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THE 3 SHAMPOOS

Shampoo hair daily. Dampen hair, lather with appropriate shampoo.

Leave shampoo on for 10-15 minutes to loosen scales.

Massage firmly to remove scales, and then rinse hair thoroughly.

The 3 shampoos to be used on an alternating basis are:

- 1. REGULAR Head and Shoulders (active ingredient: 1% pyrithione zinc)**
- 2. Sebulex (active ingredients 2% sulfur & 2% salicylic acid)**

Possible substitutes if cannot find Sebulex

- **Fostex (2% salicylic acid/ 2% sulfur)**
- **Meted (3% salicylic acid / 5% sulfur)**
- **MG 217 (2% salicylic acid / 2% sulfur)**
- **Vanseb (1% salicylic acid / 2 % sulfur)**

- 3. Selsun Blue and Head & Shoulders Intensive are both 1% selenium sulfide**

Use 1-2 bottles of the first shampoo. Then switch to the second shampoo, using 1-2 bottles. Then change to the third shampoo, again using 1-2 bottles. At this point, return to use of the first shampoo and continue the same rotation.