



Vitamins & Supplements for Hair Loss

Hair loss or hair “shedding” is quite common following bariatric surgery. After significant weight loss the body is working to adapt to significant nutritional restriction and can be stressed from rapid weight loss. Hair shedding typically occurs around 3-5 months after surgery and is temporary.

What you can do:

- ✓ Aim for at least 75 grams of **protein** (for women) and 95 grams protein (for men)
- ✓ Take your **Bariatric Multivitamin** daily after surgery to meet all of your vitamin/mineral needs
 - Bariatric Multivitamins contain many of the vitamins necessary for hair in the recommended amounts per surgery guidelines including biotin, Vitamin A, E, D, thiamine, folate, and Vitamin B12.
 - You should always take your Bariatric Multivitamin
- ✓ Supplement with **Biotin** (dissolvable, tablets, capsules)
 - Avoid taking more than 10,000 mcg total daily
 - Brand examples: *Nature Made* extra strength biotin 5000 mcg, *Bariatric Advantage* Biotin 5000 mcg, *Natrol* berry dissolves 5000 mcg , *Barimelts* biotin
- ✓ Supplement with **Collagen** (powder or capsules)
 - Brand Examples: vital proteins (unflavored) collagen powder, *Youtheory* collagen tablets , *Garden of Life* collagen peptides, *Metagenics* Collagen
- ✓ Hair, Skin and Nails Supplements for Bariatrics:
 - BariLife – Bariatric Glow- Hair, Skin & Nails
 - Bariatric Fusion- Bariatric Hair, Skin and Nails Rejuvenator
- ✓ Shampoos that may promote hair growth:
 - Nioxin System 1 Cleanser Shampoo
 - Monat Damage Repair Bond Support
 - Laritelle Organic Shampoo Art Naturals Organic Argan Oil Hair Loss Shampoo

