PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Minoxidil/Dutasteride
Form: Oral Capsule

Drug Class:

- Minoxidil: Antihypertensive vasodilator; Potassium-channel opener
- Dutasteride: Dual type I and type II 5-alpha-reductase inhibitor

Mechanism of Action[1,2,3]: Minoxidil/Dutasteride is a customized compound designed to potentially address hair loss through complementary pathways. It is intended to:

- Activate ATP-sensitive potassium (KATP) channels in cells within the hair follicle, including dermal papilla cells. This can help promote the active hair growth phase, potentially supporting longer growth periods and increased hair production.
- Shift follicles toward and maintain the anagen phase, the part of the hair cycle when hair is actively produced. This can allow follicles to spend more time growing rather than resting.
- Stimulate miniaturized but still viable follicles, to potentially increase hair diameter and improve overall hair density over time.
- Influence vascular and cellular growth signals surrounding the follicle, including pathways associated with VEGF to potentially support the follicle's growth environment.
- Block both type I and type II 5-alpha-reductase, the enzymes responsible for converting testosterone into DHT. Lowering DHT can reduce the hormonal signal that progressively shrinks susceptible scalp follicles in pattern hair loss, to potentially preserve follicles and allow thicker terminal hairs to grow.

Indications Commonly Prescribed for:

- Male androgenetic alopecia
- Female pattern hair loss
- Progressive scalp thinning
- Reduced hair density
- Crown/vertex thinning
- Diffuse thinning
- Receding or thinning hair associated with pattern hair loss
- Chronic telogen effluvium in selected patients
- Other nonscarring alopecias

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.

Contraindications:

- Hypersensitivity to minoxidil, dutasteride, or other 5-alpha-reductase inhibitors
- Pheochromocytoma
- Pregnancy

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

Warnings and Precautions:

- Initial shedding: Minoxidil may cause early "shedding" as follicles transition.
- Cardiovascular risk: Use oral minoxidil cautiously in patients with significant cardiovascular disease. 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
- History of Pericardial Disease: Minoxidil has been associated with pericardial effusion and cardiac tamponade. Patients with a history of pericardial disease or pericardial effusion should be carefully evaluated and monitored for chest discomfort, shortness of breath, rapid weight gain, or edema.
- Low Blood Pressure: Minoxidil can lower blood pressure and may worsen symptomatic hypotension or orthostatic symptoms. Monitor for dizziness, lightheadedness, weakness, or fainting, particularly when initiating or adjusting therapy.
- Hypertrichosis: Excess hair growth outside the scalp is the most common adverse effect of low-dose oral minoxidil.
- Edema & Fluid Retention: Minoxidil can cause sodium and water retention, which may lead to peripheral edema or rapid weight gain. Use additional caution in patients with pre-existing edema or disorders that increase the risk of fluid retention.
- Renal Impairment: Patients with renal impairment may require additional caution because of fluid retention and cardiovascular complications.
- Hepatic Impairment: Dutasteride is extensively metabolized by the liver, and hepatic impairment may increase systemic exposure. Use caution in patients with significant hepatic dysfunction.
- 5-alpha-reductase inhibitors have been associated with changes in sexual function.
- Dutasteride may lower serum DHT; counsel men of reproductive age.
- 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.
- Concurrent Antihypertensive Therapy: Minoxidil may have additive blood-pressure-lowering effects when used with antihypertensive medications or other vasodilators. Monitor for excessive hypotension, dizziness, or orthostatic symptoms and adjust therapy when clinically appropriate.

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Boxed Warning from FDA-approved oral minoxidil labeling for treatment of hypertension:
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 ankle or lower-leg swelling
- Fluid retention
- Palpitations
- Mild increase in heart rate
- Erectile dysfunction
- Changes in ejaculation
- Changes in semen volume or other semen parameters
- Breast tenderness or enlargement

Serious, but Rare:

- Pericardial effusion
- Cardiac tamponade
- Pericarditis
- Significant fluid retention or generalized edema
- Severe or symptomatic hypotension
- Persistent or clinically significant tachycardia
- Worsening angina/chest pain
- Worsening heart failure
- Severe hypersensitivity reaction
- Significant breast changes
- Clinically significant liver abnormalities or hepatic injury associated with dutasteride

Interactions:

- 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.

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- Beta blockers and other heart-rate-lowering medications: May influence the cardiovascular response to minoxidil.
- Guanethidine: FDA labeling specifically warns that concurrent use can cause profound orthostatic effects and requires close supervision
- 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
- Geriatrics: Start with the lower minoxidil strength and monitor tolerability
- Renal impairment: require additional caution because of fluid retention and cardiovascular complications

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How to Use: This compounded preparation is in the form of an oral capsule. Swallow the capsule whole with a glass of water. Do not chew or crush the capsule. If you miss a dose, take as soon as you remember, but not at the time for the next dose. The 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

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Monitoring Parameters:

- Hair response over 8-12 weeks
- Cardiovascular monitoring
- Prostate screening (men >50): Adjust PSA interpretation as dutasteride may reduce serum PSA concentrations

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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. Bryant Ranch Prepack. Dutasteride capsules, 0.5 mg [prescribing information]. DailyMed. National Library of Medicine. Updated May 28, 2026. Available from: https://www.dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=74f29982-2317-4d31-a324-fe99bd134c31. Accessed October 5, 2026.
3. Sharma AN, Michelle L, Juhasz M, Muller Ramos P, Atanaskova Mesinkovska N. Low-dose oral minoxidil as treatment for non-scarring alopecia: a systematic review. Int J Dermatol. 2020;59(8):1013-1019. doi:10.1111/ijd.14933
4. 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

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