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WHAT IS A NUTRACEUTICAL?

"Nutrient" + "bioactive" = "Nutraceutical". Nutraceuticals are medical-grade, bio-optimized botanical ingredients—which is exactly what you'll find in our hair growth supplements. They're standardized to contain guaranteed amounts of bioactive phytonutrients, and tested for efficacy and healthy use in clinical studies showing specific bioactivities, health benefits, and growth improvements. We took the extra step to patent our Nutraceutical ingredient blend, too.

IS NUTRAFOL SUITABLE FOR EVERYONE?

Not only is Nutrafol suitable for most people, but our hair growth supplements are specifically formulated to meet you where you are in life. We have 4 Nutraceutical formulas, including one tailored to the bio-specific needs of men.

Please note: We do not recommend Nutrafol to anyone under the age of 18. Also, while we have no reason to believe it's harmful, there have not been enough studies for us to say Nutrafol is suitable during pregnancy—so we recommend skipping it while pregnant or trying to conceive and sticking with Nutrafol Postpartum while breastfeeding. If you have a medical condition, or are taking medications (especially anticoagulant and blood-thinning drugs), please consult with your physician before taking Nutrafol.

WILL NUTRAFOL WORK FOR MY HAIR TYPE?

Nutrafol products were formulated to promote hair growth and hair wellness for all types of hair. While the characteristics of hair strands may vary by ethnicity, the underlying root causes that affect hair follicles can affect all people equally.

In a recent clinical study, we examined the effectiveness of Nutrafol in African American, Asian, Hispanic, and non-Hispanic men and women. All ethnicities saw less shedding after 2 months and improved thickness, growth rate, scalp coverage, and shine after 6 months of taking our Hair Growth Nutraceuticals.

WHY ARE THESE PRODUCTS BETTER THAN OTHER DIETARY SUPPLEMENTS ON THE MARKET?

We're the #1 dermatologist-recommended hair growth supplement for a reason. We take a whole-body approach to hair growth by targeting multiple root causes of thinning hair. Plus, our products are physician-formulated with natural, medical-grade ingredients backed by clinical studies and published research. Many supplements are not clinically tested, have variable potency, and are poorly absorbed.

DOES NUTRAFOL CONTAIN ANY DRUGS?

No, Nutrafol is 100% drug-free.

I KNOW CERTAIN HAIR GROWTH TREATMENTS CAN CAUSE SIDE EFFECTS. IS THIS TRUE FOR NUTRAFOL?

Our clinical studies saw no reported side effects. You know, aside from the good stuff like great skin, better sleep, and improved mood.

IS THERE A RISK THAT NUTRAFOL WILL LOWER MY SEX DRIVE?

No! In fact, part of the inspiration behind Nutrafol was that one of our founders was seeking an alternative solution for his own hair growth issues after experiencing years of sexual dysfunction caused by other therapies. Nutrafol is made from natural, 100% drug-free igredients, including Saw Palmetto which has been shown to support healthier libido.

WILL NUTRAFOL GROW UNWANTED HAIR ON ANY OTHER PARTS OF MY BODY?

Excess DHT, one of the root causes of hair thinning, can not only shrink scalp follicles, but it can also cause hair to show up in places you'd rather it not. Saw Palmetto, one of our most important ingredients, has been shown to reduce DHT activity to keep hair growing on your head—and nowhere else.

IS NUTRAFOL FDA APPROVED?

The FDA regulates prescription and over-the-counter drugs, not supplements. That said, our natural, 100% drug-free supplements are manufactured in the USA in an FDA-certified facility that adheres to the requirements of the United States Food and Drug Administration (FDA) and uses Current Good Manufacturing Practices (CGMPs) to ensure its safety.

WHERE IS NUTRAFOL MANUFACTURED?

Nutrafol is manufactured in the USA in a Good Manufacturing Practices (GMP) certified facility. GMP are a set of guidelines outlining a system of manufacturing processes and procedures which gives you the assurance that Nutrafol is produced in a sterile environment and that it contains exactly what is written on the label.

The facility where Nutrafol is produced has been in business for over 20 years and is committed to meeting the ISO 9001:2008, NPA/NSF GMP, CCOF & QAI Organic and INFANCA Halal standards that are consistent with FDA and international cGMP regulatory requirements. Our facilities are registered with the FDA, and inspected by the Department of Agriculture. We source the cleanest available ingredients and verify this by ensuring that they're tested for proper identification, purity, and for the presence of heavy metals, pesticides, and other chemicals. Testing of the final product for microbiological safety occurs before being packaged with every lot.

WHICH PRODUCTS ARE RIGHT FOR ME?

Everyone's hair journey is different, but we recommend the following:

Proactive Thinning: Includes our Men's Hair Growth Nutraceutical, our foudnation for hair growth that multi-targets six key root causes of thinning. This is best for men who are experiecing early signs of thinning or want to get ahead of it.

Hairline Defender: Includes our Men's Hair Growth Nutraceutical, and DHT Inhibitor - a targeted booster that provides extra support for hormonal hair thinning caused by follicle shrinking DHT. This is best for men who are experiencing active thinning and decreased scalp coverage.

Full Support: Includes our Men's Hair Growth Nutraceutical and Growth Activator - a patent-pending hair serum that utilizes Ashwagandha Exosomes to address visible sigsn of thinning at the scalp. This is best for men who are expereicing all-over hair thinning ahd shedding.

If you'd like more guidance, take our quiz for a personalized recommendation.

AFTER I SEE RESULTS, SHOULD I CONTINUE TO TAKE NUTRAFOL?

Yes! Seeing results is a positive thing, but a lot of the ingredients in Nutrafol need to be taken consistently to keep showing you those results. If you did not make any lifestyle changes to improve your root causes of poor hair health (like diet, lifestyle exposures, and stress), your body will require the added support of the ingredients in Nutrafol.

CAN I TAKE NUTRAFOL PRODUCTS WITH OTHER HAIR-SUPPORTIVE PRODUCTS AND SUPPLEMENTS?

In general, the ingredients in Nutrafol do not interfere with other products. However, we went the extra mile to make sure that our formulas offer comprehensive hair health support so you can keep your hair regimen simple yet effective.

When it comes to topical treatments, you're welcome to continue with any products that are currently working for you. As always, if you are on prescription medications, we recommend talking to your doctor before starting any new dietary supplement, including Nutrafol.

CAN I TAKE NUTRAFOL IF I'M ALREADY TAKING BIOTIN?

Technically yes, but we don't recommend it. We use 3000mcg of high-quality Biotin, and there's no research saying that additional Biotin will help. In fact, some customers who get too much Biotin can experience acne breakouts and rashes. Your hair and skin should look great together!

DOES NUTRAFOL HELP GENETIC HAIR THINNING?

While we can't change your genetics, we can support your body and buffer the effects of dihydrotestosterone (DHT)—the primary hair-damaging hormone that triggers hair thinning in genetically predisposed individuals. Saw Palmetto, an ingredient in Nutrafol, is a high concentration of fatty acids that reduces the conversion of testosterone to DHT to help improve hair growth.

HOW DOES STRESS NEGATIVELY IMPACT THE HAIR GROWTH CYCLE?

Stress can cause the hair follicles to shift from a growth state to a rest state. It can also disrupt hormones and nutrient absorption, impacting hair on multiple levels.

We're the only hair supplement that uses Sensoril® Ashwagandha to balance elevated cortisol (stress hormone) and help you build resistance to stress.

WHAT IS A NATUROPATHIC DOCTOR?

Our team consists of licensed naturopathic doctors—integrative doctors who are trained in both conventional and natural medicine. They take a holistic approach to wellness in which they aim to find the root cause of a problem and focus on supporting the whole body. Common modalities used are lifestyle management, nutrition therapy, Nutraceuticals, and botanical medicine. Their extensive level of education sets them apart from naturopaths, holistic health practitioners, and health coaches who receive certifications rather than degrees.

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HOW DO NUTRAFOL HAIR GROWTH NUTRACEUTICALS WORK?

Cutting-edge hair science tells us that genetics isn't the only factor at play when it comes to thinning hair; there are multiple imbalances in the body that can lead to compromised hair health. That's why our cinically proven Hair Growth Nutraceuticals are formulated to target multiple root causes—including stress, hormones, aging, metabolism, nutrition, and lifestyle—all with medical-grade, natural ingredients that support whole-body health from within.

HOW ARE NUTRAFOL HAIR GROWTH FORMULAS DIFFERENT FROM BIOTIN AND OTHER HAIR VITAMINS, MINERALS, AND COLLAGEN SUPPLEMENTS?

Recent research reveals that hair thinning is due to many factors: elevated cortisol, male and female hormones (DHT, estrogen, progesterone), oxidative damage (styling), immune-signaling dysregulation, environmental toxins, and even aging. While Collagen and vitamins and minerals such as Biotin and Zinc are important for maintaining healthy hair, they don't get to the root of the issue.

That's why we take a whole-body approach to hair growth. Our Nutraceuticals make addressing key hair thinning triggers as simple as possible—with one daily dose of powerful natural ingredients that have been clinically tested for efficacy in hair growth and overall wellness.

WHEN SHOULD I START TAKING MY HAIR GROWTH NUTRACEUTICAL?

While some begin taking Nutrafol when their hair thinning becomes noticable, others prefer to take a proactive approach. Since we now know that poor hair health is the result of underlying imbalances like stress, hormones age-related changes, our hair growth formulas can be taken pre-emptively in an effort to counter those factors before they take a toll on your hair and your health.

CAN NUTRAFOL HELP MEN'S HAIR GROW FASTER?

Yes, our Hair Growth Nutraceutical for men is clinically shown to promote visibly fuller, faster-growing hair in 3 to 6 months of consistent use.

WHY DO I NEED TO TAKE 4 CAPSULES OF MY HAIR GROWTH NUTRACEUTICAL PER DAY?

We recommend taking all 4 capsules for optimal efficacy. Even the healthiest ingredients can't be effective if they don't add up to the proper dosage to make a difference. We measured our formulas to contain efficacious amounts of each ingredient and all the supporting nutrients. Therefore, you will receive optimal benefits if you take all 4 capsules as instructed and measured in our clinical studies. However, if you're instructed by your doctor to take a different dosage, please follow your doctor's advice.

WHY IS IT IMPORTANT TO TAKE MY HAIR GROWTH NUTRACEUTICAL WITH FOOD?

Nutrafol contains fat-soluble vitamins, which absorb better when taken with healthy fat. You can get that easily with a meal, slice of avocado, or spoonful of nut butter.

CAN I TAKE THE CAPSULES OUT OF THEIR CASING?

Nutrafol Hair Growth Nutraceuticals and DHT Inhibitor can be taken out of their casings.

WHAT IF I MISS A FEW DAYS?

As with most great success stories, consistency is key. Nutrafol builds in your system over time to bring your body back to homeostasis, so taking Nutrafol daily for at least 6 months will optimize its benefits. However, since it does have an accumulative effect in your system, you could miss up to a week without seeing an interruption in your progress.

HOW LONG DO I HAVE TO TAKE MEN'S HAIR GROWTH NUTRACEUTICAL?

While the ingredients in Nutrafol are essential for healthy hair growth, making lifestyle changes to target your root causes is equally as important. You'll see the best and most consistent results by combining Nutrafol with small changes to your daily routine that address stress, nutrition, environmental exposures, and other key triggers of poor hair health.

DO I HAVE TO TAKE MORE THAN ONE PRODUCT?

Everyone's hair journey is different, but we recommend the following:

Proactive Thinning: Includes our Men's Hair Growth Nutraceutical, our foundation for hair growth that multi-targets 6 key root causes of thinning. This is best for men who are experiecing early signs of thinning or want to get ahead of it.

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Full Support: Includes our Men's Hair Growth Nutraceutical and Growth Activator, a patent-pending hair serum that utilizes Ashwagandha Exosomes to address visible signs of thinning at the scalp. This is best for men who are expereicing all-over hair thinning ahd shedding.

If you'd like more guidance, take our quiz for a personalized recommendation.

WILL MY HAIR FALL OUT IF I STOP TAKING NUTRAFOL?

No, your hair will not fall out if you decide to stop using Nutrafol. All of our formulas utilize natural, drug-free, medical-grade ingredients that do not compromise your health–or the health of your hair. They work beneath the surface to address underlying root causes of hair thinning at the source. If you stop taking Nutrafol, your progress may decline because you'll no longer be providing your body with the daily nourishment it needs to combat those underlying imbalances. You'll see the best and most consistent results by combining Nutrafol with small changes to your daily routine.

ARE THERE ANY CONTRAINDICATIONS OR PRECAUTIONS WITH NUTRAFOL NUTRACEUTICALS?

If you have a medical condition or are taking prescription medications, it is always advisable to consult your doctor prior to using any new dietary supplement, including our hair growth formulas.

Blood thinners: Several plant actives in our hair growth formulas are known natural blood thinners that improve blood flow and circulation. Therefore if you are prone to bleeding episodes, have a blood condition or you're taking blood thinning, anticoagulant or antiplatelet drugs (Warfarin, Plavix, Heparin, etc.) you need to be careful with ingesting any additional natural blood thinners and should consult with your doctor before considering Nutrafol.

However, if you have or have had a hormone-responsive cancer, it is important to speak to your doctor before making decisions regarding any herbal supplements.

The #1 dermatologist-recommended hair growth supplement brand.

Nutrafol® is built on a science-backed approach to whole-body wellness and hair health. Our products are clinically tested and physician-formulated to support different bio-specific needs during various life stages and lifestyles so that you can grow into the best version of yourself.

Our Patent

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ARE THERE ANY CONTRAINDICATIONS OR PRECAUTIONS WITH DHT INHIBITOR?

If you have a medical condition or are taking prescription medications, it is always advisable to consult your doctor prior to using any new dietary supplement, including our hair growth formulas.

Blood thinners: Several plant actives in our hair growth formulas are known natural blood thinners that improve blood flow and circulation. Therefore if you are prone to bleeding episodes, have a blood condition or you're taking blood thinning, anticoagulant or antiplatelet drugs (Warfarin, Plavix, Heparin, etc.) you need to be careful with ingesting any additional natural blood thinners and should consult with your doctor before considering Nutrafol.

However, if you have or have had a hormone-responsive cancer, it is important to speak to your doctor before making decisions regarding any herbal supplements.

HOW IS DHT CONNECTED TO HAIR THINNING?

DHT (dihydrotestosterone) is an androgen hormone known to shrink hair follicles and lead to premature and progressive hair thinning, especially along the hairline.

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HOW IS ASHWAGANDHA USED TO ADDRESS HAIR THINNING?

Consistent feelings of stress increase cortisol, a stress hormone, in the body. Cortisol shortens the hair growth phase and causes hair to prematurely shed, resulting in more than 100 hairs falling out each day. Ashwagandha is a stress adaptogen that works to increase stress resistance in the body, helping you respond to stress more efficiently. We use Ashwagandha both internally and externally. Internally, Ashwagandha has been clinically studied to lower elevated cortisol levels in chronically stressed adults. Externally, we harnessed the power of this stress adaptogen via exosome technology for application directly at the scalp.

DOES THE GROWTH ACTIVATOR HAIR SERUM WORK FASTER THAN NUTRAFOL'S HAIR GROWTH SUPPLEMENTS?

Both products work differently to provide full support from the inside and out. Growth Activator was formulated with ingredients that provide direct scalp support for visibly thicker hair, while our Hair Growth Nutraceuticals target the underlying causes of hair thinning from within. Remember hair growth takes time; we recommend staying consistent for 3-6 months.

HOW LONG DOES A BOTTLE OF GROWTH ACTIVATOR LAST?

This is a bit different for everyone. One bottle typically lasts 1-3 months. If you're applying it to the entire scalp, it will last closer to 1 month. When using the serum just in specific areas of concern, the bottle will last an average of 3 months.

HOW DO I USE GROWTH ACTIVATOR HAIR SERUM?

Growth Activator should be applied once a day, every day directly to the scalp. Section your hair with the dropper tip and apply just enough serum to lightly cover the areas of concern. Massage the serum into your scalp with your fingertips and do not rinse. Since you're focusing application on the scalp, it can be used on either dry or damp, towel-dried hair.

CAN GROWTH ACTIVATOR BE USED ON EYEBROWS OR EYELASHES?

No, our Growth Activator Hair Serum is formulated to be used on the scalp specifically. It has not been tested for safety or efficacy on eyebrows or eyelashes and should not be used in those areas. The most important step you can take for healthy hair, lashes, and brows is to take our daily hair growth supplements to improve them from within.

WAS GROWTH ACTIVATOR TESTED ON ANIMALS?

Our Growth Activator Hair Serum is vegan. It contains no animal products and was not tested on animals. Our tests are performed only on human volunteers.

WHEN SHOULD I APPLY GROWTH ACTIVATOR AND SHOULD MY HAIR BE WET OR DRY?

Growth Activator should be applied once a day, every day, directly to the scalp. Since you're focusing application on the scalp, it can be used when hair is dry or when hair is damp and towel-dried after a shower.

WHAT IS THE DIFFERENCE BETWEEN GROWTH ACTIVATOR AND GROWTH ACTIVATOR FOR MEN?

Growth Activator for Men is formulated with specific ingredients for men's scalps to promote visibly thicker, denser hair. Ashwagandha Exosomes are featured in both formulas.

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GLUTEN? GMOS? ADDITIVES? SOY? SHELLFISH? FOOD ALLERGENS?

We wanted to make Nutrafol an option for as many people as possible, so we made it without the most common allergens and unnatural stuff like: GMOs, soy, eggs, dairy, gluten, milk, peanuts, shellfish, tree nuts, wheat, yeast, artificial flavors, and artificial colors. The capsules are plant-derived and made of vegetable cellulose. As always, when you start a new regimen, pay attention to your body and how it makes you feel. Discontinue use and consult your doctor if it causes any discomfort or negative reactions.

WHAT TYPE OF VITAMIN A DO YOU USE AND HOW MUCH OF IT IS IN NUTRAFOL?

Nutrafol contains Vitamin A in the form of beta-carotene. Beta-carotene is a pro-vitamin, meaning it can be converted into active Vitamin A internally when the body signals it needs more. Vitamin A is an important nutrient for hair health, but unlike Vitamin A, beta-carotene has no set upper limit and can be taken safely, free from any worries of toxicity. Nutrafol contains beta-carotene at a level found to help prevent Vitamin A deficiency.

HOW DO YOU SOURCE YOUR MARINE COLLAGEN?

We source our Marine Collagen from around the globe, searching for the cleanest waters and fish with low toxins. The collagen peptides are derived from the skin and scales that would otherwise be unused or unconsumed.

WHY DO YOU HYDROLYZE YOUR MARINE COLLAGEN?

Studies show that the smaller the molecule, the easier it is to migrate through the skin and serve as a biological messenger to trigger synthesis of new collagen fibers in injured tissue. That's why we hydrolyze our Marine Collagen from large molecules (300,000 Daltons) to substantially smaller ones (2000 Daltons) so they can get to where they need to go more efficiently.

WHAT IS THE SYNERGEN COMPLEX®?

Synergen Complex® is the patented ingredient blend at the core of our Hair Growth Nutraceuticals. What makes our Synergen Complex® so special is that it's formulated with standardized ingredients in unique ratios to effectively address root causes of hair thinning during specific biological life stages.

HOW IS ASHWAGANDHA USED TO ADDRESS HAIR THINNING?

Consistent feelings of stress increase cortisol, a stress hormone, in the body. Cortisol shortens the hair growth phase and causes hair to prematurely shed, resulting in more than 100 hairs falling out each day. Ashwagandha is a stress adaptogen that works to increase stress resistance in the body, helping you respond to stress more efficiently. We use Ashwagandha both internally and externally. Internally, Ashwagandha has been clinically studied to lower elevated cortisol levels in chronically stressed adults. Externally, we harnessed the power of this stress adaptogen via exosome technology for application directly at the scalp.

WHAT IS AN ASHWAGANDHA EXOSOME?

Ashwagandha Exosomes are an advanced delivery technology that contain RNA, Lipids, and Protein, and are 150x smaller than the Ashwagandha used in other products. By upcycling the seeds from the same Ashwagandha we use in our Nutraceuticals, we extracted Ashwagandha Exosomes to deliver living plant matter directly to the scalp to boost cell renewal for visibly thicker, stronger hair.

IS THERE CAFFEINE WITHIN THE GREEN COFFEE BEAN IN COLLAGEN BUILDER?

The Green Coffee Bean Extract is decaffeinated. It contains trace amounts of caffeine that equate to less than a square of chocolate.

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WHAT KIND OF RESULTS CAN I SEE WITH NUTRAFOL?

Everyone's experience is different, but in our clinical studies, men showed results in 3-6 months. It's important to remember that healthy hair growth takes time—and of course, consistency is key. If you take Nutrafol daily, here's a snapshot of what you're likely to experience:

1-2 months: Hair strengthens from within. Look for healthier hair that is getting stronger.

3-4 months: You may notice less shedding and improvements in hair fullness and quality.

5-6 months: With consistent use you'll see faster-growing hair with progressive improvement in scalp coverage.

6+ months: Visible changes like thicker, fuller hair with more scalp coverage.

Commitment to Nutrafol has whole-body rewards, too. Our ingredients are shown to promote more restful sleep, less stress, better mood, and clearer skin. A little something we call side benefits.

*Results may vary

WHAT KIND OF PROGRESS IS REALISTIC TO EXPECT AFTER I'VE SUSTAINED A CERTAIN DEGREE OF THINNING?

It depends on what's going on up top. When we're young, our follicles are healthy and can contain multiple hairs at once. As time rolls on and we get older, our follicles can shrink and lose hairs as each life cycle completes. Over time, some of these follicles go dormant. Some of those follicles will die and be replaced by shiny, smooth skin. Those that are still viable have the potential for growth. That's where we come in. When taken as directed, Nutrafol can wake those sleepy follicles up and get them moving and growing. By supporting your internal health and targeting the common imbalances that cause hair loss, you can see a real reduction in excessive shedding within 3-4 months. Within 4-6 months, growth begins and you'll notice those baby hairs filling in areas that had been thinning out.

WHAT IF I'M NOT LOSING MY HAIR, BUT WANT IT TO BE HEALTHIER, STRONGER, AND MORE VIBRANT?

Even if you're not losing your hair, you can take Nutrafol to get a jumpstart on making your hair as resilient as you are. Nutrafol's hair growth formulas are designed to take a holistic approach to hair health. The boost you get from the antioxidant and anti-stress properties in Nutrafol's ingredients have been clinically shown to improve hair growth and quality and to keep hair right where it belongs.

WHEN IS REGROWTH NOT POSSIBLE?

Sadly, even we haven't found the magic pill to cure all hair loss. As hair follicles shrink, they can become so small that your fibrotic tissue (a fancy way to say "your skin") will grow over it. You can tell this has happened when the skin gets shiny and smooth, which is normally great...just not for hair growth. When this happens, hair regrowth is not possible through internal solutions. Still, Nutrafol is formulated with ingredients to help combat triggers of the follicle-shrinking process such as DHT, so the hair you do have will thrive.

If you're not sure if your follicles are still viable we recommend consulting with a dermatologist for the best guidance.

AFTER I SEE RESULTS, SHOULD I CONTINUE TO TAKE NUTRAFOL?

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We recommend taking all 4 capsules for optimal efficacy. Even the healthiest ingredients can't be effective if they don't add up to the proper dosage to make a difference. We measured our formulas to contain efficacious amounts of each ingredient and all the supporting nutrients. Therefore, you will receive optimal benefits if you take all 4 capsules as instructed and measured in our clinical studies. However, if you're instructed by your doctor to take a different dosage, please follow your doctor's advice.

WHAT IS THE BEST TIME OF DAY TO TAKE MY NUTRAFOL?

This depends on which products you're taking. For your Hair Growth Nutraceutical, anytime is a good time to take it as long as you pair it up with food for maximum absorption of its fat-soluble therapeutic ingredients. By choosing one meal a day, sticking with it, and taking all 4 capsules at once, you'll be way less likely to forget. If you're taking a Hair Wellness Booster as well, please refer to the directions on the bottle.

WHY IS IT IMPORTANT TO TAKE NUTRAFOL WITH FOOD?

Nutrafol contains fat-soluble vitamins, which absorb better when taken with healthy fat. You can get that easily with a meal, slice of avocado, or spoonful of nut butter.

WHAT IF I MISS A FEW DAYS?

As with most great success stories, consistency is key. Nutrafol builds in your system over time to bring your body back to homeostasis, so taking Nutrafol daily for at least 6 months will optimize its benefits. However, since it does have an accumulative effect in your system, you could miss up to a week without seeing an interruption in your progress.

ARE THERE ANY OTHER POSITIVE, HEALTHY SIDE BENEFITS REPORTED WITH TAKING NUTRAFOL?

Who doesn't love a good night's sleep? Or a little less stress in their life? Well, you and your hair both. Many customers have reported these benefits and other positive effects like better mood and healthier skin—all without compromising sexual performance.

ARE THERE ANY CONTRAINDICATIONS OR PRECAUTIONS WITH NUTRAFOL NUTRACEUTICALS?

If you have a medical condition or are taking prescription medications, it is always advisable to consult your doctor prior to using any new dietary supplement, including our hair growth formulas.

Blood thinners: Several plant actives in our hair growth formulas are known natural blood thinners that improve blood flow and circulation. Therefore if you are prone to bleeding episodes, have a blood condition or you're taking blood thinning, anticoagulant or antiplatelet drugs (Warfarin, Plavix, Heparin, etc.) you need to be careful with ingesting any additional natural blood thinners and should consult with your doctor before considering Nutrafol.

However, if you have or have had a hormone-responsive cancer, it is important to speak to your doctor before making decisions regarding any herbal supplements.

ARE THERE ANY CONTRAINDICATIONS OR PRECAUTIONS WITH HAIR WELLNESS BOOSTERS?

If you have a medical condition or are taking prescription medications, it is always advisable to consult your doctor prior to using any new dietary supplement, including our hair growth formulas.

Blood thinners: Several plant actives in our hair growth formulas are known natural blood thinners that improve blood flow and circulation. Therefore if you are prone to bleeding episodes, have a blood condition or you're taking blood thinning, anticoagulant or antiplatelet drugs (Warfarin, Plavix, Heparin, etc.) you need to be careful with ingesting any additional natural blood thinners and should consult with your doctor before considering Nutrafol.

However, if you have or have had a hormone-responsive cancer, it is important to speak to your doctor before making decisions regarding any herbal supplements.

AFTER I SEE RESULTS, SHOULD I CONTINUE TO TAKE NUTRAFOL?

Yes! Seeing results is a positive thing, but a lot of the ingredients in Nutrafol need to be taken consistently to keep showing you those results. If you did not make any lifestyle changes to improve your root causes of poor hair health (like diet, lifestyle exposures, and stress), your body will require the added support of the ingredients in Nutrafol.

CAN I TAKE A LOADING DOSE WHEN I GET STARTED OR TRANSITION TO A MAINTENANCE DOSE ONCE I SEE RESULTS?

We have clinically tested our formulas for efficacy and can only attest that 4 capsules a day, every day, will have an effect. We know everyone wants to see results as quickly as possible, but real progress takes time. Based on the potency of our ingredients, we do not advise taking more than the recommended dose. For the same reason, we do not recommend taking a lower dose of Nutrafol unless advised by a medical professional.

CAN I TAKE NUTRAFOL IF I'M ALREADY TAKING BIOTIN?

Technically yes, but we don't recommend it. We use 3000mcg of high-quality Biotin, and there's no research saying that additional Biotin will help. In fact, some customers who get too much Biotin can experience acne breakouts and rashes. Your hair and skin should look great together!

ARE THERE RISKS OF TAKING NUTRAFOL WITH THYROID MEDICATION?

A well-balanced, happy thyroid is absolutely necessary for healthy hair growth. When it's out of whack, it can be a hidden cause contributing to poor hair health. There are no known problems taking Nutrafol with thyroid medications. Some of our ingredients like Ashwagandha and Selenium are actually known to improve, support, and boost healthy thyroid function.

As always, if you have a medical condition or are taking prescription medications, we advise you consult with your doctor before beginning any new dietary supplement, including Nutrafol.

CAN I TAKE ANTIBIOTICS AND NUTRAFOL PRODUCTS AT THE SAME TIME?

If you've been prescribed an antibiotic, please consult your doctor before using Nutrafol products or any other supplements during your course of antibiotics. Leading medical advice recommends that antibiotics be taken several hours apart from all other medications and supplements, including probiotics.

The #1 dermatologist-recommended hair growth supplement brand.

Nutrafol® is built on a science-backed approach to whole-body wellness and hair health. Our products are clinically tested and physician-formulated to support different bio-specific needs during various life stages and lifestyles so that you can grow into the best version of yourself.

Our Patent

Nutrafol® is a registered trademark of Nutraceutical Wellness, Inc.
Synergen Complex® is a registered trademark of Nutraceutical Wellness Inc.
U.S. Patent Nos. 11,213,478, 10,709,659 and 10,688,037.

Sign up to our mailing list and get $10 off your first subscription order.

Your Email Address

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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.

WE'RE SERIOUS ABOUT FACTS. ASK AWAY.

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WE'RE HERE FOR YOU.

Chat with our customer support team.
Monday - Friday 10am to 4pm (EST).

You can text or call us at:
(888) 454-3320

Or reach us via email at:
support@nutrafol.com

WHAT DO YOU MEAN BY A "PERSONALIZED PLAN"?

You're unique, and your hair growth plan should be too. That's why we created our Hair Wellness Quiz—a quick 3-minute assessment that allows us to better understand your specific root causes of hair thinning and recommend a personalized product regimen that will give you results.

WHAT DOES A NUTRAFOL SUBSCRIPTION INCLUDE?

Our subscriptions offer everything you need to grow to your fullest potential: bio-specific hair growth formulas tailored to your needs and a comprehensive support system of hair health experts.

Aside from our natural, clinically effective hair growth products—which are delivered to your doorstep automatically so you never miss a dose—your subscription also includes 1-on-1 consultations with our amazing staff of naturopathic doctors, insights from our expert assessment tools, and inspiring content to help you succeed.

WHAT IS A NATUROPATHIC DOCTOR?

Our team consists of licensed naturopathic doctors—integrative doctors who are trained in both conventional and natural medicine. They take a holistic approach to wellness in which they aim to find the root cause of a problem and focus on supporting the whole body. Common modalities used are lifestyle management, nutrition therapy, Nutraceuticals, and botanical medicine. Their extensive level of education sets them apart from naturopaths, holistic health practitioners, and health coaches who receive certifications rather than degrees.

WHAT DOES AN INITIAL CONSULTATION WITH A DOCTOR INCLUDE?

Just like with any doctor, the best way for our NDs to help you is to get to know you better. During a phone consultation, a doctor from our team will review your hair health history and lifestyle habits and provide personalized growth guidance based on your specific needs. Since any kind of health management is an ongoing process, so is our support. Our doctors and hair health experts will be available to answer your questions and help you track your progress throughout your entire journey with us.

WHAT IF THIS RECOMMENDATION IS DIFFERENT FROM MY CURRENT REGIMEN (OR WHAT MY DOCTOR SAYS)?

Look, we want to get to know you, but your doctor knows you best. If you're unsure of anything or have any health conditions that you need to be vigilant about, please heed their advice first. If you want any information about Nutrafol and our products to bring to them, just email us at support@nutrafol.com and we'll be more than happy to supply you with it.

CAN I CHANGE THE PRODUCTS IN MY SUBSCRIPTION?

As your body and hair needs change over time, your hair growth regimen can too. You can easily make changes to the products in your subscription through your account page or by reaching out to our customer support team at support@nutrafol.com

WHAT SHOULD I DO IF I BROKE MY REUSABLE BOTTLE?

You can request another bottle be sent in your next delivery (instead of a refill pouch) through your account page.

AFTER THE REFILL POUCH IS OPENED, DOES IT HAVE ANY IMPACT ON SHELF LIFE VS AN UNOPENED POUCH?

The pouches are resealable to keep the product safe from moisture and air. The shelf life is the same as when the product is in an opened bottle, which is 2 years.

ARE REFILL POUCHES AVAILABLE FOR PURCHASE SEPARATELY?

No, currently refill pouches are only available as part of subscription.

HOW CAN I OPT IN OR OUT OF REFILLS?

If you are a new customer, subscribing to Nutrafol enrolls you into a refillable subscription model. Nutrafol is committed to making improvements to our carbon footprint by promoting the use of reusable glass jars. If you do not wish to receive pouches, we offer Nutrafol as a one-time purchase.

ARE REFILL POUCHES RECYCLABLE?

No, refill pouches are made from previously recycled plastic, giving it a second life. It is then thrown away. Most plastic can only be recycled twice.

IF I HAVE A HAIR WELLNESS BOOSTER IN MY SUBSCRIPTION, CAN I REMOVE IT AND ONLY GET MY HAIR GROWTH NUTRACEUTICAL?

Yes! While we believe you'll see your best results from combining our Hair Growth Nutraceuticals with a targeted booster, you can easily make changes your subscription through your account page or by reaching out to our customer support team at support@nutrafol.com.

CAN I JUST SUBSCRIBE TO THE HAIR WELLNESS BOOSTERS?

Hair Wellness Boosters are only available when paired with our Nutraceuticals as part of a Hair Growth Duo. Our Duos are designed to provide additional support for a specific root cause of thinning hair, and can be ordered as a subscription or a one-time purchase.

DO I HAVE TO SUBSCRIBE OR CAN I BUY ONE PRODUCT?

Yes, you can make a one-time purchase of our Hair Growth Nutraceuticals for $88 a bottle, but we have to say you'd be missing out. When you subscribe, you get access to 1-on-1 consultations with our amazing staff of naturopathic doctors. Plus, consistency is crucial to success with Nutrafol, so our auto-shipment plan keeps your regimen coming to your front door without having to worry about reordering every month. You can also customize your plan to ship what you need, when you need it—and you can pause or cancel at any time. Oh, and it's only $79 a shipment for hair growth formulas, in case that helps.

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WHEN WILL MY ORDER ARRIVE?

When your order is placed, it takes 1-2 business days to get it processed, packaged, and ready to go. Once we ship it, packages usually take 3-7 business days to arrive. If you're a subscriber, orders process automatically every month, 3 months, or 6 months depending on your subscription type. If you are leaving town or need to update your address or ship date before your next order, you can email us at support@nutrafol.com or call us at (888) 454-3320

HOW MUCH DOES SHIPPING COST?

Shipping is free to US customers. We encourage international customers to contact us before placing your order for shipping options. We are not responsible for any duties or delays with customs, so please review your tracking information and contact them if there is an issue with delivery.

WHAT PAYMENT METHODS DO YOU ACCEPT?

We accept: Visa, Mastercard, American Express, Discover, and PayPal.

You can also pay us...compliments! We love to hear about your positive Nutrafol progress on social media. Join the #Nutrafam and follow us on Instagram @nutrafolmen. Tag us in your stories and posts and we'll share the love on our Instagram.

DOES NUTRAFOL STORE MY CREDIT CARD INFORMATION?

Yes, we do store payment information on your account and in our system to keep your orders going out like clockwork. But have no fear—we guard it like our own and keep it encrypted. Nothing is more important to us than your safety and privacy, which is why our payment system is state-of-the-art secure. As always, we're happy to answer any questions to give you peace of mind. Just email us at support@nutrafol.com.

WHEN WILL MY ACCOUNT BE CHARGED?

Your hair health journey begins as soon as you place your first order. That's when we charge your payment of choice. From there, we keep you on track by billing you monthly. Don't worry, we will only bill you when we are shipping you your next order. However, if you ever need to hold an order, change your monthly billing date, pause or cancel your subscription, you can do so on your account page under "My Subscriptions."

WHAT IS YOUR RETURN POLICY?

If you are not 100% satisfied with your purchase, you can return the product and get a full refund or exchange up to 30 days from the date of purchase.

Any product you return must be in the same condition you received it and in the original packaging. To request a return, please let us know by emailing us at support@nutrafol.com.

DO YOU SHIP OUTSIDE OF THE UNITED STATES?

We're growing and we're doing it fast. As of now, we only ship to a limited group of international countries—for logistical reasons and because of certain ingredient regulations. It's our dream to bring Nutrafol to as many countries as possible, but if you're not sure that we ship to you, just contact us and we'll answer all your questions.

DO YOU SHIP TO PO OR APO BOXES?

While we do ship to P.O. Boxes, we are unable to ship to APO and DPO boxes at this time.

CAN I UPDATE MY SHIPPING AND BILLING ADDRESS?

Absolutely! When you log in to your account on our website, head straight to your "Address Book." Enter your new address there. FYI: Any orders that have already processed before you change your new address will go to the previous one, so please contact the customer experience team ASAP if you need to make a change.

HOW DO I CANCEL MY SUBSCRIPTION?

You can cancel your subscription at any time by going to your account page, selecting "My Subscriptions" and clicking "View" on your plan.

...but one last thing before you go. If you're moving on because you feel like Nutrafol isn't working for you, please chat with us first. Your success is our main goal, so we'd love to put you in touch with one of our naturopathic doctors for a 1-on-1 evaluation to see if there isn't more we can do for you. Their diagnostic tools and incredible insight may reveal certain health or environmental factors that could be holding you back on your path to hair growth. At the very least, learning about why Nutrafol isn't working for some will only make us better as we grow, so your feedback is invaluable to us.

HOW DO I SKIP MY NEXT ORDER?

You can easily skip your next order by shifting the renewal date on your subscription. Log in to your account, select "My Subscriptions," click "View" on the subscription you'd like to update, then choose "Shift Renewal Date."

CAN I PAUSE MY SUBSCRIPTION?

We get it: sometimes you need a break. So, we offer the option to shift your renewal date. Simply log in to your account, select "My Subscriptions," click "View" on the subscription you'd like to update, then choose "Shift Renewal Date."

I'VE CANCELED MY SUBSCRIPTION. CAN I REACTIVATE IT?

Yes! Just log in to your account, select "My Subscriptions," and click the 'Reactivate' button next to the subscription you'd like to pick back up.

WHAT IF MY ORDER WAS LOST, STOLEN, OR MISSING SOMETHING?

If your order hasn't arrived in 3-7 business days from the day it shipped out (which you can find on your tracking info), or there's something wrong with it, reach out to us as soon as you can. We'll get a replacement order out to you right away.

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