

## Minoxidil 5% Biotin 0.1% Hair Loss Liquid

Important Information - Please Read Carefully

Before taking this medicine, please read this leaflet as it contains essential information.

- Keep this leaflet: You might need to reread it.
- If you have further questions, please consult your doctor or pharmacist.
- This medicine has been prescribed specifically for you. Do not share it with others, even if they have similar symptoms, as it may harm them.
- If you experience any side effects, please inform your doctor or pharmacist. This includes any side effects not listed in this leaflet.
- This medicine is used to treat hair loss in men and women.
- Follow the instructions on how to use this product carefully.

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### 1. What is Minoxidil 5% Biotin 0.1% hair loss liquid, and what is it used for?

Minoxidil 5% Biotin 0.1% hair loss liquid is a medicine that promotes hair regrowth and treats common hereditary hair loss in men and women.

It contains minoxidil, which is thought to work by aiding the blood flow to the hair follicles on your scalp.

- It works best in men with hair loss or thinning at the top of the scalp.

- Younger men, those who have been losing hair for a short period, or those with a small area of baldness are likely to experience the best results.
- Minoxidil 5% Biotin 0.1% hair loss liquid is unlikely to benefit men who have been bald for many years or have a large area of hair loss.

Hereditary hair loss is recognisable by:

- The pattern of hair loss (see diagrams above).
- Gradual onset and progression.
- Family history of hair loss.
- No other symptoms are present with your hair loss.

## How does hair grow?

Your hair grows about 1 centimetre (half an inch) each month. Hair grows from hair follicles located under your skin. A single scalp hair grows continuously for 2-4 years (growth phase) and then stops growing for 2-4 months (rest phase). After this, the hair falls out, and new, healthy hair grows, repeating the cycle. The hairs on your scalp are always at different stages of this cycle, so you are expected to lose some scalp hair every day.

## What is male pattern hair loss?

Male-pattern hair loss is a common condition in which men experience thinning hair on the scalp, often leading to a receding hairline and balding on the top of the head. This condition is believed to result from a combination of genetic factors and the hormone dihydrotestosterone (DHT).

DHT shortens the growth phase of hair and causes it to thin, leading to male-pattern hair loss. These changes can begin in some men as early as their 20s and tend to become more prevalent with age. Prolonged hair loss over time may result in permanent hair loss.

## 2. What do you need to know before taking Minoxidil 5% Biotin 0.1% hair loss liquid?

Do not take Minoxidil 5% Biotin 0.1% hair loss liquid if:

- You are under 18.
- You have reacted badly to minoxidil or other ingredients.
- If you are allergic (hypersensitive) to minoxidil or other ingredients in this medicine.
- Your hair loss is caused by drug treatment.
- You have total baldness or complete loss of all body hair.
- The cause of your hair loss is unknown, sudden, or unexpected.
- You have high blood pressure, treated or untreated.
- If you have heart failure (you may feel breathless, wheezy or tired, and your ankles may swell up).
- If you have ever had a heart attack.
- Your scalp is not normal and healthy.

Do not take Minoxidil 5% Biotin 0.1% hair loss liquid if any of the above apply to you. If you are unsure, consult your doctor or pharmacist.

## Warnings and precautions

- If you are unsure whether your scalp is normal and healthy.
- If you suffer from heart disease, including abnormal heart rhythms or rates, angina or chest pains and/or circulation disorders.
- If you are taking or using any other medicines, including:
  - Certain blood pressure medicines called 'vasodilators', e.g. hydrazine. There is a potential risk that minoxidil, the active ingredient in Minoxidil 5% Biotin 0.1% hair loss liquid, may interact with these medicines and increase their effect.
- If you are unsure about the medicine you are taking or using, show the bottle or pack to your pharmacist. If any of these bullet points apply now or in the past, talk to your pharmacist or doctor

## Children and Adolescents

Minoxidil 5% Biotin 0.1% hair loss liquid should not be used in children.

## Other Medicines and Minoxidil 5% Biotin 0.1% hair loss liquid

Inform your doctor or pharmacist if you are taking, have recently taken, or might take other medicines.

## Pregnancy and breast-feeding

Minoxidil 5% Biotin 0.1% hair loss liquid should NOT be used in pregnant and breastfeeding women.

Consult your doctor or pharmacist if:

- You are unsure whether your scalp is normal and healthy.
- You suffer from heart disease, abnormal heart rhythms, chest pains, or circulation disorders.
- You are taking or using other medicines, especially certain blood pressure medicines called 'vasodilators', e.g., hydralazine, as minoxidil may interact with these medications.

## Driving and using machines

Minoxidil may cause dizziness or low blood pressure. If you experience these side effects, do not drive or operate machinery.

## 3. How to take the Minoxidil 5% Biotin 0.1% hair loss liquid

### 1. Preparation:

Ensure your scalp and hair are clean and dry before applying the solution.

Wash your hands thoroughly before and after application.

### 2. Application:

Apply the recommended dose (as prescribed by your doctor) directly to the affected areas of the scalp.

Gently massage the solution into the scalp using your fingertips to ensure even distribution.

Avoid contact with your eyes, mouth, and other mucous membranes. If contact occurs, rinse thoroughly with water.

### 3. Frequency:

Apply the solution once daily as directed by your healthcare provider.

It is important to use the solution consistently for the best results.

## If you forget to take a dose

**Missed Dose:** Do not take an extra dose to compensate for a missed dose. Continue with your next scheduled dose.

## Continued use of Minoxidil 5% Biotin 0.1% hair loss liquid

- You may need to use this medicine once daily for at least 8 weeks before seeing new hair growth. This is because hair growth is a slow process.
- Hair growth may be soft and downy initially but should eventually become the same as normal hair.
- Once the hair has begun to re-grow, you need to continue using this medicine once a day for the growth to continue.
- If you have no improvement in your hair growth after 16 weeks of use, you should discontinue treatment.

## Further Information

Questions:

If you have any additional questions about using this medication, consult your doctor or pharmacist.

## 4. Possible side effects

Like all medications, this medicine can cause side effects, although not everyone experiences them. Some side effects may be temporary and improve with continued treatment or upon stopping the medication.

### Serious side effects

Stop taking the Minoxidil 5% Biotin 0.1% hair loss liquid and seek immediate medical attention if you experience any of the following:

- Allergic Reaction: Symptoms include swelling of the lips, face, tongue, or throat; difficulty swallowing; hives (lumps under the skin); and breathing difficulties.
- You may feel faint or dizzy, especially when you stand up.
- Your body could hold on to more water than normal: you may notice that your ankles get puffy, or your rings get tight, or you put on weight.

- You may get more wheezy, breathless and tired, especially if you already have a weak heart.
- You may notice angina (usually pains in your chest) for the first time, or if you have angina already, it could get worse. Stop using and consult your doctor if you experience:
- Low blood pressure, fast heartbeat, palpitations.
- Faintness or dizziness, swollen hands or feet, shortness of breath.
- Sudden unexplained weight gain, persistent local redness or rash.

## Very common (may affect more than 1 in 10 people)

Increased heart rate, inflammation of the lining surrounding the heart, abnormal electrocardiogram (ECG), increased hair growth, and hair colour changes.

## Common (may affect up to 1 in 10 people)

Fluid accumulation around the heart, compression of the heart due to a build-up of fluid, and fluid retention.

## Rare (may affect up to 1 in 1,000 people)

A decrease in white blood cells or a reduction in blood platelets increases the risk of bleeding or bruising, serious illness with blistering of the skin, mouth, eyes, and genitals (Stevens-Johnson syndrome), inflammation and blistering of the skin, and rash. If this happens, you should stop using Minoxidil 5% Biotin 0.1% hair loss liquid.

Change in hair texture may occur.

## Not known: frequency cannot be estimated from the available data

Accumulation of fluid between the layers of tissue that line the lungs and chest cavity, chest pains (angina), gastrointestinal disorders, swelling of the ankles, feet or fingers associated with or independent of weight gain, breast tenderness, reduced kidney function resulting in increased creatinine and urea levels in your blood.

If you experience any side-effects, talk to your doctor, pharmacist or nurse.

This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine

Will Minoxidil 5% Biotin 0.1% hair loss liquid affect hair on other parts of your body?

Minoxidil 5% Biotin 0.1% hair loss liquid does not affect hair on other body parts.

## 5. How to store Minoxidil 5% Biotin 0.1% hair loss liquid

- Do not use this medicine after the expiry date stated on the label.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.
- Do not store above 25°C.
- Extremely flammable aerosol. Protect from sunlight and do not expose to temperatures exceeding 50°C.
- Keep this medicine out of the sight and reach of children.

## 6. Contents of the pack and other information

Benzoyl alcohol, propylene glycol, dimethyl sulfoxide, acetic acid

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