

Nutritional supplement reduces hair loss in females

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(HealthDay)—A nutritional supplement with specific omega-3 and omega-6 fatty acids and antioxidants can improve hair density and reduce the telogen percentage, according to a study published online Jan. 8 in the *Journal of Cosmetic Dermatology*.

Caroline Le Floc'h, from Laboratoires innéov in Asnières-sur Seine, France, and colleagues examined the impact on hair loss of a six-month supplementation with specific omega-3 and omega-6 fatty acids and [antioxidants](#). Participants in the randomized study included 120 healthy females. The change in hair density on standardized photographs was assessed as the primary end point.

The researchers found that photograph assessment demonstrated a superior improvement in the supplement group after six months of treatment (P 40 μ m) increased in the supplement group. There was an increase in the trichometer index in the supplement group, and a decrease in the [control group](#). Most participants in the supplement group reported a reduction in [hair loss](#) (89.9 percent of subjects at six months), and improvement in hair diameter and hair density (86.1 and 87.3 percent of subjects, respectively).

"Objectively measured improvements were confirmed by the subjects' perception of efficacy," the authors write.

More information: [Abstract](#)
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