

## Dandruff Shampoos

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Following is a list of the major ingredients in dandruff shampoos with some examples in each category. There is no one best shampoo. Individuals may respond differently to the same ingredients. After a period of time (eg 2 months), with continued usage, a shampoo may become less effective. In this case, a change of shampoo is indicated.

Ingredient: Selenium sulfide  
Brand names: **Selsun, Excel**

Ingredient: Tar  
Brand names: **T-gel, DHS-TAR**

Ingredient: Nizoral  
Brand names: **Nizoral shampoo**

Ingredient: Zinc pyrithione  
Brand names: **DHS zinc, Head and Shoulder, ZNP Bar (bar soap)**

Ingredient: Sulfur  
Brand names: **Sulfur 8, Sebex**