

**NATURAL SUPPLEMENTS AND VITAMINS FOR HAIR
LOSS: WHAT TO TAKE AND WHY**

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In fact, many nutritional deficiencies are linked to hair loss. . However, if you fail to get enough in your diet, supplements may be helpful.

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In fact, catechins in matcha have been proven to block DHT, which causes hair loss. The recommended daily amount of niacin is 16 mg per day for men and 14 mg for women.

The data led to the hypothesis of zinc metabolism disturbances playing a key role.

The mean ferritin a protein in the body that binds to iron level was statistically significantly lower in patients with diffuse telogen hair loss than in subjects without hair loss.

Email him at peterwiseherbalhome gmail.

For professional medical information on natural medicines, see Natural Medicines Database.

work with a doctor to determine if you have a deficiency or not.