

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.¹⁻⁴

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.^{5,6}
- 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.^{2,7-9}
- Fills the nutritional gaps between prenatal and postnatal needs.

The Science¹⁰⁻¹²

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.^{3,8,9,13-18}



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- α , a mediator of the hair cycle.⁸



Theanine

A calming amino acid that combats emotional stress and promotes relaxation.⁹



Collagen-OSA (std. 5% orthosilicic acid)

Provides additional protein and mineral support for stronger-growing hair.^{13, 14}



Shatavari (std 40% saponins)

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



Apple (std. 60% polyphenols)

An antioxidant high in polyphenols to support hair growth.³



Nettle

A nourishing botanical rich in iron, essential for hair replenishment.^{16,17}



Tocotrienol Complex (std 20% tocopherol/tocotrienols)

A potent antioxidant that combats stress from the environment to support hair density.¹⁸

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%
SYNERGEN RECOVERY COMPLEX®	1210 mg	**
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)		
POSTPARTUM HAIR BLEND	410 mg	**
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.