NuWaysMD

HAIR & SCALP / PRODUCT COMPARISON

Compare before you switch.

Keep this on your own device or print it. Bring the exact product labels to your provider. Do not send personal medical details through a website form.

The evidence in one sentence
Topical minoxidil has stronger evidence for hereditary pattern hair loss. The well-known rosemary trial studied a specific lotion against 2% minoxidil; it does not establish that retail rosemary oils replace 5% minoxidil.

1. What am I trying to change, and has the cause been assessed?

Product comparison	Product A	Product B
Exact name / strength / format		
Directions on this pack		
Ingredients to discuss		
Drying / washing / routine		
Pack price / supply / refill terms		

Budget without guessing a dose

Pack price ÷ months supplied = monthly cost. If the label gives no supply period, mark it unknown or record a clearly labeled estimate. Count whole packs, plus tax and shipping. A budget assumption is not an application instruction.

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Make the next conversation useful.

Use these prompts to agree on a practical plan and a review point. This worksheet does not diagnose hair loss or set a treatment schedule.

- ☐ Does my pattern fit hereditary thinning, shedding, breakage or another cause?
- ☐ Does this exact formula have relevant evidence, or only a similar ingredient?
- ☐ Could the active ingredient, fragrance or another ingredient explain irritation?
- ☐ If I change or stop treatment, what could happen to the gains I already have?
- ☐ What symptoms should make me stop and seek advice sooner?
- ☐ When should we review progress, and what would count as a useful response?

My agreed plan and review date

Questions or changes I want to discuss

Track consistently

If you take progress photos, use the same part, lighting, distance and dry-hair condition. Record product changes and symptoms. Keep these records privately.

Keep the source guide with your notes

NuWaysMD.com/rosemary-oil-vs-minoxidil/

Follow the product label. Severe chest pain, breathing trouble or collapse needs emergency care. Scalp pain, a rash or sudden patches need assessment rather than another product experiment.

Educational discussion aid. Clinical review pending. No account, email or purchase is required.