



Hormones that impact *hair growth*:



Cortisol



DHT



Estrogen



Thyroid



Insulin



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Hair growth starts with hormone health. Target hormone fluctuations as a root cause of hair thinning with clinically effective supplements.



Ingredients in *Nutrafol*
that can help:



Ashwagandha



Saw Palmetto



Maca



Shatavari



Kelp



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