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, tocothenol, 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.


Copyright © 2022 HealthDay. All rights reserved.