

NUTRAFOL

Postpartum Hair Growth Nutraceutical

A daily hair growth supplement, OBGYN-formulated for women in the first year postpartum with vitamins, minerals, and natural ingredients to target root causes of thinning such as physical and emotional stress, hormonal changes, and nutrient depletion for thicker, fuller hair, and less overall shedding.¹⁻⁴



Who this is for:

Women who have given birth within the last year or are breastfeeding and are experiencing signs of hair thinning or want to get ahead of it.

Key benefits:

Helps reduce hair shedding.⁴

Visibly thicker hair volume.⁴

Fast-growing, longer, and stronger hair.⁴

Clinical results:

91% of users saw less hair shedding after 2 months.⁴

Points of difference:

- #1 dermatologist-recommended hair growth supplement brand.*
- Breastfeeding-friendly ingredients.
- OBGYN-developed. Clinically tested. Science-backed.
- Nutrafol's proprietary blend of bioavailable ingredients synergistically targets multiple bio-specific root causes of hair thinning for women in the year after childbirth.
- 26 standardized ingredients to ensure each serving contains the same potency.
- Responsibly sourced ingredients from all over the world and manufactured in the United States.

How to use:

Take **4 capsules daily** with a meal. For easier swallowing, place 1-2 capsules in your mouth, sip water, tilt your chin down (you'll feel the capsule float to the back of your throat), and swallow.

[WATCH HOW-TO VIDEO](#)

What you
can expect
from Nutrafol
Postpartum:

MONTHS 0-3

Visibly less
hair shedding.⁴

MONTHS 4-6

Visual
improvement
in the hairline.⁴

MONTHS 6+

Fast-growing,
longer, and
stronger hair.⁴

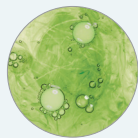
Our Synergen Recovery Complex™:



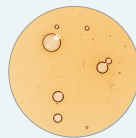
Shatavari: An ancient adaptogen for postpartum women to reduce physical and emotional stress and balance the body and hair growth cycle.⁵



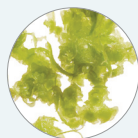
Theanine: An amino acid that supports the stress response and promotes relaxation.⁹



DHA Omega 3s: A highly ascorbic form of fatty acids from algae to help recover from physical stress and support hair health.⁶



Tocotrienol Complex: A concentrated form of vitamin E, a super antioxidant that fights against environmental stress to improve hair density.¹⁰



Apple Polyphenols: A concentrated extract from apple skins shown to improve hair growth by supporting cellular health.³



Collagen-OSA: A bio-optimized source of Orthosilicic Acid, a potent mineral that supports hair thickness, providing nutrition to the hair shaft for strength.^{1,11}

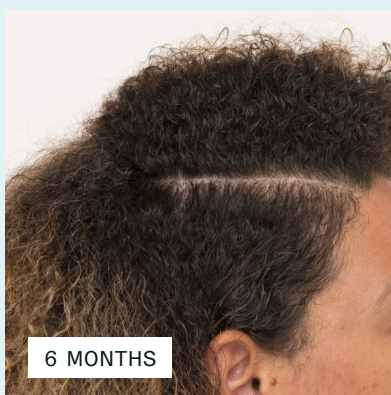


Stinging Nettle: A plant rich in minerals to restore essential nutrients while being compatible with your body and enhancing other ingredients for better efficacy.^{7,8}

In a 6-month clinical study, participants taking Nutrafol Postpartum saw significant hair growth.



BASELINE



6 MONTHS

Female subject taking Nutrafol Postpartum.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	%DV*
Calories	10	
Total Carbohydrate	1 g	< 1%**
Protein	1 g	
Vitamin A (as Beta-Carotene)	300 mcg RAE	23%
Vitamin C (as Ascorbic Acid and from Camu-Camu Fruit)	100 mg	83%
Vitamin D (D3 as Cholecalciferol)	50 mcg	333%
Vitamin E (as d-alpha Tocopherol)	3.5 mg	18%
Vitamin B1 (as Thiamin HCl)	2 mg	143%
Vitamin B2 (as Riboflavin)	1.5 mg	94%
Vitamin B3 (as Niacinamide)	10 mg NE	56%
Vitamin B5 (as Calcium D-Pantothenate)	6 mg	86%
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Biotin	3000 mcg	8571%
Folate (as 5-Methyltetrahydrofolate Calcium)	100 mcg	17%
Vitamin B12 (as Methylcobalamin)	250 mcg	8929%
Iodine (from Organic Kelp)	225 mcg	78%
Zinc (as Zinc Amino Acid Chelate)	15 mg	115%
Selenium (as Selenium Amino Acid Chelate)	150 mcg	214%

Synergen Recovery Complex 1.21 g †
Hydrolyzed Marine Collagen (4.5% Orthosilicic Acid), Omega-3 (from Algae) (48% DHA), Shatavari Extract (Root) (40% Saponins), L-Theanine, Apple Extract (Fruit) (60% Polyphenols), Stinging Nettle Extract (Root), Palm Extract (Fruit) (15% Tocotrienol)

Postpartum Hair Blend 410 mg †
L-Cysteine, L-Methionine, Pea Extract (Shoot), Sea Buckthorn Powder (Fruit), L-Lysine

* Based on DV for lactating women. † Daily Value (DV) not established.
** Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Vegetable Capsule (Hydroxypropylmethylcellulose), Organic Rice Hulls.

CONTAINS: Fish (Tilapia, Basa, Sutchi, Yellowtail Pangasius, and/or Sharptooth Clarias).

Breastfeeding-friendly ingredients. Free of gluten, dairy, soy, hormones, drugs, artificial colors and flavoring. Non-GMO tested. Halal. Recyclable bottle made of 30% PCR.

*According to IQVIA ProVoice survey for 12 months ending March 31, 2025.

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.

1. Chandrashekar BS. J Res Derm. 2020. 2. Grothe T. Phytotherapy Research. 2020. 3. Tenore G. J Med Food. 2016. 4. Nutrafol. Data on file. 2023. 5. Pandey A. Bio Med & Pharm. 2018. 6. Le Floch C. JCD. 2014. 7. Budzynska K. Peds in Review. 2013. 8. Kregiel D. Molecules. 2018. 9. Hidese S. Nutrients. 2019. 10. Beoy L. Tropical Life Sci Res. 2010. 11. Wickett RR. Arch Derm Res. 2007.