

## Core for Women

Nutrafol® Core for Women is a multi-targeting nutraceutical containing standardized ingredients that address the key triggers of poor hair health including stress, DHT, free radicals, micro-inflammation, and compromised nutrition.\*



### Benefits

**Hair Growth** – In a clinical study, 81% of women saw an improvement in hair growth.

**Hair Quality** – Core for Women was shown to improve strength, shine, texture, density, manageability, and softness of hair.

**Effective Ingredients** – Medical grade, standardized, and bio-optimized ingredients that have been clinically tested for efficacy.

**Overall Health** – Core for Women is formulated with ingredients shown to reduce stress and fatigue, improve sleep, improve the appearance of skin and nails, and promote overall feelings of wellness.

### Indications

For adult women with thinning hair and for women looking to improve the overall health of their hair.

### Recommendations

Nutrafol® recommends 4 capsules daily, with a meal.

### Special Features

- Synergen Complex® is a patent pending, proprietary blend of standardized botanicals that synergistically target multiple factors affecting hair growth.\*
- Nutrafol® Blend is a proprietary blend of amino acids and botanicals designed to provide bioavailable nutrient support for healthy hair production.\*
- Supports thyroid health with 200mcg of Selenomethionine and 225mcg of Iodine derived from organic kelp.
- Supports observable hair growth with 300mcg of biotin.
- Enhances bioavailability of herbal extracts and micronutrients with BioPerine® Black Pepper Extract.

### Key ingredients

**Sensoril® Ashwagandha** – Clinically tested to decrease the levels of hair-damaging stress hormone, cortisol by up to 24.2% and improve resistance to stress in adults.

**BCM 95® Bio-Curcumin® Curcumin** – Clinically tested to lower inflammatory biomarkers, Curcumin is a potent antioxidant that optimizes the immune system and fights micro-inflammation, which interrupts optimal hair growth.

**USPlus® Saw Palmetto** – Clinically tested to help prevent the conversion of testosterone to DHT, a hormone linked to thinning hair through miniaturization and fibrosis of the hair follicle.

**Marine Collagen** – Sourced from North Atlantic Cod, marine collagen is known to promote healthy hair, improve moisture, and promote diffusion of nutrients. Hydrolyzed to a low molecular weight for better bioavailability.

**EvNolMax® Tocotrienols** – Extracted from sustainable palm oil in Malaysia, mixed tocotrienols/ tocopherols are known to promote healthy hair growth.

### Side effects / Precautions

At this time there are no side effects or precautions. Consult your physician for more information.

### Drug interactions

Nutrafol® Core products may be contra-indicated with blood thinning medications. Consult your physician before taking.

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	AMOUNT PER SERVING	%DV
Vitamin A (as Beta-Carotene)	(5000 IU) 1563 mcg	174%
Vitamin C (as Camu Camu Fruit Extract)	80 mg	89%
Vitamin D (as Cholecalciferol)	(2500 IU) 62.5 mcg	313%
Biotin (as D-Biotin)	3000 mcg	10000%
Iodine (from Organic Kelp) ( <i>Laminaria Digitata</i> )	225 mcg	150%
Zinc (as Zinc Amino Acid Chelate)	20 mg	182%
Selenium (as L-Selenomethionine)	200 mcg	364%
<b>SYNERGEN COMPLEX®</b>	<b>1680 mg</b>	<b>**</b>

Hydrolyzed Marine Collagen Type I & III, Sensoril® Ashwagandha (Root and Leaf) Extract (10% Withanolides), USPlus® Saw Palmetto (Fruit) CO2 DeepExtract™ (> 45% Fatty Acids), BCM-95® Bio-Curcumin® Turmeric (Rhizome) 25:1 Extract, EVNolMAX™ Full Spectrum Palm Tocotrienol/Tocopherol Complex, Hyaluronic Acid

<b>NUTRAFOL BLEND®</b>	<b>480 mg</b>	<b>**</b>
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L-Lysine Hydrochloride, Sodium Methionine, L-Cysteine Hydrochloride, Horsetail (Stem and Leaf) Extract (*Equisetum Arvense* L), Resveratrol (*Polygonum Cuspidatum*) (Root) Extract 50%, BioPerine® Black Pepper (Fruit) Extract (95% Piperine), Capsimax® Capsicum (Fruit) Extract (2% Capsaicinoids)

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Vegetable Cellulose Capsule, Organic Nu-FLOW® Rice Hulls.

**CONTAINS:** Atlantic Cod.

**DOES NOT CONTAIN:** Gluten, Soy, Shellfish, Binders

Discover the clinical efficacy of our ingredients at [Nutrafol.com](http://Nutrafol.com)

USPlus® Valensa is a reg. trademark of Valensa and protected by US Patent 6,669,968

BCM-95® is a reg. trademark of Natreon Inc. and protected by US Patent Nos. #7,736,679, #7,879,373, #7,883,728

Sensoril® is a reg. trademark of Natreon Inc. and protected by US Patent Nos. #6,713,092, #7,318,938

EVNolMax™ is a reg. trademark of ExcelVite Inc. and protected by US Patent Nos. #7,544,822, #7,211,274

BioPerine® is a reg trademark of Sabinsa Corporation and protected by US Patent Nos. #5,536,506, #5,744,161, #5,972,382, #6,054,585

Capsimax® is a reg. trademark of OmniActives Health Technologies LTD.

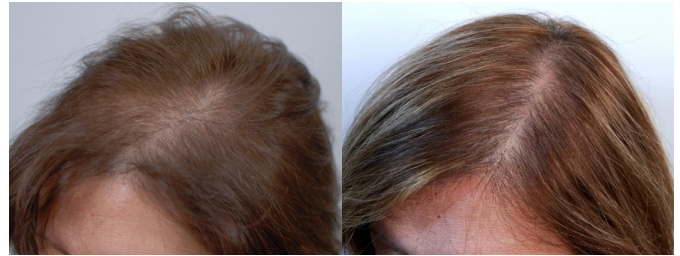
## Highlights and awards

NewBeauty Beauty Choice Award 2016, 2017, 2018

Essence Magazine Best in Black Beauty 2018

Allure's Best of Beauty Breakthrough Award 2018

Featured in: Marie Claire, Shape, Vogue, Cosmopolitan, Elle, Glamour



Teresa / 6 months on Nutrafol Core for Women

## Clinical evidence for Women

In a recent 6-month DBRCT, daily supplementation with NUTRAFOL® Core for women resulted in improved hair growth and quality in women with thinning hair as determined through phototrichograms, global photography and blinded investigator assessments. Women taking NUTRAFOL® Core showed a statistically significant increase in the number of both terminal and vellus hair counts at 3 months, with further improvement by 6 months compared to baseline and placebo groups where no significant hair growth was observed. Additionally, test groups demonstrated significant progressive visible clinical improvement in hair growth and hair quality as determined by a blinded investigator. The linear progressive improvement from baseline to day 90 and to day 180 suggests that improvement may progress with continued treatment.

Figure 1A

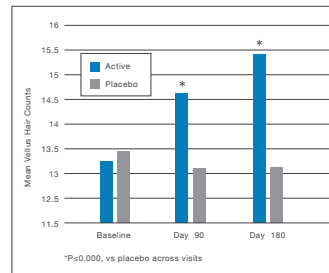


Figure 2A

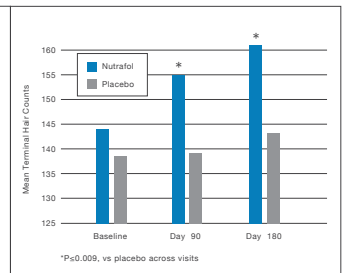
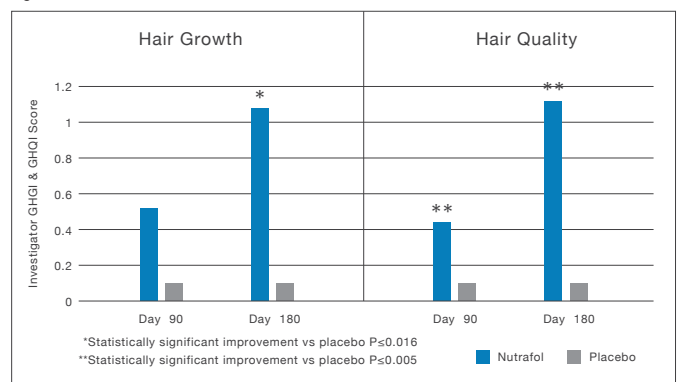


Figure 3A



**Figure 2A:** Active treatment resulted in significant improvement in terminal hair growth. **Figure 2B:** Active treatment resulted in statistically significant improvement in vellus hair growth. **Figure 2C:** Global improvement in hair growth and quality by blinded investigator grading. [reprinted from Ablon, et al.]<sup>44</sup>

Ablon G, Kogan S. A Six-Month, Randomized, Double-Blind, Placebo-Controlled Study Evaluating the Safety and Efficacy of a Nutraceutical Supplement for Promoting Hair Growth in Women With Self-Perceived Thinning Hair. *J Drugs Dermatol.* 2018;17(5):558-565.