

Ingredients To Look For And Avoid In A DHT Shampoo



Ingredients to look for:

Ketoconazole: An active ingredient in DHT shampoo that may inhibit DHT and minimize hair loss.



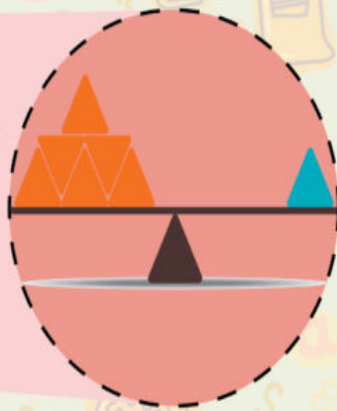
Pumpkin seed oil: An agent that may promote hair growth by treating androgenetic alopecia-induced hair loss.

Biotin: It's a vitamin crucial for hair growth, as its deficiency can result in hair loss.



Ingredients to avoid:

Paraben: A common allergen found in shampoos that can disrupt one's hormonal balance.



Sulfate: It helps in cleansing your hair and scalp but at the cost of leaving the hair frizzy and dry.

Synthetic chemicals: These harsh and strong ingredients can worsen one's scalp and hair conditions.



References:

1. What Are Parabens, and Why Don't They Belong in Cosmetics; Environmental Working Group.
2. Hair Cosmetics: An Overview; NIH.
3. Effect of Pumpkin Seed Oil on Hair Growth in Men with Androgenetic Alopecia: A Randomized, Double-Blind, Placebo-Controlled Trial; NIH.
4. Ketoconazole as an adjunct to finasteride in the treatment of androgenetic alopecia in men; NIH.
5. Biotin and biotinidase deficiency; NIH.