xtre§é™ HAIR THERAPY

Validation Study to Evaluate the Efficacy and Safety of a Hair Growth Gummy Nutraceutical Supplement in Women

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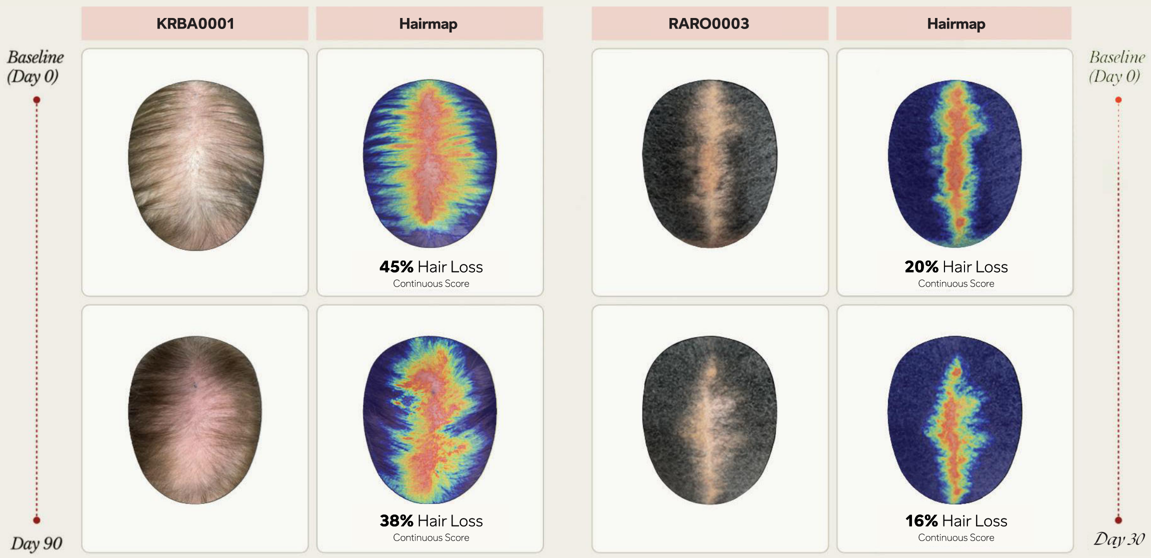
Introduction

Alopecia in women—most commonly female pattern hair loss (FPHL) or self-perceived thinning—has both medical and psychosocial impact. These conditions are multifactorial, influenced by inflammation, hormonal factors, and micronutrient deficiencies. Although nutraceuticals are widely used as adjuncts to therapy, few have been evaluated in gummy formulations, which may improve adherence and satisfaction. This study evaluates a nutraceutical gummy containing nicotinamide adenine dinucleotide (NAD+), saw palmetto, pumpkin seed extract, ashwagandha, turmeric, and targeted vitamins and minerals supporting follicular metabolism, oxidative balance, stress resilience, and androgen modulation. The objective was to assess efficacy and tolerability in women with FPHL or self-perceived thinning.

Method

This prospective, multi-center, four-month observational study included women aged 18–65 years with FPHL or self-perceived hair thinning. Participants were eligible if they completed at least two visits and had no medication changes within three months before enrollment. Participants consumed two gummies daily with a meal. Baseline assessments included scalp photography, trichometric imaging, and questionnaires. Hair growth parameters were quantified using two imaging platforms: Canfield HairMetrix®, providing localized phototrichogram analysis, and SOCai Vision™, offering a global scalp assessment of hair loss. This dual approach enabled both precise regional measurement and comprehensive visual quantification. Participants completed self-assessment surveys with follow-up imaging 4–9 weeks after baseline.

90% of study participants have shown measurable improvement in scalp coverage*



Results

11 participants completed serial Canfield HairMetrix® assessments and 10 underwent SOCai Vision™ analysis. By Canfield evaluation, 9 of 11 (81.8%) demonstrated meaningful increases in total and terminal hair counts. Responders achieved an average gain of +13.7 hairs/cm^2, including +6.8 terminal hairs/cm^2, with a +254 μm/cm^2 rise in cumulative hair-shaft width—indicative of follicular activation and shaft thickening.

SOCai Vision™ findings showed improvement in 9 of 10 (90%) participants. Across this group, visible hair loss decreased from 22.2% to 17.0%, a 5.2-point absolute reduction (≈23% relative improvement) in global hair loss. Approximately 70% concordance was observed between Canfield and SOCai classifications; the two Canfield non-responders were responders by SOCai, reflecting the importance of considering broader scalp coverage when evaluating efficacy.

Conclusion

This multi-center, four-month pilot study demonstrates early clinical promise for a multi-ingredient nutraceutical formulation in women with FPHL or self-perceived thinning. Dual-platform imaging revealed consistent improvements in hair density, shaft caliber, and global scalp coverage, indicating follicular reactivation and visible volumetric enhancement. Over 80% achieved measurable hair-count gains, while global imaging showed a 23% relative reduction in visible hair loss. The gummy delivery format supported strong adherence and satisfaction, highlighting the potential of non-invasive, multi-pathway nutraceutical approaches to improve hair density and quality in early hair loss. Larger longitudinal studies are underway to confirm these findings and evaluate long-term outcomes.

*as measured by SOCAi Global HairMap™