

The Best Hair Loss Shampoos For Men

They can help preserve and protect your hair before it's too late.

By [Cameron LeBlanc](#) Updated Feb 19 2020, 10:11 AM



If you've noticed that the hair on your head isn't quite as glossy or magnificent as it was when you were younger, there's no time to spare. Hair loss is a very real issue, and it can trash your confidence and sense of self because it impacts how you view yourself and how the world sees you. It's normal to lose about 100 hairs per day, but a receding hairline, a bald spot, or overall thinning of the hair are all warning signs that you might need to explore the best hair loss shampoos for men.

The first step is to visit your doctor to find out why your hair is thinning. In most cases, it's androgenic alopecia, which basically means genetic hair loss, and in many cases, it stems from having an unhealthy scalp.

“Scalp health is very important to hair health. Oftentimes patients with hair loss have low-grade scalp inflammation that may exacerbate their hair loss. This can be caused by seborrhea, psoriasis, or eczema,” says [Dr. Gary Goldenberg](#) of Goldenberg Dermatology in New York City. “Seborrhea and psoriasis are the most common forms of scalp irritation.”

Inflammation of the scalp can lead to hair loss because when the follicles become irritated, the hair root is weakened and more hair falls out. That's where hair loss shampoos can make a major impact. Are these shampoos a silver bullet? No. But they can make your scalp healthier, thus leading to less hair loss. And that's a win-win.



Nioxin Cleanser Shampoo System 2 Hair Loss Shampoo

If your hair is showing some serious signs of thinning, and it's on the oilier side, try this shampoo. It doesn't make your hair grow back, to be clear. What it does is remove sebum, fatty acids and other environmental gunk from the scalp. It's part of the brand's three-part regimen, all of it designed to make your scalp healthier and your hair thicker.

BUY NOW \$28.50



Cel Microstem Hair Thickening Shampoo and Conditioner

This shampoo and conditioner set is formulated specifically to make your hair follicles healthier. Healthier hair follicles can equal less hair loss. The key ingredients are biotin, keratin, and ginseng, which work together to help reduce shedding. Olive oil, meanwhile, soothes the scalp.

BUY NOW \$55.95



PURA D'OR Hair Thinning Therapy Shampoo

This inexpensive yet very popular shampoo is loaded with argan oil to protect hair, tea tree and other oils to strengthen the scalp, and saw palmetto to thicken the hair. It works by making your scalp healthier, thus reducing hair loss.

BUY NOW \$24.99



Klorane Shampoo for Thinning Hair

This gentle botanical shampoo helps revitalize and strengthen thinning hair with quinine and B vitamins, which make lifeless hair look thicker and fuller. This particular hair loss shampoo increases microcirculation and encourages hair growth. Quinine makes hair healthier and stronger.

BUY NOW \$22.00



Harklinikken Balancing Shampoo

This shampoo is specifically optimized to restore the natural pH balance to the scalp and control sebum production. It's a key part of the Danish brand's program to get your hair back on track by removing dead skin cells and gently but thoroughly cleansing the skin. It's also made without perfumes, silicones, parabens, or petrochemicals.

BUY NOW \$84.00

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