



REPLENOLOGY®

*Nutrient. Replenishment. Biology.®*

**HAIR LEAFLET**

**21 TO GROW®**

**POWERED BY ALRV5XR®**

Supports Nutrient Replenishment Associated with  
Normal Scalp & Intrinsic Hair Functions\*

Protects and Improves the Look of  
Healthy and Fuller Hair\*

This Leaflet summarizes the most important information about the Replenology Hair four part system. Each kit contains one 6.8fl oz (200ml) Shampoo, one 6.8fl oz (200ml) Conditioner, one 1fl oz (30ml) Advanced Follicle Nutriment and one container of dietary supplements. There are 2 different formulation strengths of the supplement - Replenology Hair - 60 Capsules (NPN: 80079468) and Replenology Hair Professional - 120 Capsules (NPN: 80081038).

To learn more about Replenology Hair or if you have any questions, ask your health care provider, visit the web site [replenology.com](http://replenology.com) or contact us at 855.212.GROW (4769) in USA, 833.212.GROW (4769) in Canada or 1+ 908.982.GROW (4769) International or ask your healthcare provider. Replenology Hair products should only be used as directed.\*

\* 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.

## WHAT IS REPLENOLOGY HAIR?

Replenology Hair is a four part natural system formulated with ALRV5XR for use by both women and men to fully replenish nutrients that are lacking when experiencing hair loss and that are necessary for healthy hair.\* These ALRV5XR nutrients target 21 causes of hair loss and support normal scalp & intrinsic hair functions along with providing cosmetic benefit to protect and improve the look of healthy and fuller hair through the use of Replenology Hair Daily Dietary Supplement, Daily Shampoo, Daily Conditioner and Daily Advanced Follicle Nutrient.\*

## WHAT SHOULD I KNOW ABOUT REPLENOLOGY HAIR BEFORE I BEGIN AND AS I CONTINUE TO USE THE FOUR PART SYSTEM?

Replenology Hair with ALRV5XR works by replenishing nutrients in the hair follicles that have been depleted due to ageing, diet, hormonal changes, environmental effects, some medications and long term exposure to chemical ingredients in some hair products.\*

## WHAT ARE THE BENEFITS OF USING REPLENOLOGY HAIR AND WHEN SHOULD I BEGIN TO SEE RESULTS?

**What are the Benefits?** Replenology Hair has been formulated with ALRV5XR to target 21 known causes of hair loss and shown to replenish nutrients in the hair follicles that are not normally found in a regular diet and hair care products, including natural stilbenes, wedelolactones, procyanidins.\* You can be confident that all ingredients in the Replenology Hair four part system are naturally derived and meet the rigorous standards of the Environmental Working Group and the Banned Substances Control Group. There are no harmful chemicals, land, air or marine animal additives, derivatives or extracts. Replenology Hair is not a drug with associated potential side effects.\* **When will I see results?** Replenology Hair begins working for you on the 1st day of use and you may see results as early as 4 to 8 weeks after commencing daily use however, it may take 4 to 6 months to notice an effect. This will depend on how depleted the nutrients are in each individual and other overall health factors.\* **How do I know it is working?** You may notice a reduction in hair fall within 4 to 8 weeks followed by fuller and healthier looking hair on the scalp within 4 to 6 months.\* Once you begin using the Replenology Hair four part system you may experience an improvement in your wellbeing and energy levels due to the multiple vitamins, minerals and botanicals, that are rich in nutrients, amino acids and antioxidants, found in each of the Replenology Hair products.\* An improvement in the overall condition of your scalp and hair may also be experienced due to the nourishment that Replenology Hair will provide for you.\* The gentle but powerful ingredients will also protect your hair against the effects of everyday pollution and ultraviolet exposure.\*

## **WHAT ARE THE POSSIBLE SIDE EFFECTS OF REPLENOLOGY HAIR?**

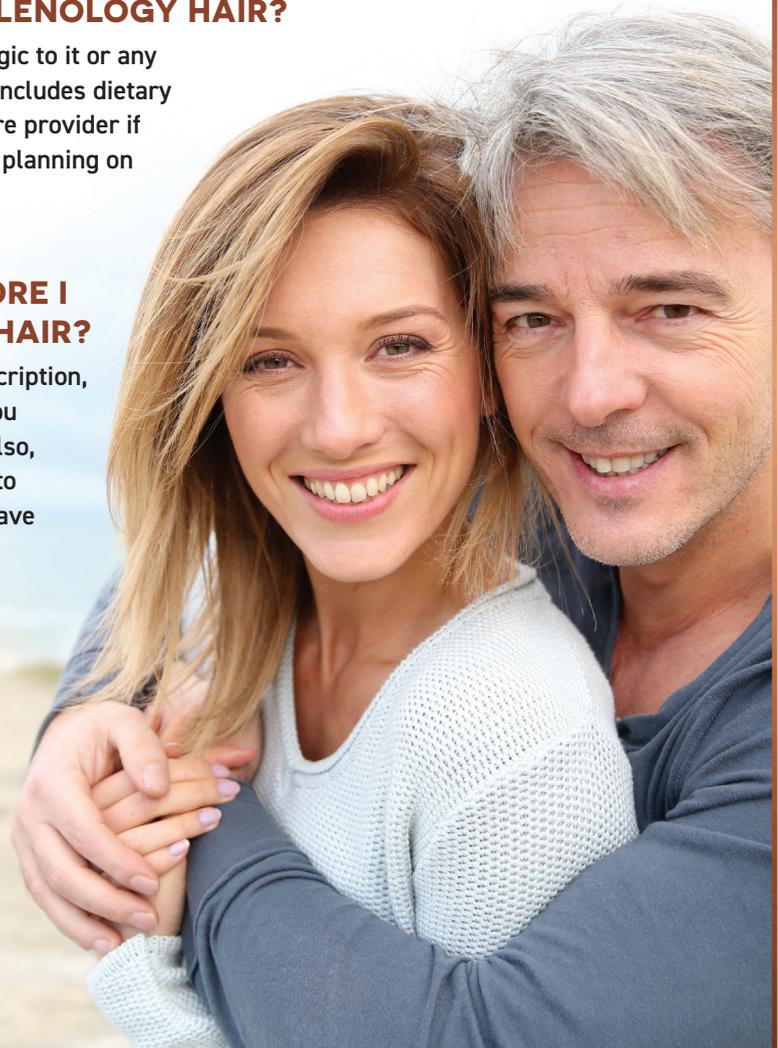
Side effects cannot be anticipated. If any develop or change in intensity, tell your healthcare provider as soon as possible. Only your healthcare provider can determine if it is safe for you to continue taking Replenology Hair. Sensitivities, allergic reactions or rashes may occur and if they become persistent, discontinue use.

## **WHO SHOULD NOT TAKE REPLENOLOGY HAIR?**

Do not use Replenology Hair if you are allergic to it or any of its ingredients. As with any product that includes dietary supplements, please consult your health care provider if you have a medical condition, are pregnant, planning on becoming pregnant or breastfeeding.

## **WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE I BEGIN USING REPLENOLOGY HAIR?**

Tell your healthcare provider about all prescription, over-the-counter, and herbal medications you are taking before using Replenology Hair. Also, talk to your healthcare provider if you plan to become pregnant, or are breastfeeding or have any medical condition.



## WHAT IS THE DAILY REGIMEN FOR REPLENOLOGY HAIR?

For best results, do not change the labeled regimen, interrupt or stop taking Replenology Hair. The Replenology Hair regimen is for replenishing nutrients associated with healthy hair. Each package of the Replenology Hair four part system is a 30 day supply.

### ADULTS AND ADOLESCENTS 18 YEARS AND OLDER THE RECOMMENDED REGIMEN IS:

**Replenology Daily Advanced Follicle Nutriment:** Twist top to open. Dispense up to 5 pumps per day, metered for your convenience. Massage gently onto thinning areas of scalp before bedtime. Nutriment remaining on hair will dry within a few minutes. Leave on overnight for extended nutrient absorption and follicle nourishment. A gentle sensation is normal but not mandatory for success. Nutriment can be applied in the morning as long as it is not washed off for at least 6 hours. Discontinue use if irritation develops. It is suggested that if the Nutriment is being applied before sleep to areas of the scalp that will come into contact with bed linens that a protective cover, such as an old pillow slip or towel, be placed over the pillow to protect from potential staining. Each container is filled with 150 pumps for 30 days of use.

**Replenology Daily Shampoo:** Remove seal before first use. Gently shake bottle before use. Apply during morning shower to wet hair, gently massage scalp and work through hair into a rich lather. REPLENOLOGY Shampoo is formulated to remain on your scalp and hair for several minutes to allow for maximum nutrient absorption and follicle nourishment. Rinse and apply REPLENOLOGY Conditioner. A gentle sensation on the scalp is normal. Discontinue use if irritation develops. Other application options, for example, evenings, are acceptable if the

REPLENOLOGY Advanced Follicle Nutriment is being applied in the morning. Each container provides 30 washes for most hair lengths.

**Replenology Daily Conditioner:** Remove seal before first use. After cleansing with REPLENOLOGY Shampoo apply REPLENOLOGY Conditioner to wet hair, gently massaging into scalp and working through to ends. REPLENOLOGY Conditioner is formulated to remain on your scalp and hair for several minutes to allow for maximum nutrient absorption, follicle nourishment and hair protection. Rinse well. A gentle sensation is normal. Discontinue use if irritation develops. Conditioning before shampooing, is acceptable, although for the best results and protection of your hair through the day, follow the recommended regimen. Each container provides 30 conditionings for most hair lengths.

**Replenology Twice Daily Dietary Supplement:** Adults take 1 serving twice daily of Replenology Hair or Replenology Hair Professional before meals, or as directed by a health care practitioner. Each serving of Replenology Hair is 1 capsule and each serving of Replenology Hair Professional is 2 capsules. Taking the supplement 60 minutes prior to meal with water or a hot drink will ensure optimal nutrient absorption. Each serving of the dietary supplement is best taken 10 to 12 hours apart. The dietary supplement capsule is made from acid resistant vegetable hypromellose, and will normally pass through the stomach and release the nutrients into the small intestine, where the nutrients will be best absorbed. This should avoid any mild stomach upset. In the event of stomach upset take the dietary supplement with increasing amounts of food or after a meal.

## **HOW SHOULD I TAKE REPLENOLOGY HAIR TWICE DAILY NUTRITIONAL SUPPLEMENT?**

Use Replenology Hair exactly as described. Do not use it more often or stop using it without first talking to your healthcare provider. Use on a twice daily basis.

## **WHAT SHOULD I AVOID WHILE TAKING REPLENOLOGY HAIR?**

Avoid contact of Replenology Hair Follicle Nutriment with your eyes. If you are using any medications, ask your healthcare provider if Replenology Hair is right for you. If there is any concern about possible drug interactions, ask your healthcare provider about taking the Replenology dietary supplement 2-4 hours before or after taking your regularly scheduled prescription medications.

## **WHAT ARE THE POSSIBLE FOOD AND DRUG INTERACTIONS ASSOCIATED WITH REPLENOLOGY HAIR?**

If Replenology Hair is used with certain drugs, the effects of either could be increased, decreased, or altered. It is especially important to check with your healthcare provider.

## **MAY I USE REPLENOLOGY HAIR IF I AM PREGNANT OR BREASTFEEDING?**

The effects of Replenology Hair during pregnancy and breastfeeding are unknown. Talk to your healthcare provider before starting Replenology Hair if you are pregnant, breastfeeding or if you or your partner are trying to become pregnant.

## **WHAT SHOULD I DO IF I MISS A DAILY REGIMEN OF REPLENOLOGY HAIR?**

If you miss a day of taking Replenology Hair Daily Dietary Supplement or using Daily Advanced Follicle Nutriment, begin the regimen again as soon as possible. Replenology Hair is formulated for daily use and any interruption in the daily regimen may delay results. Do not use more than the daily recommended regimen.

## **HOW SHOULD I STORE REPLENOLOGY HAIR?**

Store Replenology Hair products at room temperature. Protect from direct sunlight.

## **WHO SHOULD I CONTACT IN CASE OF EMERGENCY?**

In the event of a medical emergency call your doctor, 911 or your local emergency number immediately.

## **WHAT IS THE SHELF LIFE?**

All products are currently manufactured with a 2 year shelf life at room temperature and away from direct sunlight. Once the seal on each product is opened, it is recommended to use the product within 3 months, but no longer than 6 months.

## **WHAT DOES CLEAN LABEL MEAN?**

Many approved ingredients can be harmful, cause allergic responses, cancer and even disrupt endocrine or reproductive systems. At Replenology we care what we put in and on our bodies. We only use ingredients that are Generally Regarded as Safe (GRAS). Each ingredient is also delivered within safe amounts or concentration ranges. We have taken the extra steps to ensure our products are clean label by seeking third party approvals. A consumer reference for cosmetic ingredients is published by the Environmental Working Group at [www.ewg.org](http://www.ewg.org). Replenology's ingestible products are tested to be free of drugs by the Banned Substances Control Group [www.bscg.org](http://www.bscg.org). Replenology has also taken steps to ensure all ingredients are GMO Free, Vegan, Kosher and, where possible, organic. Product certifications may vary from batch to batch.

## **WHAT DOES EWG COMPLIANT MEAN?**

Replenology's topical products, ingredients, and manufacturing methods comply with EWG clean label standards. See EWG's Skindeep database here: <http://www.ewg.org/skindeep/>.

## **WHAT DOES DRUG FREE MEAN?**

Drugs can have an effect on personal performance in many situations. At least 50% of drugs are derived from plant based chemicals. Drugs can affect any working Professional or Athlete which may include increasing or decreasing performance, changing mood, affecting concentration or influencing health. Too many or too few of certain nutrients can also be responsible for these changes. Replenology's ingestible products are tested for approximately 500 drugs that are banned substances for Athletes and Professionals.

## **WHAT DOES GMO FREE MEAN?**

Genetically modified organisms (GMO's) are very common in the food system. Replenology uses a certified laboratory to detect for the presence of GMO's.

## **WHAT IS THE NPN NUMBER?**

Dietary supplements in the USA are known as natural health products in Canada. Health Canada has one of the most stringent regulatory approval mechanisms for natural health products. These regulations require pre-market approval for all ingredients, formulations and health claims before a product is imported or sold in Canada.\* The approvals are granted as natural product numbers or an NPN and are required on supplement labels or leaflets sold in Canada.

## **WHAT ABOUT PRODUCT SHELF LIFE, QUALITY, STABILITY, HEAVY METALS AND BACTERIA?**

Replenology's products are manufactured under current Good Manufacturing Practices (cGMP). Ingredients are tested before and after production for contaminants to ensure compliance with cGMP as mandated by government regulations and to ensure consumer safety. Products are stability tested to retain potency for at least 2 years from manufacturing date and must be stored at room temperature without direct exposure to sunlight. Once opened, each product should be used within 3 months and no longer than 6 months.

## **WHERE CAN I FIND MORE INFORMATION?**

More information and frequently asked questions (FAQ's) can be found at [www.replenology.com](http://www.replenology.com)

\* 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.

## WHAT'S IN REPLENOLOGY

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Replenology's products are scientifically formulated with ALRV5XR using the best ingredients available from suppliers world-wide to ensure optimal nutrient absorption. All ingredients are GRAS approved (Generally Regarded as Safe).

### DAILY SHAMPOO / SHAMPOING QUOTEDIEN

Water/Eau/Aqua, Cocamidopropyl Betaine, Sodium Lauroyl Methyl Isethionate, Sodium Laurylglucosides Hydroxypropylsulfonate, Sodium Cocoyl Isethionate, Glycerin, Aloe Barbadensis Leaf Juice, Hydrolyzed Lupine Protein, Hydrolyzed Chenopodium Quinoa Seed, Moringa Oleifera Seed Extract, Vitis Vinifera (Grape) Seed Extract, Scutellaria Baicalensis Root Extract, Pyrus Malus (Apple) Fruit Extract, Momordica Charantia Fruit Extract, Eclipta Prostrata Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Cocos Nucifera (Coconut) Oil, Biotin, Caffeine, Tocopheryl Nicotinate, Dimethyl Sulfone, Glycol Distearate, Hydroxypropyl Methylcellulose, Glyceryl Caprylate, Glyceryl Undecylenate, Cedrus Deodara Wood Oil, Juniperus Virginiana Oil, Lavandula Angustifolia (Lavender) Oil, Anthemis Nobilis Flower Oil

*Each container has 6.8fl oz (200ml) for 30 uses for most hair lengths*

### DAILY CONDITIONER / REVITILISANT QUOTEDIEN

Water/Eau/Aqua, Glycerin, Distearoylethyl Dimonium Chloride, Cetearyl Alcohol, Cocos Nucifera (Coconut) Oil, Hydrolyzed Lupine Protein, Butyrospermum Parkii (Shea) Butter, Hydrolyzed Chenopodium Quinoa Seed, Moringa Oleifera Seed Extract, Vitis Vinifera (Grape) Seed Extract, Pyrus Malus (Apple) Fruit Extract, Eclipta Prostrata Extract, Momordica Charantia Fruit Extract, Scutellaria Baicalensis Root Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Hydrolyzed Jojoba Esters, Caffeine, Biotin, Panthenol, Glyceryl Caprylate, Dimethyl Sulfone, Tocopheryl Nicotinate, Glyceryl Undecylenate, Guar Hydroxypropyltrimonium Chloride, Xanthan Gum, Cedrus Deodara Wood Oil, Juniperus Virginiana Oil, Lavandula Angustifolia (Lavender) Oil, Anthemis Nobilis Flower Oil

*Each container has 6.8fl oz (200ml) for 30 uses for most hair lengths*

### DAILY ADVANCED FOLLICLE NUTRIMENT / NUTRIMENT AVANCÉ QUOTEDIEN FOLLICULAIRE

Water/Eau/Aqua, Distearoylethyl Dimonium Chloride, Cetearyl Alcohol, Glycerin, Hydrolyzed Lupine Protein, Moringa Oleifera Seed Extract, Hydrolyzed Chenopodium Quinoa Seed, Helianthus Annuus (Sunflower) Seed Oil, Ocimum Basilicum Hairy Root Culture Extract, Pisum Sativum (Pea) Sprout Extract, Vitis Vinifera (Grape) Seed Extract, Pyrus Malus (Apple) Fruit Extract, Eclipta Prostrata Extract, Momordica Charantia Fruit Extract, Scutellaria Baicalensis Root Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Cocos Nucifera (Coconut) Oil, Butyrospermum Parkii (Shea) Butter, Biotin, Caffeine, Tocopheryl Nicotinate, Panthenol, Dimethyl Sulfone, Hydrolyzed Jojoba Esters, Guar Hydroxypropyltrimonium Chloride, Glyceryl Caprylate, Glyceryl Undecylenate, Cedrus Deodara Wood Oil, Juniperus Virginiana Oil, Lavandula Angustifolia (Lavender) Oil, Jasminum Grandiflorum (Jasmine) Flower Extract, Chamomilla Recutita (Matricaria) Flower Oil, Achillea Millefolium Oil, Helichrysum Angustifolium Flower Oil

*Each container has 1fl oz (30ml) for 5 daily pumps  
over 30 days for most scalps*

### WHAT IS ALRV5XR?

ALRV5XR is a natural formulation designed to support 21 normal functions of hair and scalp. It has been extensively studied in stem cells and clinical trials.\*



## DIETARY SUPPLEMENTS

### SUPPLEMENT FACTS

#### Replenology Hair

Serving Size: 1 Capsule  
Servings Per Container: 60

(NPN: 80079468)

Servings per day: 2  
Capsules per Container: 60

#### Replenology Hair Professional

Serving Size: 2 Capsules  
Servings Per Container: 60

(NPN 80081038)

Servings per day: 2  
Capsules per Container: 120

Amount:	Per Serving	%DV <sup>§</sup>	Per Day	%DV <sup>§</sup>
Vitamin A (as Beta-carotene)	300 mcg RAE (1,000IU)	33%	600 mcg RAE (2,000 IU)	67%
Vitamin D (as ergocalciferol)	12.5 mcg (500IU)	62.5%	25 mcg (1,000 IU)	125%
Riboflavin (vitamin B2)	0.65 mg	50%	1.3 mg	100%
Niacin (as niacinamide)	7.5 mg	47%	15 mg	94%
Vitamin B6 (as pyridoxine hydrochloride)	0.85 mg	50%	1.7 mg	100%
Folate (as folic acid)	333 mcg DFE (200 mcg)	83%	667 mcg DFE (400 mcg)	167%
Vitamin B12 (methylcobalamin)	10 mcg	417%	20 mcg	833%
Biotin (biotin)	250 mcg	833%	500 mcg	1666%
Pantothenic acid (as calcium-d-pantothenate)	2.5 mg	50%	5 mg	100%
Iodine (as kelp)	52.5 mcg	35%	105 mcg	70%
Zinc (as zinc citrate)	7.5 mg	68%	15 mg	136%
Selenium (selenomethionine)	18 mcg	33%	36 mcg	65%
Copper (rice chelate)	450 mcg	50%	900 mcg	100%
Silicon (silicon chelate)	400 mcg	†	800 mcg	†
<b>Replenology Hair Support Blend</b>	2,076 mg <sup>∞</sup> 274 mg	† †	4,152 mg <sup>∞</sup> 548 mg	† †
<b>Replenology Hair Professional Support Blend ‡, 1-14</b>	3,836 mg <sup>∞</sup> 532 mg	† †	7,672mg <sup>∞</sup> 1,064mg	† †

## BLEND INGREDIENTS:

Grape seed extract seed standardized extract (vitis vinifera) (NLT 95% total proanthocyanidines / NLT 85% oligomeric proanthocyanidins / 5-15% catechin and epicatechin monomers)<sup>3</sup>; Moringa (leaf) 4:1 extract (moringa oleifera)<sup>1</sup>; Coenzyme Q10<sup>4</sup>; Sophora (root) 12:1 standardized extract (sophora flavescens) (8% alkaloids)<sup>5</sup>; Fo-Ti (root) 16:1 standardized extract (polygonum multiflorum)<sup>6</sup>; Rosemary (leaf & stem) 10:1 standardized extract (rosmarinus officinalis) (10% carnolic acid)<sup>7</sup>; Dong quai (root) 10:1 standardized extract (angelica sinensis) (1% ligustilide) 16.5mg(16.5mg)<sup>8</sup>; Eclipta (whole plant) 10:1 standardized extract (eclipta prostrata) (5% wedelolactone)<sup>2</sup>; Norwegian Kelp (whole plant) (ascophyllum nodosum) (0.5% Iodine)<sup>9</sup>; Chinese skullcap (root) 12:1 standardized extract (scutellaria baicalensis) (30% baicalin)<sup>10</sup>; Astragalus (root) 12:1 standardized extract (astragalus membranaceus) (4% isoflavones)<sup>11</sup>; Pomegranate (fruit) 25:1 standardized extract (punica granatum) (40% ellagic acid)<sup>12</sup>; Apple (fruit) 30:1 standardized extract (malus domestica) (50% polyphenols)<sup>13</sup>; Reishi (fruiting body) 10:1 standardized extract (ganoderma lucidum) (10% polysaccharides)<sup>14</sup>

Percent Daily Values (DV) are based on a 2000 calorie diet

† (DV) Daily Value not established

‡ Available only in Replenology Hair Professional Dietary Supplement

1-14 Replenology Professional Hair Support Blend Ingredient per Serving Sequence

∞ Dry Herb Equivalent or DHE

§ %DV as per FDA Recommended Daily Intake (RDI) 2018

Other Ingredients: vegetable magnesium stearate, rice bran, silicon dioxide

Capsule: Acid resistant vegetable cellulose (hypromellose)

# REPLENOLOGY DAILY HAIR DIARY

(Keep this for your records)

DAY 1 DATE:

REPLENOLOGY HAIR ( ) / REPLENOLOGY HAIR PROFESSIONAL ( )

Day	Comment	Capsules		Shampoo Y/N	Conditioner Y/N	Nuriment Y/N
		AM	PM			
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Day	Comment	Capsules		Shampoo Y/N	Conditioner Y/N	Nuriment Y/N
		AM	PM			
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						

**Notes:**

Take starting and monthly photos of your progress. (e.g. photo of top of head with middle parting). Record notes, comments and events about your hair growth, fall, new hair, comments from friends. These records may be requested for various offers incentives and product improvement programs.

### Additional Information and Resources

USA: 855.212.GROW (4769) | Canada: 833.212.GROW (4769)

Outside USA and Canada: +1 908.982.GROW (4769)

[www.replenology.com](http://www.replenology.com)

### Follow Replenology



### Where can I find more information?

Clean Label - [www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)

Drug /GMO/Allergen Free - [www.bscg.org](http://www.bscg.org)

Vegan - [www.beveg.com](http://www.beveg.com)

Kosher - [www.ou.org](http://www.ou.org)

At Replenology we are devoted to improving health using the science of nutrient replenishment biology. Our scientists study how nutrients support normal biological functions at the molecular level within cells, tissue and organs. We believe that necessary nutrients, that are natural, unmodified, safe and, delivered in correct proportions over time can be used to normalize many conditions. At Replenology we strive to find solutions to challenges influenced by aging, diet and often medications so that you can replenish your body and enjoy your life.



REPLENOLOGY®

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