# Woman develops severe yeast infection linked to popular hair and nail supplement



A 64-year-old woman developed a severe vaginal yeast infection linked to the use of a popular skin, hair, and nail supplement, according to a recent case report from Purdue University College of Pharmacy in Indiana. The woman had started taking the supplement in February 2024, which was marketed by vitamin brand Spring Valley and cost approximately £30. The capsules contained a mixture of vitamins and minerals, including vitamin C, collagen, and calcium, ingredients commonly associated with promoting the health and appearance of hair, skin, and nails.

Shortly after beginning the daily regimen, the woman experienced a burning sensation during urination accompanied by a dark, yellow, foul-smelling discharge consistent with symptoms of thrush, a genital infection caused by the overgrowth of Candida yeast. The researchers noted that these symptoms disappeared once the supplement was discontinued.

In the Journal of Medical Case Reports, the scientists suggested that, while there is no evidence that the active vitamins and minerals typically found in such supplements trigger thrush, the reaction was likely caused by inactive ingredients or preservatives in the product. These may have altered the vaginal pH balance, creating an environment conducive to Candida proliferation. The case is thought to be unusual, with no previous reports of a similar incident.

The report highlights an important consideration given that hair, skin, and nail supplements are largely unregulated by bodies such as the US Food and Drug Administration (FDA) or the UK's Medicines and Healthcare products Regulatory Agency (MHRA). As a result, these products are not tested for safety or efficacy, limiting understanding of potential adverse effects.

This case echoes broader concerns about supplement safety. A 2024 review published in JAMA Network Open by researchers at the University of Michigan cautioned that six widely used supplements—turmeric, green tea extract, garcinia cambogia, black cohosh, red yeast rice, and ashwagandha—may cause irreversible liver damage. The study indicated these supplements contain ingredients that could lead to severe liver injuries, organ failure, and even death or the need for liver transplantation. Drug-induced liver injury from supplements now accounts for 20 per cent of such cases in the US, according to the report.

Despite limited scientific evidence supporting the benefits of many supplements, approximately half of adults in the UK reportedly use them regularly. The supplement industry is projected to grow substantially, with an expected value of £251.5 billion by 2030, up from £136.5 billion at present.

The findings underline the necessity for increased awareness regarding potentially harmful side effects associated with over-the-counter supplements, even those widely perceived as safe for everyday use. The Daily Mail is reporting on this evolving issue, reflecting growing medical scrutiny of supplement safety in consumer health markets.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7588165/> - This article discusses the risks associated with skin, hair, and nail supplements, including potential adverse effects and the lack of regulatory oversight by the FDA.
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7802115/> - This study examines the marketing and labeling concerns of skin, hair, and nail supplements, highlighting the prevalence of unverified health claims and the absence of independent testing.
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7455464/> - This research highlights safety concerns related to skin, hair, and nail supplements, including potential interactions, teratogenicity risks, and the lack of independent third-party testing.
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7455464/> - This study identifies 176 separate supplements with 255 distinct ingredients, including vitamins, minerals, and animal products, raising concerns about potential interactions and nutrient overdosing.
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7455464/> - The article emphasizes the need for physicians to educate patients on the potential risks of skin, hair, and nail supplements due to limited regulation and knowledge gaps.
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7455464/> - The study underscores the importance of understanding the efficacy and long-term safety of dietary supplements, given the limited regulation and potential risks associated with their use.
7. <https://www.dailymail.co.uk/health/article-14659607/Woman-fungal-infection-genitals-thrush-common-supplement.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data