DIET AND DIET SUPPLEMENTS
– THE EFFECT ON HAIR AND NAILS

Ass. Prof. Beata Bergler-Czop, PhD, MD
Bartosz Miziołek, MD

Medical University of Silesia, School of Medicine in Katowice,
Chair and Department of Dermatology in Katowice, 20/24 Francuska St.
It appears that when a person is on a typical Western diet, the hair follicle should have no problem producing an appropriate hair shaft. 

Mediterranean diet: fresh herbs and fresh vegetables decrease the risk of Androgenetic Alopecia in males

**analysis of diet in:**
104 males affected by AGA vs. 108 healthy controls

High consumption (≥3 times a week) of

- raw vegetables (p=0.02)
- fresh herbs (p=0.02)

delays AGA onset
energy for hair cycle (calories)

aminoacids (building elements)

micro- & macroelements

vitamins
Iron deficiency (ID) is the world’s most common nutritional deficiency and is a well-known cause of hair loss. What remains unclear is what degree of ID may contribute to hair loss.

While the mechanism of action by which iron impacts hair growth is not known, hair follicle matrix cells are some of the most rapidly dividing cells in the body, and ID may contribute to hair loss via its role as a cofactor for ribonucleotide reductase, the rate-limiting enzyme for DNA synthesis

Fig 1. Mask mouse has mutation in *Tmprss6* that is associated with body hair loss and iron-deficiency anemia. High-iron diet restores iron parameters, including mean corpuscular volume (MCV), and hair growth in these mice. Data from Du et al.⁷