

# **Hair and Fingernail Problems (ridges, white spots, cracked, flaking, hair brittle, falls out, gray hair - premature)**

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## **Possible Causes and Contributing Factors:**

- Iron anemia
- Calcium need or inability to use calcium
- Zinc deficiency or an inability to use zinc (unsaturated fatty acids, magnesium, B6 need)
- Need for unsaturated fatty acids

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*