



# Jeff Donovan MD PhD FRCPC

*Dermatologist, specializing in hair loss*

---

4370 Lorimer Road Suite 334B - Whistler BC V0N 1B4

Phone: 604.283.1887 Fax: 604.648.9003

Email: [whistleroffice@donovanmedical.com](mailto:whistleroffice@donovanmedical.com) Web: [www.donovanmedical.com](http://www.donovanmedical.com)

## SHAMPOOS FOR SPECIAL CONSIDERATIONS

Many common shampoo products can cause irritation of the scalp. This frequently manifests as redness and itchiness when the products are applied. However, not all products actually cause scalp problems at first – and some start out with irritation of the FACE- face, eyelids, ears and neck

### FRAGRANCE- FREE SHAMPOOS

Scalp sensitivities can rarely be from fragrance sensitivities. These can also cause reactions on the face and neck. A great majority of shampoos contain fragrance.

The following are fragrance free (and low allergen) shampoos:

#### **FREE AND CLEAR SHAMPOO**

- **No fragrance**
- **No Parabens**
- **No SLS (sulphate)**
- **no CAPB**

purified water, lauryl glucoside, coco-glucoside, acrylates copolymer, disodium cocoyl glutamate, sodium cocoyl glycinate, glycerin, sucrose cocoate, panthenol, pentylene glycol, 1,2-hexanediol, sodium cocoyl glutamate, disodium EDTA, caprylyl glycol, sodium hydroxide, sodium chloride

# FRAGRANCE- FREE SHAMPOOS (CONTINUED)

## DUCRAY PHYSIOPROTECTIVE SENSINOL SHAMPOO

- No fragrance
- No Parabens
- No alcohol
- no CAPB (cocamidopropyl betaine)
- Ingredients
  - WATER (AQUA), SODIUM LAURETH SULFATE, ZINC COCETH SULFATE, CETEARETH-60 MYRISTYL GLYCOL, LAURETH-9, COCO-GLUCOSIDE, 1,2-HEXANEDIOL, CAPRYLYL GLYCOL, CITRIC ACID, DISODIUM EDTA, HYDROXYPROPYL GUAR HYDROXYPROPYLTRIMONIUM CHLORIDE, SODIUM CHLORIDE, SODIUM HYDROXIDE

## AFM SAFE CHOICE HEAD AND BODY SHAMPOO

- No fragrance
- No Parabens
- No alcohol
- No CAPB (cocamidopropyl betaine)
- Ingredients
  - Water, Sodium Laureth Sulfate, Cocamide DEA, Citric Acid.

## EXEDERM SHAMPOO

- No fragrance
- No Parabens
- No alcohol
- No CAPB (cocamidopropyl betaine)
- Ingredients
  - Purified water, decyl glucoside, glycerin, xanthan gum, disodium cocoamphodiacete, phenoxyethanol, caprylyl glycol, polyquaterium-10, guar hydroxypropyltrimonium chloride, EDTA, citric acid

# FRAGRANCE- FREE SHAMPOOS (CONTINUED)

## SEEN "FRAGRANCE FREE" SHAMPOO (MUST ORDER FRAGRANC FREE)

- No sulphates
- No phthalates
- No parabens
- No CAPB (cocamidopropyl betaine)
- No Linalool
- No FDR's (formaldehyde releasers)
- No dyes
  
- **Ingredients**
  - Water, Sodium Lauroyl Methyl Isethionate, Cocamidopropylamine Oxide, Glycerin, Acrylates Copolymer, Glycol Distearate, Trisodium Ethylenediamine Disuccinate, C13-15 Alkane, Guar Hydroxypropyltrimonium Chloride, Polyquaternium-7, Bisabolol, Citric Acid, Disodium Edta, Phenoxyethanol, Ethylhexylglycerin, Aminomethyl Propanol, Sodium Hydroxide, Tocopherol, Sodium Benzoate

# OTHER OPTIONS FOR FRAGRANCE- FREE SHAMPOOS

## PHILLIP ADAM FRAGRANCE FREE SHAMPOO

- No fragrance
- No Parabens
- No SLS (sulphate) but has CAPB (cocamidopropyl betaine)
- **Ingredients**
  - Purified Water (Aqua), Decyl Glucoside, Ammonium Cocoly Isethionate, Cocamidopropyl Betaine, Apple Cider Vinegar, Caprylhydroxamic Acid & Caprylyl Glycol & Glycerin, Lactic Acid, Hydrolyzed Pea Protein, Chamomilla recutita (Matriarca) Flower Extract, Melissa officinalis Leaf Extract (Lemon Balm), Urtica dioica (Nettle) Extract, Rosmarinus officinalis (Rosemary) Leaf Extract, Salvia officinalis (Sage).
- Available at many sources including Well.ca

### **GREEN CRICKET FRAGRANCE FREE SHAMPOO**

- **No fragrance**
- **No Parabens**
- **No SLS (sulphate) but has CAPB (cocamidopropyl betaine)**
- **Ingredients**
  - Aqua, cocamidopropylbetaine, cetyl betain, sodium methyl 2-sulfolaurate (and) disodium 2-sulfolaurate, vegetable glycerin, cocoglucoside, glyceryl oleate, aloe barbadensis (aloe) leaf juice, tocopherol acetate, glyceryl caprylate, glyceryl undecylenate
- Available at many sources including Well.ca

### **JASON FRAGRANCE FREE SHAMPOO**

- **No fragrance but has CAPB (cocamidopropyl betaine)**
- **Ingredients**
  - Aqua (Water), Aloe Barbadensis Leaf Juice (1), Cocamidopropyl Betaine, Sodium Lauryl Sulfoacetate, Chamomilla Recutita (Matricaria) Flower Extract, Salvia Officinalis (Sage) Leaf Extract, Ascophyllum Nodosum Extract, Guar Hydroxypropyltrimonium Chloride, Glycerin, Panthenol, Sodium Sulfate, Sodium Chloride, Citric Acid, Benzyl Alcohol, Potassium Sorbate, Sodium Benzoate

### **EARTH SCIENCE FRAGRANCE FREE SHAMPOO**

- **No fragrance but has CAPB (cocamidopropyl betaine)**
- **Ingredients**
  - (INCI): Aqua (Water), Sodium Myreth Sulfate, Cocamidopropyl Betaine, Sodium Chloride, Chamomilla Recutita (Matricaria) Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Hydrolyzed Wheat Protein, Panthenol, Lactic Acid, Polyquaternium-7, Citric Acid, Hydroxypropyl Methylcellulose, Glycerin, Sodium Hydroxide, Potassium Sorbate, Sodium Hydroxymethylglycinate.

# COCAMIDOPROPYL BETAINE FREE SHAMPOOS

Cocamidopropyl betaine is a common allergen. It is derived from coconut. Some of our patients who are allergic to CAPD first develop various forms of dermatitis on the face, ears or eyelids – not necessarily on the scalp. Scalp sensitivities can rarely be from fragrance sensitivities. These can also cause reactions on the face and neck. 50 % of shampoos contain CAPB. The following are Cocamidopropyl betaine free Shampoos:

## **FREE AND CLEAR SHAMPOO**

- **No fragrance, no Parabens, No SLS (sulphate), no CAPB**
- **Ingredients**
  - purified water, lauryl glucoside, coco-glucoside, acrylates copolymer, disodium cocoyl glutamate, sodium cocoyl glycinate, glycerin, sucrose cocoate, panthenol, pentylene glycol, 1,2-hexanediol, sodium cocoyl glutamate, disodium EDTA, caprylyl glycol, sodium hydroxide, sodium chloride

## **DUCRAY PHYSIOPROTECTIVE SENSINOL SHAMPOO**

- **No fragrance, No Parabens, No alcohol, no CAPB**
- **Ingredients**
  - WATER (AQUA), SODIUM LAURETH SULFATE, ZINC COCETH SULFATE, CETEARETH-60 MYRISTYL GLYCOL, LAURETH-9, COCO-GLUCOSIDE, 1,2-HEXANEDIOL, CAPRYLYL GLYCOL, CITRIC ACID, DISODIUM EDTA, HYDROXYPROPYL GUAR HYDROXYPROPYLTRIMONIUM CHLORIDE, SODIUM CHLORIDE, SODIUM HYDROXIDE

## **AFM SAFE CHOICE HEAD AND BODY SHAMPOO**

- **No fragrance, No Parabens, No alcohol, No CAPB**
- **Ingredients**
  - Water, Sodium Laureth Sulfate, Cocamide DEA, Citric Acid.

## **EXEDERM SHAMPOO**

- **No fragrance, No Parabens, No alcohol, No CAPB, no Propylene glycol, no SLS**
- **Ingredients**
  - Purified water, decyl glucoside, glycerin, xanthan gum, disodium cocoamphodiacete, phenoxyethanol, caprylyl glycol, polyquaterium-10, guar hydroxypropyltrimonium chloride, EDTA, citric acid

# **COCAMIDOPROPYL BETAINE FREE SHAMPOOS**

## **SEEN “FRAGRANCE FREE” SHAMPOO (MUST ORDER FRAGRANC FREE)**

- **No sulphates**
- **No phthalates**
- **No parabens**
- **No CAPB (cocamidopropyl betaine)**
- **No Linalool**
- **No FDR’s (formaldehyde releasers)**
- **No dyes**
  
- **Ingredients**
  - Water, Sodium Lauroyl Methyl Isethionate, Cocamidopropylamine Oxide, Glycerin, Acrylates Copolymer, Glycol Distearate, Trisodium Ethylenediamine Disuccinate, C13-15 Alkane, Guar Hydroxypropyltrimonium Chloride, Polyquaternium-7, Bisabolol, Citric Acid, Disodium Edta, Phenoxyethanol, Ethylhexylglycerin, Aminomethyl Propanol, Sodium Hydroxide, Tocopherol, Sodium Benzoate

## **STANDARD and SULPHATE FREE SHAMPOOS FOR TREATMENT OF DANDRUFF AND SEBORRHEIC DERMATITIS**

The following are shampoos which may be recommended by Dr. Donovan

### **Standard Anti-Dandruff and Seborrheic Dermatitis Shampoos**

<b>KEY INGREDIENT</b>	<b>BRAND NAMES</b>	<b>Available at</b>
Zinc pyrithione	<ul style="list-style-type: none"> <li>• Head and Shoulders</li> <li>• Life Brand Dandruff Shampoo</li> <li>• Dove Men+Care® Fortifying Anti-Dandruff Pyrithione Zinc Shampoo</li> <li>• Equate Dandruff 2 in 1 Pyrithione Zinc Shampoo</li> <li>• Redken zinc pyrithione shampoo</li> </ul>	Drug Store
Selenium sulphide	<ul style="list-style-type: none"> <li>• Head and Shoulders Clinical Solutions</li> <li>• Selsun Blue</li> </ul>	Drug Store
Ketoconazole	<ul style="list-style-type: none"> <li>• Nizoral</li> </ul>	Drug Store
Ciclopirox	<ul style="list-style-type: none"> <li>• Stieprox</li> </ul>	Prescription
Salicylic Acid	<ul style="list-style-type: none"> <li>• Denorex</li> </ul>	Drug Store

## Sulphate Free Shampoos

**\*\* please review current manufacturing and ingredient list to confirm these are sulphate free at the time of current manufacturing.**

<b>BRAND NAME</b>	<b>KEY INGREDIENT</b>	<b>Available at</b>
L'Oreal EverFRESH Antidandruff shampoo	Zinc pyrithione	Drug Store
Pharmaceutical Specialties Free and Clear Medicated Anti-Dandruff Shampoo	Zinc pyrithione	Drug Store Online Select health stores
Dead Sea Spa MAGIK Mineral Shampoo	Salicyclic acid and zinc pyrithione	Online Select health stores
Vichy Dercos Anti-dandruff sensitive shampoo	Salicyclic acid and Piroctone olamine	Online Select health stores
Neutrogena T-sal	Salicyclic acid and tar	Drug Store Online Select health stores
Pura Dor Argan Oil Premium Organic Shampoo Scalp and Dandruff Treatment	Zinc Pyrithione	Online Select health stores
Regenapure DR Dandruff Shampoo	Salicyclic acid and 1 % ketoconazole	Online Select health stores