

Using Topical Caffeine to Slow or Halt Hair Loss | Dr. Andrew Huberman

<https://silosolo.com/941451>

Summary

Caffeine can inhibit PDE, stimulate IGF-1, and increase hair growth. Topical caffeine application can be as effective as minoxidil without the side effects. Drinking more caffeine is not effective for offsetting hair loss. Caffeine can stimulate IGF-1, reduce cell death, and maintain stem cell population. Clinical studies on caffeine are not as extensive as those on minoxidil, and the dosages of caffeine in ointments are not well-explored.

Silo sample questions

- What does caffeine do besides stimulating the central nervous system?
- Is topical caffeine application effective for hair loss?
- Can drinking more caffeine offset hair loss?
- What are the main benefits of using caffeine for hair loss?
- What are the limitations of using caffeine for hair loss?

Topics

Caffeine as a PDE inhibitor

Topical application for hair growth

Comparison with minoxidil

Ingesting caffeine vs. applying topically

Benefits of caffeine for hair growth

Key Takeaways

- Caffeine can inhibit PDE, stimulate IGF-1, and increase hair growth.
- Topical caffeine application can be as effective as minoxidil without the side effects.
- No, drinking more caffeine is not effective for offsetting hair loss.
- Caffeine can stimulate IGF-1, reduce cell death, and maintain stem cell population.
- Clinical studies on caffeine are not as extensive as those on minoxidil, and the dosages of caffeine in ointments are not well-explored.

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