

More hair in the drain?

Check these 3 things.

Labs can say “normal” while your hair says otherwise.

1

Your hormones

Estrogen & progesterone keep hair in its growth phase. As they drop, more strands shift into shedding, and DHT can start thinning your part.

ASK FOR

Estradiol

Progesterone

Total & free testosterone

SHBG

DHEA-S

2

The FULL thyroid panel

TSH alone can miss it. Hashimoto's can trigger shedding before TSH budges.

OPTIMAL TARGETS

TSH 0.5–2.5 mIU/L

Free T3 3.0–4.0 pg/mL

Free T4 1.1–1.5 ng/dL

Reverse T3 <15 ng/dL

TPO & Tg antibodies negative

3

Your iron stores

50–70 ng/mL

Optimal ferritin for hair

Under 40 is linked to more shedding, even with a normal CBC.

Iron saturation 25–35%

Serum iron 70–130 mcg/dL

hs-CRP <1 mg/L



Save this & bring it to your next appointment

Optimal targets reflect functional medicine practice; lab ranges vary. Don't start iron without testing. Education only, not medical advice.