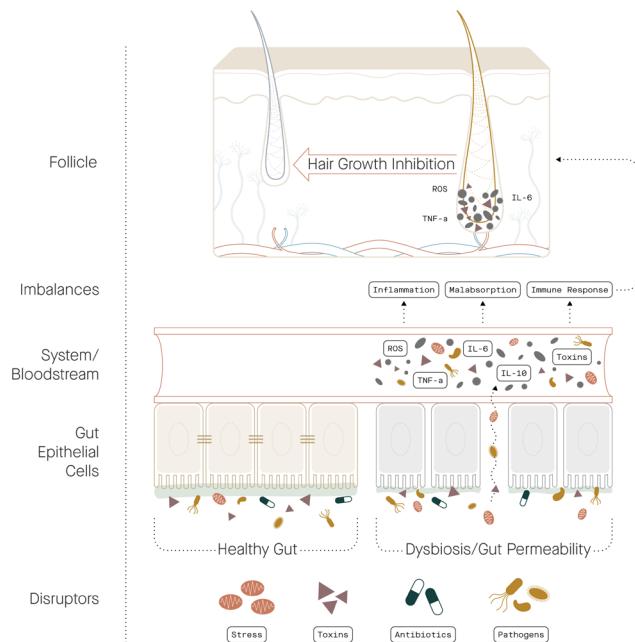
To be taken with Nutrafol clinically effective hair growth nutraceuticals. For adults wanting to improve their gut and hair health. For adults experiencing generalized hair thinning, taking or having taken antibiotics, with nutrient deficiencies that contribute to hair thinning, or with digestive or skin complaints with concomitant hair thinning.

### Special Features

- Specific probiotic strains:** 25 billion CFU in one capsule with 10 probiotic strains and innovative bacteriophage prebiotic.
- Effective gut support:** Probiotics strengthen the gut lining and defend against oxidative stress.<sup>3</sup>
- Acid-resistant capsule:** Helps to ensure the probiotics survive stomach acidity and travel deep into the digestive tract.
- Advanced probiotics:** Support the gut-skin axis to promote better skin health.<sup>10</sup>
- Effective and pure:** Free of gluten, soy, preservatives, dairy, artificial additives.
- Insulated bottle:** Packaged in a double-chamber desiccant bottle to ensure viability of live probiotic strains without need for refrigeration.

### The Science

- Poor gut health can compromise nutrient absorption, disrupt the immune system, increase inflammation, and exacerbate stress, all of which have been shown to profoundly disrupt hair growth and quality.
- Poor nutrition assimilation due to a compromised microbiome detracts from metabolic processes involved in hair synthesis. As a result, ingredients in Nutrafol hair growth nutraceuticals may not be completely absorbed.



Gut health is one of the primary systems that pertains to hair health.

Gut health disruptors include stress, antibiotic usage, poor diet, aging, and lack of exercise.

These stressors can result in (a) increased gut permeability leading to antigenic and immune damage, (b) system-wide rise in a low-grade inflammatory response, and (c) suppressed absorption of key nutrients needed to support hair production.<sup>9</sup>

Pro-inflammatory cytokines such as TNF-a, IL-17, ROS, and harmful toxins are known hair health disruptors and travel through the body influencing the whole system, including the hair follicle.<sup>9</sup>

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.

# NUTRAFOL®

## Key Ingredients

Contains 25 billion CFU of 10 probiotic strains:

### Lactobacillus reuteri

Supports the hair growth cycle and hair quality by shifting the cytokine profile of IL10 and IL-17 in animals.<sup>8</sup>

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

### Lactobacillus helveticus

Shown to support the stress response in the gut and improve nutrient absorption.<sup>7,13</sup>

### Bifidobacterium bifidum

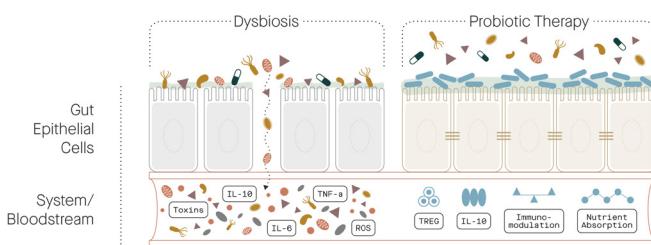
Shown to improve nutrient bioavailability.<sup>1</sup>

### Combination of lactobacillus strains

Known to increase healthy bacteria to promote skin health as it relates to hair through antioxidant activity and gene expression, including L. acidophilus and L. plantarum.<sup>10-12</sup>

### Additional strains for gut health

Includes lactobacillus rhamnosus, lactobacillus casei, and bifidobacterium longum.



## Optimized Colonization and Delivery

### Two Bacillus spore-forming strains

Includes spore forming bacteria strains bacillus subtilis and bacillus clausii which are known to stimulate colonization of "good bacteria" and improve gut health as it relates to hair.<sup>2-3,14-15</sup>

### Bacteriophage Prebiotic

A patented bacteriophage destroy pathogenic bacteria, releasing cellular contents for consumption by "good" bacteria.<sup>4</sup>

## Recommendations

Pair with Nutrafol hair growth nutraceuticals for an optimized, multi-targeted approach to hair thinning by improving the gut microbiome.



## Usage

Take 1 capsule of Hairbiotic MD once daily with or without food.

## Precautions

For adults only. If you are pregnant, nursing, 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 the safety seal is damaged or missing.

## Supplement Facts

Serving Size: 1 Capsule

	AMOUNT PER SERVING	%DV
GUT COMPLEX	(25 Billion CFU) 200mg	**
PreforPro® Bacteriophage Prebiotic	15 mg	**

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Rice Dextrin, Delayed Release Capsule (Hypromellose, Pectin, Water), Medium Chain Triglycerides.

## References:

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SKU 0000291

PRODUCT INFORMATION SHEET

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