

**MARTINE LANGSAM, IAT, WTS**- Trichology Clinic  
880 Las Gallinas Ave., Suite 4, San Rafael, CA 94903  
[www.martinelangsam.com](http://www.martinelangsam.com) (415) 453-9792

## **CYCLICAL VITAMIN THERAPY FACTS & BENEFITS**

### Cyclical Vitamin Therapy

- Multiple Nutrients together interfere with the absorption & efficiency
- Mon & Thu: Antioxidants, Calcium, Omega-3
- Tue & Fri: Iron, Folic acid & Vit. C Repeats in 3 day cycles
- Wed & Sat: Aminoacids, B-Complex & Biotin
- Iron & Calcium on different days - chelate, reduce efficiency 40%
- Avoid excess Vit. A, Vit. E, Vit. D, Omega 3, Amino acids >> Hair loss
- Low dose, once in 3 days, safe, lower cost, meets all body req.
- Therapeutic or Treatment dose & Prophylactic or Preventive
- 2% Ketoconazole shampoo every 3 – days – helps in hair growth
- Peptide Gel local application - everyday – stimulation
- Diet & Lifestyle modification.
- Combined with LLLT, PRP, Growth factors, or Hair Transplant

### Vitamin Interactions:

- High Vit C inactivates Vit. B12. Rogovik AL, Vohra S, Goldman RD. Safety considerations and potential interactions of vitamins: should vitamins be considered drugs? Ann Pharmacother 2010;44:311–24.
- Excess Vit. C hampers copper absorption, inhibits SOD, superoxide dismutase (Cu, Zn-SOD),
- Excess Vit. E anticoagulant antagonism with Vit. K
- Excess Vit. E disrupts phagocyte, anti-infective function of WBCs
- Vit. C regenerates Vit. E used as antioxidant
- Vit. E regenerates  $\beta$ -carotene
- Vit. A facilitates mobilization of iron from storage to developing RBCs for incorporation into hemoglobin
- Iron required for conversion of Thyroid hormone storage T4 to active T3