

Evaluating the Efficacy of a Standardized Nutraceutical to Improve Hair Growth and Quality in Menopausal Women: A Nine Month Subjective Single-Blind Prospective Study.

Sheryl Berkowitz MS, Tess Marshall ND, Isabelle Raymond PhD and Sophia Kogan MD
Nutraceutical Wellness, Inc, New York, NY

INTRODUCTION: Generalized hair loss and thinning increases with advancing age and is most common among menopausal women. Hormonal changes are often cited as the cause of hair loss among older women although growing evidence indicates the cause is often multifactorial.¹⁻² Hair loss and thinning can have a significant psychological impact, leading to low self-esteem and diminished quality of life.³⁻⁴

The purpose of this study was to assess the perception of the efficacy of a standardized nutraceutical (Nutrafol® Synergen Plus Complex) that targets multiple root causes of thinning hair to improve hair growth and quality in women throughout and beyond the menopause transition.

METHODS: This was a nine-month single-blinded prospective study. Forty-one women who self-reported as either pre-, peri- or post-menopausal with self-perceived hair thinning were included in the study.

Study Design

- Hair assessments were conducted at baseline, 3, 6 and 9 months.
- Professional photography were taken at each visit.
- Expert grader rated photographs for hair attributes (hair growth, overall volume, shine, texture, degree of coverage) based on a 0-9 scale. The percentage of participants who received a category rating of 2-3 or greater at each respective evaluation point from baseline, 3, 6, and 9 months was calculated.
- Self-assessment questionnaires completed (hair attributes, quality of life and overall well-being) at each visit.

Statistical Analysis

For each hair attributes (volume, shine, texture, and degree of coverage) the percentage of participants who received a category rating of 2-3 or greater at each respective evaluation point from baseline, 3, 6, and 9 months was calculated.

Each of the percentages at 3 months, 6 months, and 9 months were compared to the baseline percentage using McNemar’s Test for Paired Proportions.

RESULTS: Thirty women (mean age = 55 ± 7.2 years) completed the study.

Expert grader reported statistically significant changes in hair attributes for overall volume (p<0.01), shine (p<0.005) and texture (p<0.001) at 6-months with continuous improvement at 9 months.

Degree of coverage progressively improved over the course of the study with a significant trend at 9 months.

At 9 months, the expert grader rated 100% of subjects showed visible improvement relative to baseline for hair growth.

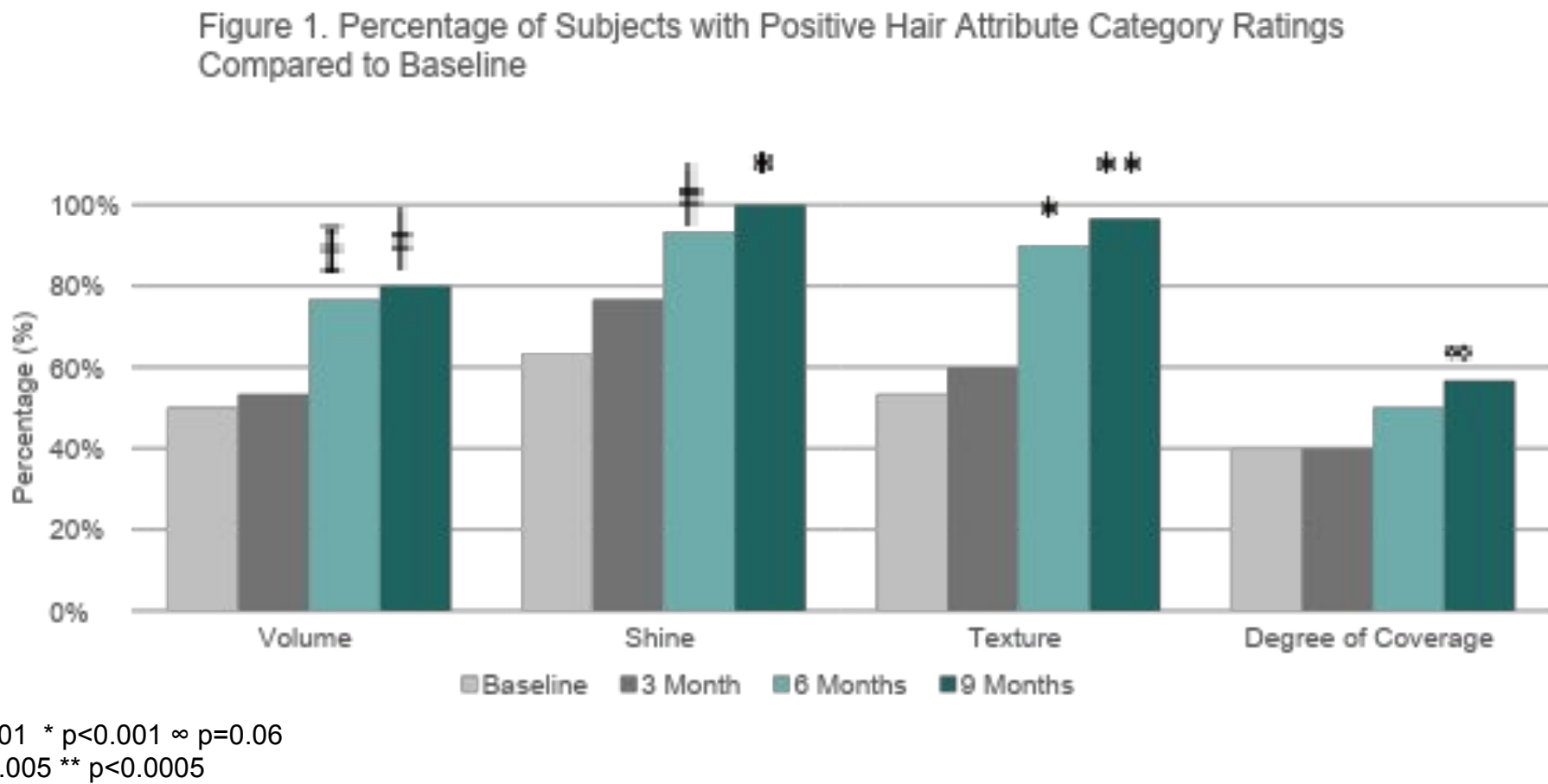


Figure 2. Professional photographs at baseline, 3 month and 6 months for three representative subjects.



CONCLUSION: This study showed subjective improvement of hair growth and quality in menopausal women following daily intake of a nutraceutical supplement containing standardized botanical extracts specifically addressing multiple root causes of hair thinning. Both subjects and expert graders reported hair growth and quality and saw further improvements throughout the duration of the study in addition to overall well-being parameters.

Conflicts of interest/Disclosure:
All authors are employed by Nutraceutical Wellness LLC

Self-Assessment Questionnaires:

Subjects reported improvements in hair attributes including hair growth, growth rate, thickness, texture, strength and shedding.

Subjects reported improvements in quality of life; increased confidence, feelings of attractiveness and overall health during menopausal transition.

Table 1. Self-Assessment	3 Months	6 Months	9 Months
My hair feels stronger	83.30%	86.70%	86.70%
My hair looks thicker/fuller/voluminous	70%	76.70%	80%
My hair is shedding less	80%	73.30%	90%
My hair is growing faster / improved growth rate.	60%	76.7%	80%
There is new hair growth/ I see new hairs	70%	80%	93.30%
My baby hairs are growing out	66.70%	63.30%	76.70%
My hair looks healthier	80%	93.30%	93.30%
My bald spot/thinning spot are less visible /more covered	70%	73.30%	80%
Skin looks healthier	70%	83.30%	90%

Safety Assessment: There were no reported adverse events.

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