

Supplement to Support Hair Growth Colour and Quality!

Dr. Sophia Kogan Nutrafol developer	Dr. Ann Louise Gittleman, Phd Longevity Expert	WebMd 5 Best Nutrients for Hair
NUTRAFOL *– see contents below – 4 pills per day for 3 months	Collagen – as in bone broth	Biotin (B7) for hair loss, rashes, brittle nails. Egg yolks, whole grains, meat
*Marine Collagen	B5 – 1-2 g B6 – 50-100 mg B12 – 1000-3000 mcg	Iron – deficiency causes fatigue, pale skin, hair loss. Can find in red meat leafy greens, legumes
*Ashwagandha	Biotin – B7 – 5 mg (or eat organ meats, egg yolks, nuts, legumes, mushrooms, cauliflower)	Vitamin C – Citrus fruit, leafy greens, bell peppers
*Saw palmetto	Zinc – 45 mg daily	Vitamin D – good for bones. Can get from fatty fish, magnesium added to Vit D increases it bioavailability.
*Curcumin	Multi Vitamin	Zinc – good for hair loss, poor wound healing, weak sense of smell/taste. Can find it shellfish, meat, beans, nuts & seeds.
*Tocotrienel Complex	Gluten Free – avoid gluten – can make hair fall out	Curcumin, Ashwagandha, Vitamin E – antioxidant supplements that target greying hair
*Horsetail	MSM – Methyl sulfonyl methaine – 1000 mg daily – aids in keratin production. Keratin is one of the primary proteins in hair production	
*Resveratrol	SILICA – eg. Alta Herbal Silica – 500mg – 1/3 x per day. This is for silky hair and soft skin and strong nails. Can also rebuild teeth!	
*Kelp	Vitamin D – 2000-5000 iu daily. Stimulate hair follicles to grow!	
*Others: Vit A 5,000 iu Vit C 100 mg Vit D 2,500 iu Zinc 25 mg Selenium 200 mcg Biotin 3,000 mcg	N- Acetylsysteine – 500 mg x 2 per day. Cysteine is an amino acid. Keeps hair from falling out, improves hair strength, supports liver function and keratin formation,	
	Rhodiola – 500 mg per day reduces stress	
	Omega 3 - 1-3 mg of daily.	
	Essential Fatty Acids – flaxseeds, hemp seeds. Help with thin and dry hair.	