
HRVATSKO DRUŠTVO
ZA SUPLEMENTACIJU
U MEDICINI
Hotel Sheraton,
Zagreb
22.-25.10.2026.
JESENSKA AKADEMIJA
SUPLEMENTACIJE
U MEDICINI
(BEYOND) MICRONUTRITION IN ALOPECIA AREATA
Tea Rosović, Dermatovenerology specialist
Polyclinic GrandMed, Opatija

NO CONFLICT OF INTEREST

Which one ist the most often in the population?

PSORIASIS

ALOPECIA AREATA

VITILIGO

2-3%

~ 80 000

Alopecia Areata (AA)

- autoimmune disease that causes a non-scarring type of alopecia, leading to sudden onset patchy or diffuse hair loss

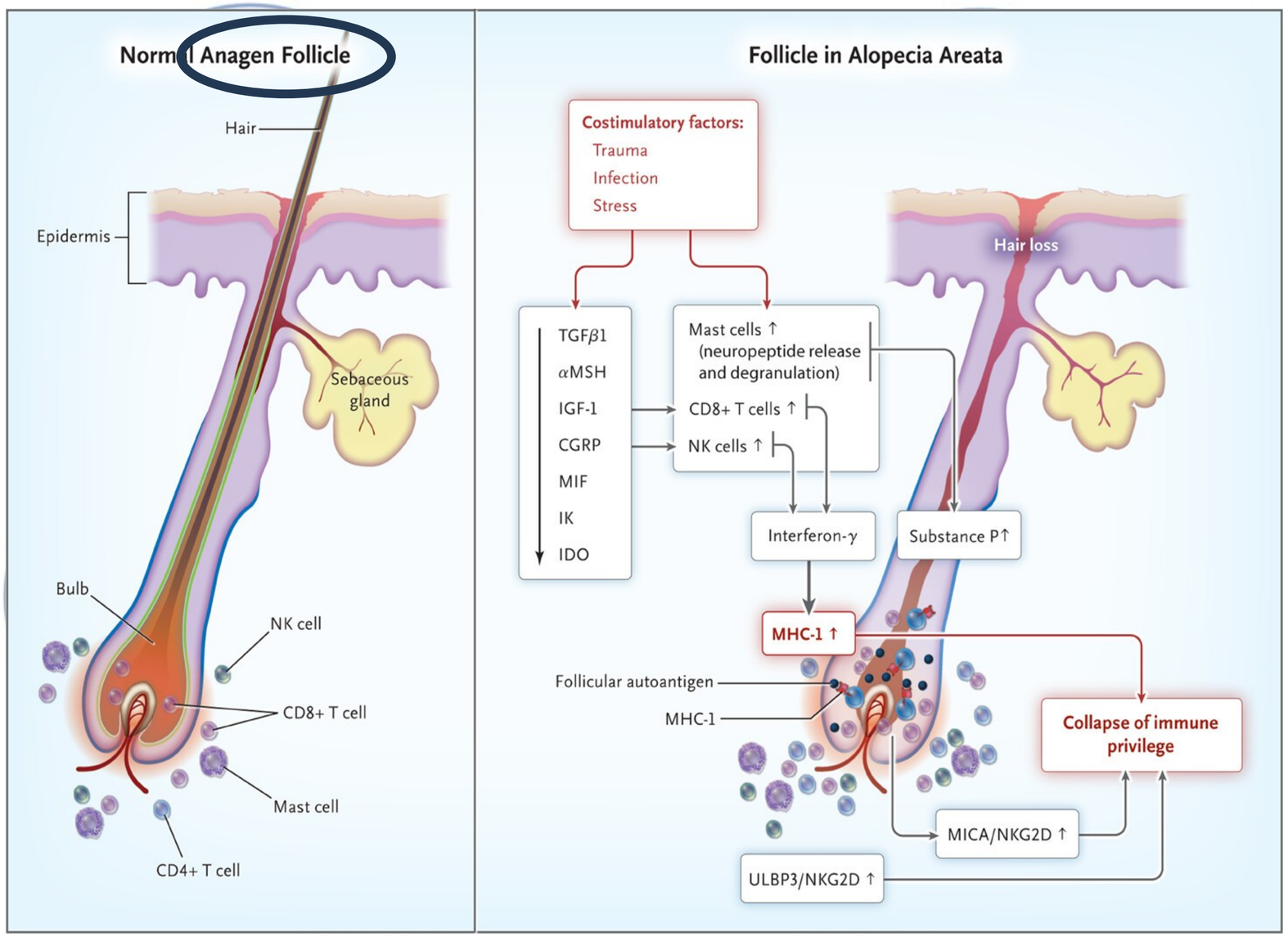
Alopecia areata incognita



Chiramel MJ, Sharma VK, Khandpur S, Sreenivas V. Relevance of trichoscopy in the differential diagnosis of alopecia: A cross-sectional study from North India. Indian J Dermatol Venereol Leprol 2016;82:651-658

Pathophysiology

Loss of Immune Privilege



Abarca Y A, Scott-Emuakpor R, Tirth J, et al. (2025) Alopecia Areata: Understanding the Pathophysiology and Advancements in Treatment Modalities. Cureus 17(1): e78298. doi:10.7759/cureus.78298

Gilhar, Etzioni, Paus, 2012, N Engl J Med 2012;366:1515-1525

What lab test should we perform?

CBC, iron, ferritin, transferrin saturation, vitamin D, TSH, anti-TPO, anti-Tg, glucose



‘Mind knows what the eyes see’

D. H. Lawrence



Micronutrition in AA

Review > Clin Dermatol. 2026 Mar-Apr;44(2):270-275. doi: 10.1016/j.clindermatol.2026.02.011.
Epub 2026 Feb 13.

Vitamins and hair: Sham or science?

Advaitaa Ravipati [1], Antonella Tosti [2]

Affiliations + expand

PMID: 41692085 DOI: 10.1016/j.clindermatol.2026.02.011

Review > Am J Clin Dermatol. 2017 Oct;18(5):663-679. doi: 10.1007/s40257-017-0285-x.

The Role of Micronutrients in Alopecia Areata: A Review

Jordan M Thompson [1], Mehwish A Mirza [2], Min Kyung Park [3], Abrar A Qureshi [3 4], Eunyoung Cho [5 6]

Affiliations + expand

PMID: 28508256 PMCID: PMC5685931 DOI: 10.1007/s40257-017-0285-x

Case Reports > Integr Med (Encinitas). 2026 Feb;25(1):36-40.

Successful Remission of Alopecia Areata and Seborrheic Dermatitis in a 21–Year–Old Male via Functional Nutrition and Advanced Diagnostics: A Case Report

Snigdha Ranjan [1], Pakhi Gupta [2], Shagun Arya [2], Mugdha Pradhan [3]

Affiliations + expand

PMID: 41953063 PMCID: PMC13055416 (available on 2027-02-01)

Serum *levels of vitamin D, zinc, and folate tend to be lower in patients with AA.*

Evidence is conflicting or insufficient to suggest differences in levels of *iron, vitamin B_{12}, copper, magnesium, or selenium.*

Publications

Review › Clin Dermatol. 2021

Epub 2021 Sep 3.

The skin

Shivani Sinha [1], G

Commenta

The gut

biomark

Zhi Hu[1,2]

[1]Hospital for Skin Di

Laboratory of Basic

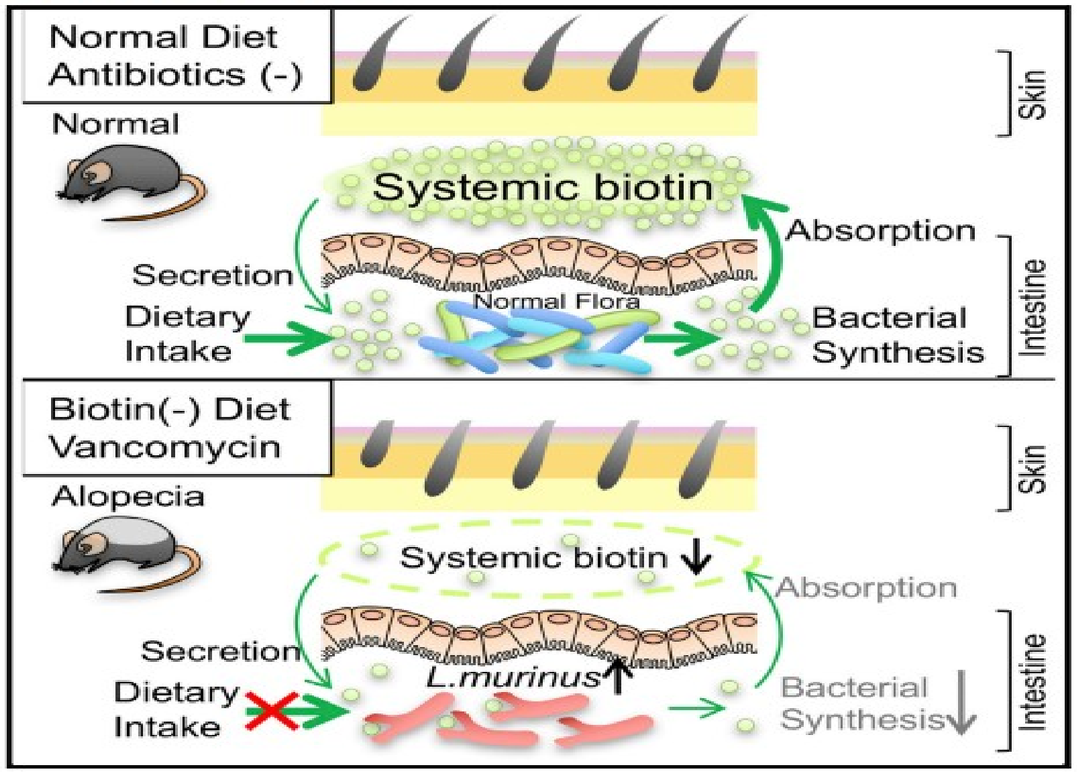
[3]Department of Dern

Report

Cell Reports

Intestinal Dysbiosis and Biotin Deprivation Induce Alopecia through Overgrowth of *Lactobacillus murinus* in Mice

Graphical Abstract



Authors

Atsushi Hayashi, Yohei Mikami, Kentaro Miyamoto, ..., Masayuki Amagai, Manabu Ohyama, Takanori Kanai

Correspondence

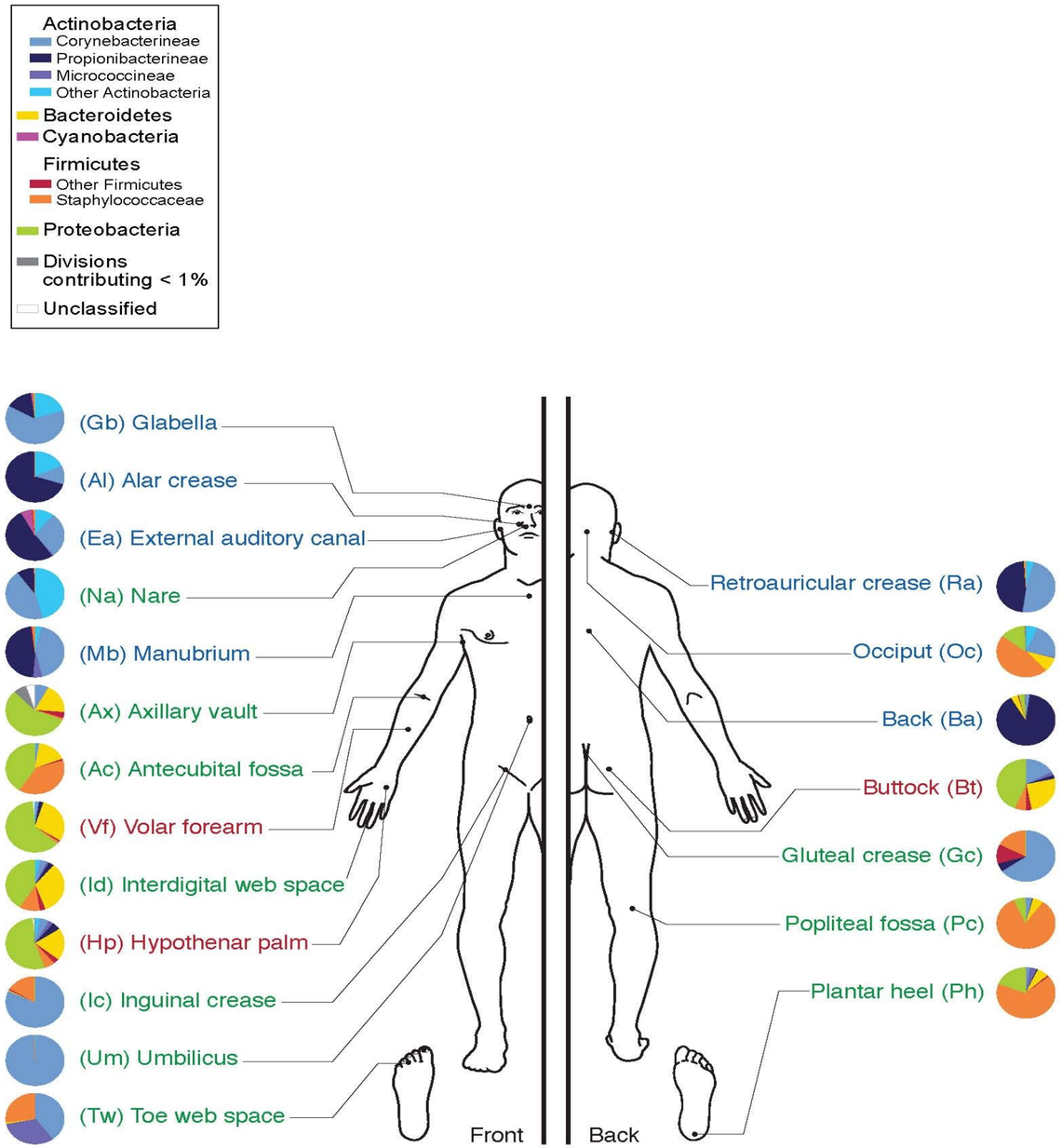
takagast@z2.keio.jp

In Brief

Gut microbiota metabolism affects host physiology beyond the gastrointestinal tract. Here, Hayashi et al. find that antibiotic-induced gut dysbiosis leads to the development of alopecia in mice on a biotin-deficient diet.

Human microbiome project (2007.-2016.)

Microbes contribute more genes responsible for human survival than humans' own genes

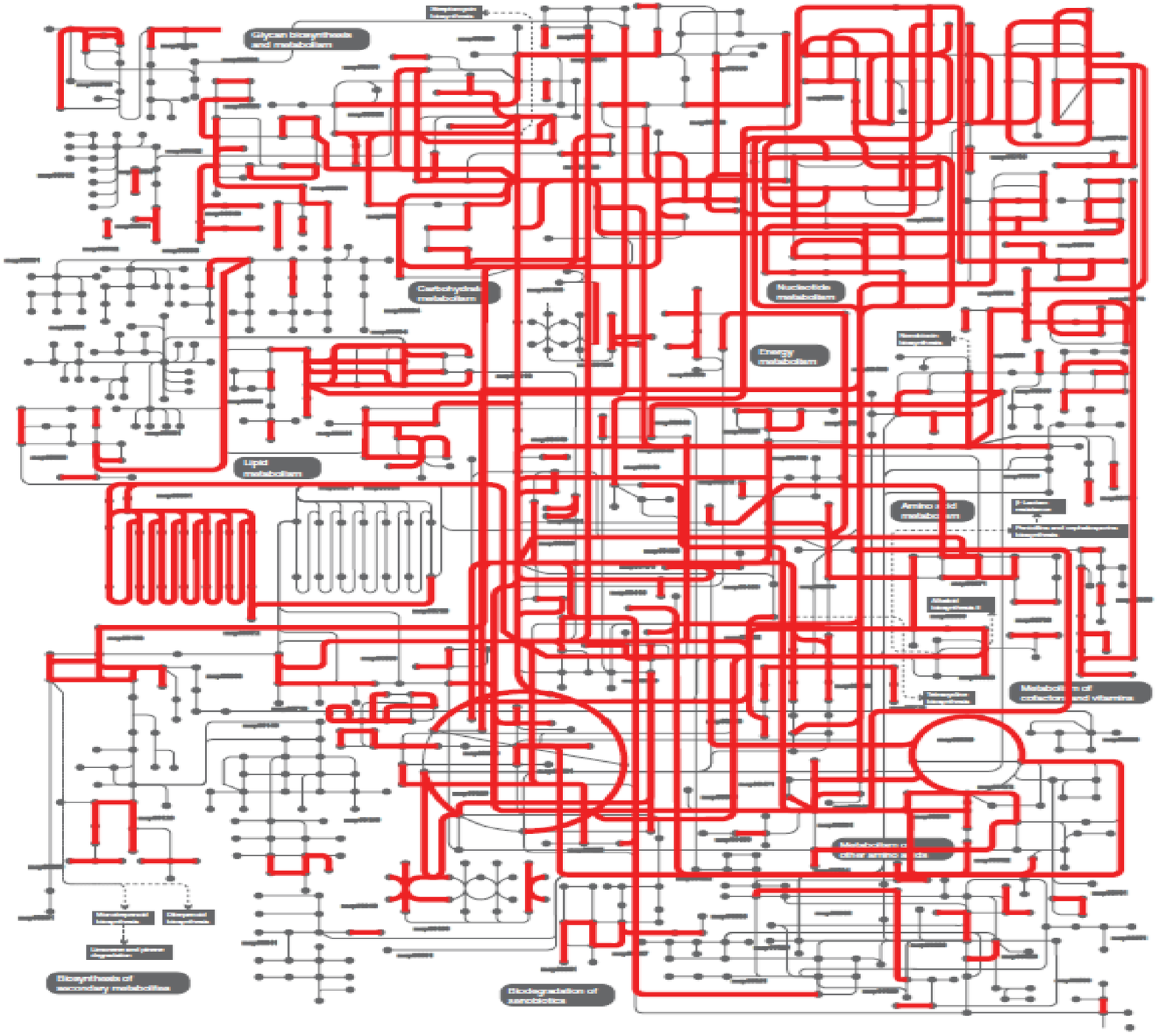


- http://www.genome.gov/dmd/img.cfm?node=Photos/Graphics&id=85320

Vol 464|4 March 2010|doi:10.1038/nature08821 nature

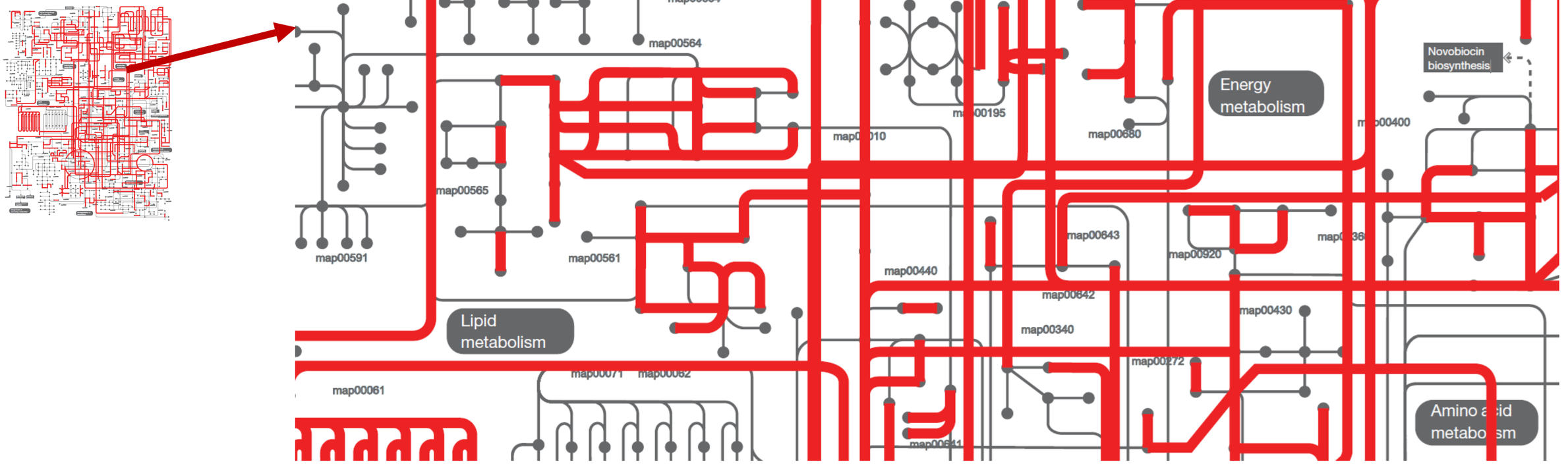
ARTICLES

A human gut microbial gene catalogue established by metagenomic sequencing

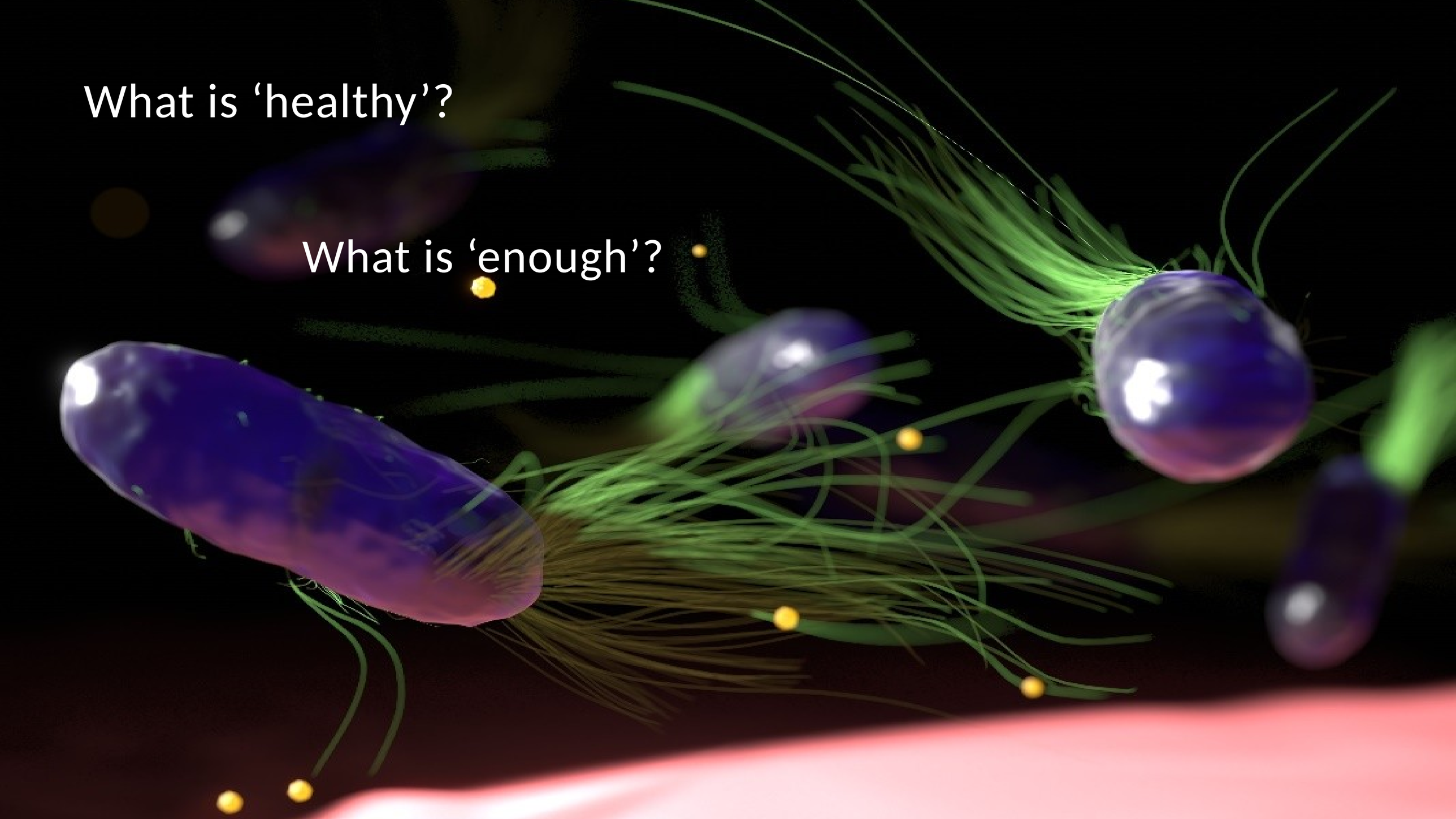


Vol 464|4 March 2010|doi:10.1038/nature08821 nature

A human gut microbial gene catalogue established by metagenomic sequencing



Projection of the minimal gut genome on the KEGG pathways using the iPath tool


What is ‘healthy’?
What is ‘enough’?



Why FMT?

Case Reports › ACG Case Rep J. 2017 Sep 13:4:e107. doi: 10.14309/crj.2017.107. eCollection 2017.

Hair Growth in Two Alopecia Patients after Fecal Microbiota Transplant

Dionne Rebello [1], Elaina Wang [1], Eugene Yen [2], Peter A Lio [3], Colleen R Kelly [1] [4]

Case Reports › World J Clin Cases. 2019 Oct 6;7(19):3074-3081. doi: 10.12998/wjcc.v7.i19.3074.

Hair regrowth following fecal microbiota transplantation in an elderly patient with alopecia areata: A case report and review of the literature

Wen-Rui Xie [1], Xiao-Ya Yang [2], Harry Hua-Xiang Xia [1], Li-Hao Wu [1], Xing-Xiang He [3]

Take home messages:

1. Don’t suggest unnecessary tests.
2. Give the right information.
3. Know the treatment based on guidelines.
4. Supplement, but give realistic expectations.

THANK YOU

alopeciaareatacro

tearosovic

grandmedpoliklinika