

## For Hair Loss

- Over the counter oral hair supplements to consider (choose one):
  - Biotin (vitamin B7) 5,000 mcg daily
    - **NOTE: The U.S. FDA (Food and Drug Administration) has issued warnings that biotin can interfere with certain lab tests and cause incorrect test results that may go undetected. These labs include: falsely low troponin (biomarker for heart attacks) and thyroid hormone labs. This does not mean that biotin causes thyroid or heart abnormalities but only that it interferes with lab testing.**
  - Nutrafol
  - Viviscal
- Over the counter minoxidil (Rogaine is one brand but you can choose any generic equivalent)
  - 2% or 5%, depending on what we recommend. It is OK for women to use the 5% strength.
  - Foam or solution are both fine, based on your preference.
  - Once or twice daily (we will specify).
- Camouflage techniques for thinning scalp hair:
  - Toppik® Powder or Couvre Masking Lotion
  - Bumble and Bumble Hair Powder Spray
  - Choose a color one shade lighter than your hair color.

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