

Nutritional supplements may have role in hair loss treatment

December 1 2022, by Elana Gotkine



There may be a potential role for nutritional supplements in the

treatment of hair loss, according to a review published online Nov. 30 in *JAMA Dermatology*.

Lara Drake, from the Tufts University School of Medicine in Boston, and colleagues conducted a [systematic review](#) to examine and compile the findings of all dietary and nutritional interventions for treatment of hair loss in individuals without known baseline nutritional deficiency. Data were included from 30 articles: 17 randomized [clinical trials](#) (RCTs), 11 [clinical studies](#) (non-RCTs), and two case series studies.

The researchers found a potential benefit of Viviscal, Nourkrin, Nutrafol, Lambdapil, Pantogar, capsaicin and isoflavone, omegas 3 and 6 with antioxidants, apple nutraceutical, total glucosides of paeony and compound glycyrrhizin tablets, zinc, tocotrienol, and pumpkin seed oil in studies of nutritional interventions with the highest-quality evidence. Low-quality evidence for disease course improvement was seen for kimchi and cheonggukjang, vitamin D₃, and Forti5. For all therapies evaluated, adverse effects were rare and mild.

"Some patients with hair loss may benefit from nutritional supplementation, and shared decision-making with dermatologists should be encouraged to review risks and benefits of each treatment," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

More information: Lara Drake et al, Evaluation of the Safety and Effectiveness of Nutritional Supplements for Treating Hair Loss, *JAMA Dermatology* (2022). [DOI: 10.1001/jamadermatol.2022.4867](https://doi.org/10.1001/jamadermatol.2022.4867)

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Citation: Nutritional supplements may have role in hair loss treatment (2022, December 1)
retrieved 25 April 2024 from
<https://medicalxpress.com/news/2022-12-nutritional-supplements-role-hair-loss.html>

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