



Diet remedies for

Telogen Effluvium (Hairfall)

Your Guide to Telogen Effluvium (Hairfall)

Diet Remedies for Telogen Effluvium (Hairfall)

- * Amla Shot – vitamin C supports collagen formation and helps improve iron absorption.*
- * Curry Leaves Water – a traditional addition to a hair-supportive diet; evidence for treating hair loss is limited.*
- * Flaxseed Powder – provides plant omega-3 fats, protein and fibre.*
- * Pumpkin + Sunflower Seeds – provide zinc, vitamin E and other micronutrients.*
- * Black Sesame Seeds – provide iron, zinc, calcium and healthy fats.*

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** Soaked Almonds + Walnuts – provide protein, vitamin E and healthy fats.*

** Chia Seed Water – provides fibre and plant omega-3 fats.*

** Moringa Powder – nutrient-dense and provides iron, protein and antioxidants.*

** Dates + Black Raisins – provide iron and other micronutrients, though portions should be moderate because of their sugar content.*

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** Protein Seed Mix – pumpkin, sunflower, flax, chia and sesame seeds can be combined as a convenient daily nutritional addition.*

Most important: adequate protein, iron, zinc, vitamin D and B12 matter more than any single hair drink.

Persistent hair fall should be evaluated for nutritional deficiencies, thyroid problems, hormonal causes and scalp conditions.



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