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## TABLE 2

Medical and dietary history risk factors that can cause nutritional deficiencies contributing to hair loss.  
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Medical or Dietary History Risk Factor	Nutrient Deficiency
History of blood loss (menstrual in premenopausal women, GI in postmenopausal women and men)	Iron
Malabsorption disorders	Multiple vitamin deficiencies
Pregnancy	Iron, folic acid, zinc
Alcoholism	Folic acid, zinc, niacin
Malignancy	Iron, zinc, can depend on type of malignancy
Renal dysfunction	Selenium, zinc
H2 blocker use	Iron
Antiepileptics	Biotin, Zinc
Antihypertensives	Zinc
Prolonged antibiotic use	Biotin
Isoniazid	Niacin
Inadequate sun exposure	Vitamin D
Living in parts of China, Tibet, and Siberia	Selenium
Vegans/vegetarians	Iron, zinc
Excessive ingestion of raw egg whites	Biotin
Malnutrition	Multiple vitamin deficiencies