

Dietary Supplements for Hair Loss

Ferrogradumet

- Iron supplement
- May be purchased from chemist or health food store
- Should be taken in combination with oral Vitamin C to increase absorption
- May take up to 6 months to see results
- Dietary sources of Iron include red meat, green leafy vegetables, shellfish, egg yolk, nuts & cereal. Foods which may enhance Iron absorption include Vitamin C and flesh foods.

Essential Fatty Acids

- Omega 3 Fatty Acid & 6 Linoleic Fatty Acid
- Dietary sources of EFA's include primrose oil, grape seed oil, flaxseed oil, and oils of grains, nuts and seeds, such as soybean, walnuts, sesame, and sunflower. Also present in avocados, as well as meat and fish like salmon, trout, mackerel and tuna.
- Recommended daily dosage of Omega 3 & 6 Linoleic Acid is 2 grams of each
- Dietary intake of essential fatty acids can be increased by incorporating these foods into the diet or by oral supplements which can be purchased from a chemist or health food store.

L-Lysine

- The daily dosage of lysine is about 12 mg per kilogram of body weight per day
- Good sources of lysine are found in cheese, eggs, lime beans, potatoes, milk, meat and brewer's yeast.
- L-Lysine may be taken with ferrogradumet to increase absorption in cases where the patient does not respond to ferrogradumet alone.