## **Scientific References**

1) Serum Levels of Androgen-Associated Hormones Are Correlated with Curative Effect in Androgenic Alopecia in Young Men

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6223099/

2) The importance of dual 5alpha-reductase inhibition in the treatment of male pattern hair loss: results of a randomized placebo-controlled study of dutasteride versus finasteride

https://pubmed.ncbi.nlm.nih.gov/17110217/

3) The Effect of 5-Alpha Reductase on Testosterone in Men

https://clinicaltrials.gov/study/NCT00070733

4) Effect of vitamin D supplementation on testosterone levels in men

https://pubmed.ncbi.nlm.nih.gov/21154195/

5) Dose effect of caffeine on testosterone and cortisol responses to resistance exercise

https://pubmed.ncbi.nlm.nih.gov/18458357/

**6)** Garlic supplementation increases testicular testosterone and decreases plasma corticosterone in rats fed a high protein diet

https://pubmed.ncbi.nlm.nih.gov/11481410/

7) Alopecia and Associated Toxic Agents: A Systematic Review

https://karger.com/sad/article/4/4/245/291689/Alopecia-and-Associated-Toxic-Agents-A-Systematic

8) Anti-androgenic activities of Ganoderma lucidum

https://pubmed.ncbi.nlm.nih.gov/16029938/

9) Acute Alopecia: Evidence to Thallium Poisoning

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5514793/

**10)** Curcuma aeruginosa, a novel botanically derived  $5\alpha$ -reductase inhibitor in the treatment of male-pattern baldness: a multicenter, randomized, double-blind, placebo-controlled study

https://pubmed.ncbi.nlm.nih.gov/21756154/

11) An Update on Plant Derived Anti-Androgens

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3693613/

12) Efficacy of Korean Red Ginseng in the Treatment of Alopecia Areata

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659613/