

Iron + Zinc: Preventing Hair Loss

Rapid weight loss and reduced intake can leave hair, skin, and nutrient stores under-supported. Iron and zinc help, but the whole nutrition picture matters.



1 Why Shedding Can Happen

- Hair shedding after starting a GLP-1 medication is common and is usually a temporary stress response (telogen effluvium) tied to rapid weight loss and reduced intake — not a direct effect of the medication itself.
- Eating less may increase the risk of low protein, iron, zinc, and other nutrients.
- Hair changes often appear several months after the nutritional stress begins.



2 Iron Supports Healthy Growth

- Iron helps carry oxygen and supports energy, muscles, skin, and hair follicles.
- Low iron stores may occur before standard anemia results become abnormal.
- Ask your clinician whether ferritin and other iron tests are appropriate.



3 Zinc Needs the Right Balance

- Zinc supports immune function, skin repair, cell growth, and healthy hair structure.
- Long-term or high-dose zinc can interfere with copper absorption.
- Supplement amounts should reflect your diet, symptoms, labs, and clinician's advice.



4 Support the Whole Hair Cycle

- Prioritize adequate protein, calories, and nutrient-dense meals whenever possible.
- Avoid taking iron blindly because excess iron can be harmful.
- Seek clinical guidance for severe, patchy, painful, or persistent hair loss.

Disclaimers & Notes

This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Iron and zinc supplementation should be guided by labs and clinical evaluation, not assumed — unnecessary iron supplementation can be harmful, and chronic zinc intake above the tolerable upper limit (40 mg/day for adults) can cause copper deficiency.