A Pilot Investigation of a Gummy-Based Hair Nutraceutical: Preliminary Efficacy Findings

Jalil Mitchell, BA[1], Jandolyn Washington, BA[2], Esha Saxena, BS[3], Spencer Hawkins, MD, FAAD[4], Chesahna Kindred, MD, MBA, FAAD[5]

University of Cincinnati College of Medicine[1], Morehouse School of Medicine[2], Philadelphia College of Osteopathic Medicine[3], Hair Medicine Institute, Atlanta, GA[4], Kindred Hair & Skin Center, Howard University[5]

Background

Millions of women worldwide experience hair thinning and loss, driven by factors such as oxidative stress, inflammation, hormonal imbalances, and nutrient deficiencies. These contributors lead to the miniaturization of hair follicles and a reduction in both hair density and volume. Hair loss can present as either non-scarring or scarring alopecia, which significantly influences treatment outcomes. Non-scarring conditions, such as female pattern hair loss (FPHL), generally have a more favorable prognosis than scarring forms like central centrifugal cicatricial alopecia (CCCA), where permanent follicular destruction may occur. Advanced imaging technologies such as Canfield HairMetrix® and SOCAi provide non-invasive, quantitative assessments of hair and scalp characteristics, enabling precise tracking of changes over time. While several nutraceuticals have shown promise in promoting hair regrowth, none to date have been evaluated in gummy form. This pilot study examines Xtressé™, a novel gummy-based supplement developed by dermatologists to target the core drivers of female hair loss.

Objectives

This study aims to enroll 60 women, aged 18–65 years, with self-perceived thinning hair, female pattern hair loss, or central centrifugal cicatricial alopecia (CCCA) confirmed by an investigator. Participants have Fitzpatrick skin types I–VI, must be committed to effective contraception throughout the study, and must be able and willing to comply with the study protocol. They must not have had any changes in medication during the three months prior to or during enrollment. To date, 9 participants have completed multiple visits, ranging from 4 to 9 weeks apart. Participants are instructed to consume 2 gummies of Xtressé™ daily with a meal, at approximately the same time each day, over a 4-month period. Baseline assessments include SOCAi and Canfield HairMetrix® hair analyses, global photographs, and self-assessment questionnaires.

Results

Of the 60 participants planned for enrollment, preliminary data are available for 9 individuals who have completed multiple visits (4 to 9 weeks apart). Among all women in this subset (including those with scarring alopecia), the average hair-count increase was +7.8 hairs/cm², whereas excluding those with CCCA (and other scarring forms) nearly doubled that figure to +16.6 hairs/cm²—with some individuals experiencing gains above +30. In parallel, hair mass (quantified as the sum of hair-shaft widths per cm²) also rose markedly in the non-scarring group, ranging from +9.1 µm/cm² to +1927.4 µm/cm², for an average increase of roughly +680 µm/cm². These preliminary findings suggest stronger efficacy of Xtressé™ in female pattern hair loss or self-perceived thinning, with less robust outcomes observed among participants with advanced scarring.

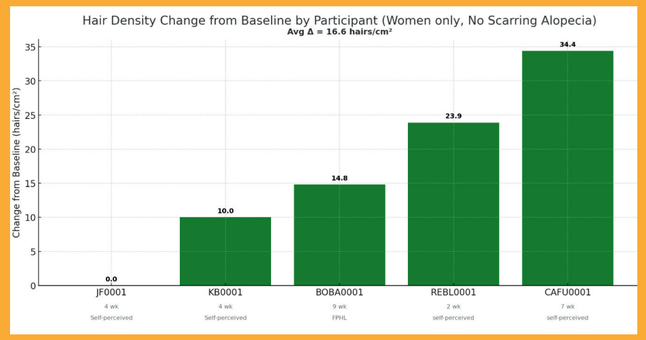

Figure 1: Hair Density Change from Baseline by Participant (Women only, No Scarring Alopecia)

Xtressé™ gummy supplement shows an increase in hair density measured in hairs/cm² for self-perceived thinning and FPHL among study participants.

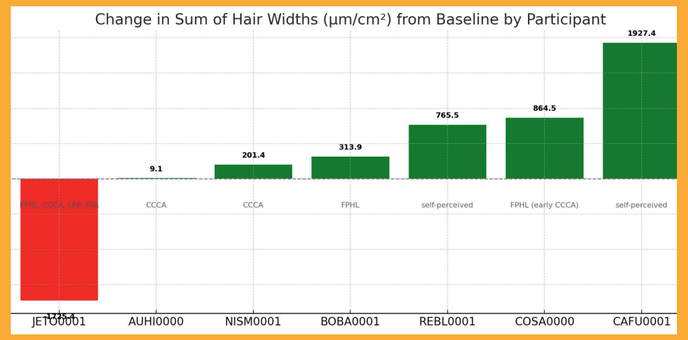

Figure 2: Change in Sum of Hair Widths (um/cm²) from Baseline by Participant

Xtressé™ gummy supplement shows an increase in hair width measured in um/cm² for self-perceived thinning, FPHL, and CCCA among study participants.

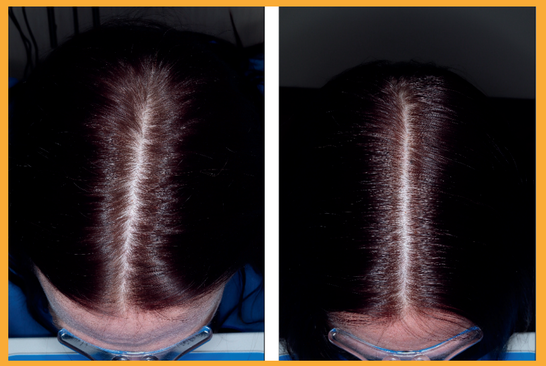

Figure 3: Before and After Participant Results

Before and after pictures of study particpant from 01/23/2025 (left) to 02/20/2025 (right) with use of Xtressé™ gummy supplement.

Conclusion:

Although only 9 participants have thus far completed multiple visits out of the 60 planned, preliminary data from this pilot study suggest that Xtressé™ supplementation improves hair count and overall hair mass, particularly in individuals with female pattern hair loss and early-stage CCCA. The observed stimulation of both vellus and terminal hairs highlights Xtressé™'s potential as a promising treatment for thinning hair. These findings also underscore the importance of early detection and intervention in CCCA to help prevent irreversible follicular damage and maximize treatment outcomes.