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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 Shampoos:

FREE AND CLEAR SHAMPOO (and FREE AND CLEAR ANTIDANDRUFF)

- **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**
- **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**
- **Ingredients**
 - Purified water, decyl glucoside, glycerin, xanthan gum, disodium cocoamphodiacete, phenoxyethanol, caprylyl glycol, polyquaterium-10, guar hydroxypropyltrimonium chloride, EDTA, citric acid

TRUECIDER SHAMPOO

- **No fragrance, No Parabens, No Silicones**
- **Ingredients**

Purified water, sodium cocoyl glycyinate, sodium methyl cocoyl taurate, gluconolactone, hydroxypropyl methylcellulose, organic apple cider vinegar, lactobionic acid, PCA, niacinamide, glycyrrhetic acid, maltodextrin, modified food starch, 1,2 hexanediol, caprylyl glycol.

SEEN SHAMPOO (MUST ORDER FRAGRANCE FREE VERSION)

- **No fragrance, No Parabens, No Silicones, No Sulfates, No Formaldehyde releasers, No CAPB**
- **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, Fragrance, 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**
- **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**
- **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**
- **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**
- **Has CAPB**
- **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.

NO NOTHING FRAGRANCE FREE SHAMPOO

- **No fragrance**
- **Has CAPB**
- **Ingredients**
- Aqua, Sodium Laureth Sulfate, Glycerin, Sodium LauroylSarcosinate, CocamidopropylBetaine, CocamidopropylamineOxide, Citric Acid, Sodium Chloride,Avocado Oil Glycereth-8 Esters,Glycol Distearate, GuarHydroxypropyltrimonium Chloride,Sodium Benzoate, Cocamide MEA,Laureth-10, Potassium Sorbate,Polysilicone-15, Phenoxyethanol.

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

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

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

Sulphate Free Shampoos

**** please review current manufacturing and ingredient list to confirm these are sulphate free at the time of current manufacturing. This list is up to date as of June 1 2016.**

BRAND NAME	KEY INGREDIENT	Available at
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	Salicylic acid and zinc pyrithione	Online Select health stores
Vichy Dercos Anti-dandruff sensitive shampoo	Salicylic acid and Piroctone olamine	Online Select health stores
Neutrogena T-sal	Salicylic 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	Salicylic acid and 1 % ketoconazole	Online Select health stores