

A Novel Nutraceutical Gummy for Hair Regrowth in Women: A Case Series

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Introduction:

Hair loss is a common concern among women, with female pattern hair loss (FPHL) and telogen effluvium (TE) being the most prevalent types. At least 50% of women experience hair loss by age 50.¹ Many patients turn to nutritional supplements, with one hair loss clinic reporting that up to 81% of their patients use supplements.² While various nutraceuticals have demonstrated clinical efficacy in hair regrowth,² none have been evaluated in gummy form. This case series aims to assess the efficacy of a novel nutraceutical gummy containing a proprietary blend of NAD+, pumpkin seed extract, taurine, pea protein, ashwagandha, saw palmetto, and other anti-inflammatory ingredients in promoting hair regrowth in women with FPHL and TE.

Procedure:

Three women, aged 43, 52, 64, with diagnoses of FPHL and TE, were included in this series. Each participant consumed two nutraceutical gummies daily for 2 or 3 months. One participant experiencing TE, also took oral minoxidil 1.25 mg daily. Baseline assessments included patient-reported outcomes related to hair shedding and photographic comparisons. Follow-up assessments were performed at 2 or 3 months.



Figure 1. 43-year old female with long-standing concerns about thinning hair at the hairline. Subject has aversion to medical therapy and prefers natural treatments. Previous treatment with rosemary oil yielded minimal improvement. Subject consumed novel nutraceutical gummy daily according to the suggested dose. Images before (Day 0) and after (Month 2).

Figure 2. 52-year old female presenting with telogen effluvium persisting for 3 months following significant weight loss associated with semaglutide use. Conservative therapy was recommended initially, but hair shedding continued. Treatment initiated with oral minoxidil (1.25 mg daily) combined with a novel nutraceutical gummy. Images before (Day 0) and after (Month 3).

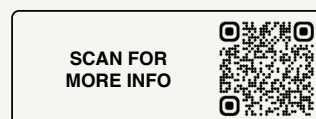
Figure 3. 64-year-old female with no significant medical history, presenting with progressively thinning hair over several years. Diagnosed with female pattern hair loss and recommended dutasteride, oral minoxidil, and novel nutraceutical gummy. Patient opted to only take the novel nutraceutical gummy daily as per recommended dosage, without using dutasteride or oral minoxidil. Images before (Day 0) and after (Month 2).

Results:

All three women demonstrated noticeable improvements in hair density and a reduction in hair shedding by the 3-month mark. Participants also reported subjective improvements in hair quality, volume, and overall satisfaction with the product. No adverse effects were observed during the study period.

Conclusion:

This case series suggests that the novel nutraceutical gummy may be an effective, well-tolerated option for promoting hair regrowth in women with FPHL and TE. This nutraceutical can be efficacious as a sole treatment and in conjunction with traditional hair loss medical therapy. These findings highlight the potential for a gummy formulation to provide an accessible, evidence-based treatment for hair loss. Further studies with larger sample sizes are ongoing to validate these results.



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DISCLOSURES:

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