



Shampoos Used in the Treatment of Seborrheic Dermatitis

Choose a shampoo from one of the ingredient categories. Remember that it is often necessary to rotate your shampoos every couple of months as your hair gets accustomed to the same shampoo. Rotate to different ingredient categories for the best results. Remember to leave the suds on your scalp for at least 3-4 minutes before rinsing out the shampoo.

Ingredient	Shampoo
Zinc Pyrithione	Zincon DHS with Zinc Head and Shoulders (H&S – regular) ZNP Bar
Salicylic	T-sal Psor-a-set Sebulex P&S X-seb
Tar	T-gel DHS Tar gel Mg-217 Pentrax Sebutone Ionil-T Tegrin Denorex Vanseb-T X-seb-T
Selenium Sulfide	Head and Shoulders (intensive treatment) Selsun Blue Exsel
Sulfur	Meted Vanseb