

The Signs As Nutrafol Ingredients

Aries



Curcumin

Taurus



Resveratrol

Gemini



Ashwagandha

Cancer



Kelp

Leo



Maca

Virgo



Astaxanthin

Libra



Saw Palmetto

Scorpio



Cayenne

Sagittarius



Tocotrienols

Capricorn



Horsetail

Aquarius



Camu Camu

Pisces



Marine Collagen



Curcumin

This overachieving antioxidant counters aging, stress, hormones, and toxins.

It's bright like the sun and multi-talented, just like the ambitious **Aries**.



Resveratrol

Practical and dependable like you, dear **Taurus**, this antioxidant found in wine promotes longevity in the body and supports healthy blood flow, which is essential for a healthy scalp.



Ashwagandha

As a **Gemini**, you're the life of the party—much like our star ingredient. This potent stress adaptogen helps balance cortisol to support healthy hair growth.



Kelp

Fitting for a water sign like **Cancer**, this ocean plant helps promote a healthy metabolism (the hair growth cycle's best friend) and is a good source of iodine.



Maca

The passionate **Leo** can appreciate this ancient root, which is known to support hormone health and has a slew of other talents, including promoting a healthy sex drive.



Astaxanthin

A whopping 600 times more potent than vitamin C, this hard-working antioxidant fights oxidative stress as you age. Like a true **Virgo**, this ingredient always over-delivers.



Saw Palmetto

This gorgeous plant is the ultimate balancing act for follicle-shrinking DHT (doesn't that sound dreamy, **Libra**?). It's clinically shown to lower DHT in areas like the scalp.



Cayenne

For all its assertive spice (hey, **Scorpio**!), cayenne pepper shows its cooler side when it enters the body and helps mitigate the effects of stress.



Tocotrienols

As you, the free-spirited **Sagittarius**, float from one adventure to the next, tocotrienols are by your side, protecting your delicate strands from oxidative stress.



Horsetail

Your wise and charitable nature as a **Capricorn** resonates with this ancient plant, which imparts strength to brittle, damaged hair through a healthy dose of silica.



Camu Camu

This tiny fruit connects to your **Aquarian** desire to make the world a better place. It's full of vitamin C, which helps aid in collagen production to make your scalp a healthy environment for hair growth.



Marine Collagen

Collagen's giving nature is a perfect match for **Pisces**. It's an essential building block of hair, skin, and nails (the trifecta of beauty).