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ZINC SUPPLEMENTATION IN HAIR LOSS

Zinc plays a key role in cell metabolism, including hair follicles. The body can't store zinc, so humans need to get from the diet each day. The recommended daily amount is about 10 mg. Zinc is found in a variety of food sources, including eggs, meat, poultry and legumes. Oysters have more zinc than any food. Elderly individuals, vegetarians, pregnant women, alcoholics, those with sickle cell disease and those with intestinal issues are at higher risk for deficiency.

You may be advised to start zinc for your particular type of hair loss. Depending on your type of hair loss, Dr. Donovan uses different amounts of zinc and for different periods of time. Typically for hair loss, we recommend 15 -30 mg elemental zinc per day.

TYPE OF ZINC	TYPICAL PILL SIZE	ELEMENTAL ZINC IN EACH PILL
Zinc sulphate	220	50 mg
Zinc citrate	146 mg	50 mg
Zinc gluconate	25 mg	3.5 mg
Zinc oxide	100 mg	80 mg
Zinc acetate	25 mg	7.5 mg
Zinc monomethionine	238 mg	50 mg

