

Innovative Nutricosmetics Solution in Hair Loss Treatment

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Topical minoxidil solution and oral finasteride are the drugs with highest level of medical evidence for treatment of androgenetic alopecia, though their efficacy has limitations in terms of reducing hair loss or inducing new hair growth.

The limited success rate of evidence based monotherapy points to a more important complexity of alopecia. One must remain open-minded for a multitude of cause-relationships underlying hair loss, incl. inflammation and fibrosis, microenvironmental factors, oxidative stress, and co-morbidities, and therefore the possibility of alternative or combination regimens to enhance hair growth and quality.

Since the effect of nutritional factors have been recognized from observations in inborn errors of metabolisms, deficiency disorders, aging, and preliminary supplementations studies, treatment with a nutrient-based (nutricosmetic) therapy may be effective.

Ultimately, a 6-month supplementation study with omega 3&6 and antioxidants (innéov DENSIOLOGY) performed by the study group of Antonella Tosti has been shown to act efficiently against hair loss in improving hair density and reducing telogen percentage and the proportion of miniaturized anagen hair. Objectively measured improvements were confirmed by the subjects' perception of efficacy (*J Cosm Dermatol* 2014;14:76-82).