PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Ascorbic Acid/Biotin/Zinc/Minoxidil/Dutasteride
Form: Chewable Tablet

Drug Class:

- Ascorbic Acid: Water-soluble vitamin / antioxidant
- Biotin: Water-soluble B vitamin
- Zinc acetate: Trace element, immunomodulator
- Minoxidil: Antihypertensive vasodilator; Potassium-channel opener
- Dutasteride: Dual type I and type II 5-alpha-reductase inhibitor

Mechanism of Action[1,2,3,4]: This compounded hair-restoration formulation is designed to address pattern hair loss while providing additional nutritional and antioxidant support to the scalp and hair follicle environment. It is intended to:

- Block both type I and type II 5-alpha-reductase, the enzymes responsible for converting testosterone into DHT. Lowering DHT reduces the hormonal signal that progressively shrinks susceptible scalp follicles in pattern hair loss, helping preserve follicles and allowing thicker terminal hairs to grow.
- Support normal hair-cell metabolism by correcting biotin deficiency to improve deficiency-related hair concerns.
- Support normal follicle growth and repair by correcting zinc deficiency to improve signaling processes involved in cell division, protein synthesis, immune regulation, and normal hair-follicle cycling.
- Activate ATP-sensitive potassium (KATP) channels in cells within the hair follicle, including dermal papilla cells. This helps promote the active hair growth phase, supporting longer growth periods and increased hair production.
- Support collagen formation and antioxidant protection to protect the scalp from oxidative stress.

Indications Commonly Prescribed for:

- Male androgenetic alopecia
- Male pattern hair loss
- Progressive scalp thinning
- Receding or thinning hair associated with DHT
- Crown/vertex thinning
- Decreasing hair density
- Follicular miniaturization
- Hair-growth support

Before Use: Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

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Contraindications:

- Hypersensitivity to any component
- Scalp irritation or dermatitis where barrier is compromised
- Systemic absorption of high minoxidil concentrations may cause hypotension
- Significant cardiovascular disease
- History of pericardial disease/pericardial effusion
- Symptomatic hypotension
- Significant edema/fluid-retention disorders
- Significant renal or hepatic impairment
- Concurrent antihypertensive therapy requiring assessment

Cautions: Let your Healthcare provider know if you experience any adverse side effects. Benefits persist only while on therapy.

Warnings and Precautions:

- High-dose vitamin C can cause GI upset and, rarely, promote oxalate kidney stones; use caution in recurrent nephrolithiasis or significant renal impairment.
- Initial shedding: Minoxidil may cause early "shedding" as follicles transition.
- Systemic absorption risk: monitor for hypotension and tachycardia.
- Dutasteride may lower serum DHT; counsel men of reproductive age.
- Cardiovascular risk: At low doses used for alopecia, adverse events are generally less frequent, but patients should still be monitored for
    - Lightheadedness
    - Low blood pressure
    - Increased heart rate/palpitations
    - Ankle or leg swelling
    - Fluid retention
    - Shortness of breath
    - Chest discomfort
- Hypertrichosis: Excess hair growth outside the scalp is the most common adverse effect of low-dose oral minoxidil.
- Blood Donation: Individuals taking dutasteride should not donate blood during treatment or for at least 6 months after their final dose, to prevent exposure of a pregnant transfusion recipient.
- High-dose biotin can interfere with certain laboratory immunoassays and produce falsely high or falsely low test results. Patients should tell healthcare professionals and laboratory personnel that they take biotin before blood testing.
- Concurrent zinc supplementation can impair copper absorption and eventually cause copper deficiency.
- 5-alpha-reductase inhibitors have been associated with changes in sexual function.
- Fluid Retention: Minoxidil can promote sodium and water retention
- Renal Impairment: Patients with renal impairment may require additional caution because of fluid retention and cardiovascular complications.

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Boxed Warning:
Minoxidil tablets contain the powerful antihypertensive agent, minoxidil, which may produce serious adverse effects. It can cause pericardial effusion, occasionally progressing to tamponade, and angina pectoris may be exacerbated. Minoxidil should be reserved for hypertensive patients who do not respond adequately to maximum therapeutic doses of a diuretic and two other antihypertensive agents.

In experimental animals, minoxidil caused several kinds of myocardial lesions as well as other adverse cardiac effects (see Cardiac Lesions in Animals).

Minoxidil must be administered under close supervision, usually concomitantly with therapeutic doses of a beta-adrenergic blocking agent to prevent tachycardia and increased myocardial workload. It must also usually be given with a diuretic, frequently one acting in the ascending limb of the loop of Henle, to prevent serious fluid accumulation. Patients with malignant hypertension and those already receiving guanethidine should be hospitalized when minoxidil is first administered so that they can be monitored to avoid too rapid, or large orthostatic, decreases in blood pressure.

Adverse Reactions: If you experience any side effects or adverse reactions, including those not listed, please contact your healthcare provider. Seek emergency care if symptoms are severe.

Common:

- Increased facial or body hair (hypertrichosis)
- Initial shedding
- Headache
- Dizziness or lightheadedness
- Mild lowering of blood pressure
- Palpitations
- Mild ankle or lower-leg swelling
- Fluid retention
- Decreased libido
- Erectile dysfunction
- Changes in ejaculation
- Changes in semen volume or other semen parameters
- Breast tenderness or enlargement
- Nausea
- Stomach upset or abdominal discomfort

Serious, but Rare:

- Pericardial effusion
- Cardiac tamponade
- Significant or symptomatic hypotension
- Persistent or severe tachycardia
- Edema
- Shortness of breath or worsening heart failure symptoms
- New or worsening chest pain/angina
- Significant breast changes
- Clinically significant liver abnormalities or hepatic injury associated with dutasteride
- Clinically significant laboratory-test interference from high-dose biotin,
- Copper deficiency

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Interactions:

- Ascorbic acid increases iron absorption; use caution in hemochromatosis or transfusional iron overload.
- Ascorbic acid can increase aluminum absorption from aluminum-containing antacids, especially in renal impairment.
- Quinolone and tetracycline antibiotics form complexes with zinc; separate zinc by at least 2–6 hours around these doses.
- Penicillamine efficacy is reduced by zinc; separate dosing.
- Chronic high-dose zinc can lower copper status; consider copper if repeated courses or long-term use.
- Antihypertensive medications: Oral minoxidil may add to blood-pressure-lowering effects and increase dizziness or hypotension.
- Other vasodilators: May increase hypotension or cardiovascular effects.
- Diuretics: May influence fluid and blood-pressure responses and should be considered when evaluating minoxidil therapy.
- Other 5-alpha-reductase inhibitors: Combining dutasteride with finasteride generally increases overlapping DHT suppression without an established need in routine AGA treatment.

Use in Specific Populations:

- Pregnancy: Avoid if pregnant or planning pregnancy due to teratogenic risk
- Pediatrics: Avoid unless under dermatologic supervision
- Geriatrics: Start with the lower minoxidil strength and monitor tolerability
- Renal impairment: avoid high-dose vitamin C.

How to Use: This compounded preparation is in the form of a chewable tablet. Place the tablet in your mouth and chew it thoroughly until it has broken down completely. Do not swallow the tablet whole unless the label specifically states it is safe to do so. After chewing, you may swallow the resulting mixture with or without water, depending on your comfort. If you miss a dose, take as soon as you remember, but not at the time for the next dose. Desired results may take up to several weeks.

Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
- Store in a cool dry place away from heat, sunlight, and moisture

Monitoring Parameters:

- Hair response over 8-12 weeks
- If repeated or prolonged high-dose zinc: consider serum copper and CBC.
- In renal stone formers or renal impairment: monitor for symptoms and consider limiting high vitamin C doses.
- Prostate screening (men >50): Adjust PSA interpretation if systemic absorption suspected

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Citations:

1. Bryant Ranch Prepack. Minoxidil tablet [prescribing information]. DailyMed. National Library of Medicine. Updated July 14, 2026. Available from: https://www.dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=e39469e6-d4f6-450f-872c-6f538e67c71a. Accessed September 30, 2026.
2. Lee S, Kim JE, Lew BL, et al. Efficacy and Safety of Low-Dose (0.2 mg) Dutasteride for Male Androgenic Alopecia: A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Phase III Clinical Trial. Ann Dermatol. 2025;37(4):183-190. doi:10.5021/ad.25.048
3. Karashima T, Tsuruta D, Hamada T, et al. Oral zinc therapy for zinc deficiency-related telogen effluvium. Dermatol Ther. 2012;25(2):210-213. doi:10.1111/j.1529-8019.2012.01443.x
4. Almohanna HM, Ahmed AA, Tsatalis JP, Tosti A. The Role of Vitamins and Minerals in Hair Loss: A Review. Dermatol Ther (Heidelb). 2019;9(1):51-70. doi:10.1007/s13555-018-0278-6

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