

Nutraceuticals may be the secret to a full head of hair for women at midlife

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Hair thinning is one of the many symptoms that accompanies the menopause transition. Roughly 40% of women over 60 will experience what's known as female pattern hair loss (also known as androgenetic alopecia). However, a new study suggests that a nutraceutical supplement may improve hair growth and quality. The study results will be presented during The North American Menopause Society (NAMS) Annual Meeting in Washington, DC, September 22-25, 2021.

Hair shedding or thinning is a devastating reality for most women as they age, as it can have a strong impact on self-esteem and emotional well-being. Unfortunately, the therapeutic options on the market are limited.

The new study out of California suggests that a nutraceutical supplement—with nutrient-derived bioactive compounds derived from food sources—may effectively promote [hair growth](#) in peri-, menopausal, and [postmenopausal women](#) whose hormone changes are associated with decreased hair growth, as well as percentage of hairs and time spent in the anagen phase (when

hair follicles form a new hair shaft). These findings offer hope for women near the menopause transition who are experiencing hair shedding or loss.

Researchers compared results at 6 months and 12 months of treatment and found that mean total hair counts increased significantly and progressively. Global hair quality improvements significantly increased by 40% with few or no side effects, along with a decrease in hair shedding.

"With the aging of our society and the fact that women now spend approximately one-third of their lives in the postmenopausal period, research into interventions for menopause symptoms, including hair thinning, is critical, especially with [therapeutic options](#) being so limited," says Dr. Glynis Ablon of the Ablon Skin Institute and Research Center in California and lead author of the study.

"Hair loss is a significant concern for midlife women," says Dr. Stephanie Faubion, NAMS medical director. "Additional research will help confirm the long-term efficacy of nutraceutical supplements."

Provided by The North American Menopause Society

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