

Triclosan

Antibacterial

Moderately effective antibacterial ingredient added to shampoos

Ethyl lactate

Antibacterial Decreases skin pH Degreasing Comedolytic

Mild degreasing, antiseborrheic shampoo with good antibacterial activity Good for dry, scaling seborrhea

Povidone-iodine

Antibacterial Antifungal Antiviral

Mild shampoo with excellent antimicrobial activity but limited duration of effect

Short duration of effect Staining May irritate skin Thyroid dysfunction Metabolic acidosis

Phytosphingosine

Antimicrobial Antiseborrheic

YELLOW = OK INGREDIENTS

Mild shampoo

Diphenhydramine

Antipruritic

Mild shampoo with moderate antipruritic activity

Contact sensitivity

Pramoxine

Antipruritic

Mild shampoo with good antipruritic activity

L-rhamnose Simple saccharides

Antiallergic Antiseborrheic

Mild shampoo that helps prevent allergen penetration

Aloe vera

Anti-inflammatory Antibacterial

Added to many products for mild antiinflammatory effects

TOPICAL THERAPY INGREDIENTS

Chlorhexidine

Antibacterial Antifungal Antiviral

Mild shampoo with excellent antimicrobial activity

Chlorhexidine–miconazole combinations

Antifungal Antibacterial

Superior antifungal efficacy compared with single-ingredient products

Chlorhexidineketoconazole combinations

Antifungal Antibacterial

Superior antifungal efficacy compared with single-ingredient products

Ketoconazole

Antifungal

Mild shampoo with good antifungal activity

Miconazole

Antifungal

Mild shampoo with good antifungal activity

Sodium salicylate Zinc gluconate Pyridoxine

Antiseborrheic Antimicrobial

Good antiseborrheic shampoo without the adverse effects of tar

GREEN = GOOD-HELPFUL

Hydrocortisone

Anti-inflammatory Antipruritic

Mild shampoo with good antipruritic activity

Immunosuppression Cutaneous atrophy

Oatmeal

Decreases prostaglandins Antipruritic Soothing

Mild shampoo with moderate antipruritic activity

Humectants Propylene glycol Urea Lactic acid Glycerin

Moisturizers

Hygroscopic agents that actively pull water into the skin

Emollients Oils Lanolin Paraffin Waxes

Moisturizers

Occlusive agents that decrease transepidermal water loss.

Benzoyl peroxide

Antibacterial Follicular flushing Degreasing Keratolytic

Potent degreasing, follicular flushing shampoo with excellent antibacterial effects Mildly antiseborrheic Good for crusting and oily seborrheic disorders

Drying May irritate skin May bleach fabrics

Acetic acid Boric acid

Antimicrobial Decreases skin pH

Good therapy for Malassezia dermatitis

May be irritating

Lactoferrin Lactoperoxidase Zinc gluconate Lysozymes Potassium iodide

Antimicrobial

Mild shampoo with antimicrobial effects

May be irritating

RED = HARSH + DRYING + IRRITATING

Tar

Keratolytic Keratoplastic Degreasing Antipruritic Vasoactive Antiseborrheic

Potent degreasing and antiseborrheic shampoo Good for severe oily seborrheic disorders

Toxic to cats Drying May irritate skin Staining Photosensitization Carcinogenic

Selenium sulfide

Keratolytic Keratoplastic Degreasing Antiseborrheic

Potent degreasing shampoo with good antiseborrheic activity Good for oily seborrheic disorders Moderate activity against yeast

Drying May irritate skin Not for cats

Menthol

Antipruritic

Added to products to decrease pruritus

May be irritating

Melaleuca oil Tea tree oil

Anti-inflammatory Antimicrobial

Moderately effective anti-inflammatory with good antimicrobial properties

May be irritating Excessive application may cause toxicity (salivation, neurologic symptoms, hepatotoxicity)