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Hair Loss Plans

Your go-to treatment plans for hair loss. Highly effective, highly straightforward.

Ultimate Plan

Spray + Tablet

94% Effective Core Plan
Spray + Tablet

90% Effective

Hair Health Shampoos

Great for keeping your hair in shape.

Shampoo



Strengthening Conditioner



Spray + Tablet

Capsule + Tablet

- Tablet Spray + Tablet

Description

Combat hair loss with Core - combining two clinically proven products for an effective solution to prevent hair loss, promote growth and enhance hair quality.

Capsule + Tablet

Starting price from Available plans £22.75 per month

1, 3, 6 months

Find out more

Description

Our DHT blocking shampoo is formulated with saw palmetto - a proven DHT blocker that can reduce levels of the hormone in the scalp. The shampoo also contains argan oil, iron and vitamin B3.

£8.33 per month Available plans 3, 6, 12 months

Find out more

Description

Fighting male pattern hair loss? Want to better nourish your hair? The natural ingredients in our DHT-blocking Conditioner can benefit you.

£5.83 per month Available plans 1, 3, 6, 12 months

Find out more

treatment plan crafted to halt hair loss, stimulate growth, and enhance hair quality.

£33.25 per month

Available plans

25 per month 1, 3, 6 months

Our ultimate line up - the two clinically

proven treatments for hair loss, plus our 9-

ingredient Hair Growth Complex and DHT

blocking shampoo. It's our most effective

Find out more Find

Hair Loss Singles

Your hair loss essentials, nothing more, nothing less.

Oral Tablet

83% Effective **Combination Spray**



Oral tablet is a clinically proven hair loss prescription medication that works by blocking DHT - the hormone responsible for male-pattern hair loss.

Starting price from £15.75 per month

Available plans 1, 3, 6 months

Find out more

Description

Our Combination spray, with three clinically proven ingredients, is a once-a-day spray to prevent hair loss, increase growth, and improve hair quality.

Starting price from Available plans £21.70 per month 2, 4, 6 months

Find out more

Oral Capsule

80% Effective



Capsule

Spray

Description

Our Oral Capsule is an alternative to Minoxidil Spray that has been shown to halt hair loss and promote hair growth.

Starting price from £15.75 per month Available plans

3,6 months

Find out more

Hair Health Vitamins

Our specially developed hair vitamins strengthen your hair and support hair health.

Hair Growth Complex



Description

Introducing our Hair Growth Complex; combining 9 clinically effective natural ingredients, including Anagain, Marine Collagen, and Biotin, to address hair thinning, enhance growth rate, and improve overall hair quality.

Starting price from

Available plans

£14.58 per month

1, 3, 6, 12 months

Find out more

Biotin



Description

The Biotin Hair Vitamin (also known as vitamin B7 or vitamin H) promotes healthier and stronger hair.

Starting price from

Available plans

£7.50 per month

3, 6, 12 months

Find out more

Start your hair loss consultation

We'll ask you some questions about your hair loss and then our prescribing partners will recommend the best treatment plan for you.



Takes less than 1 minute.



Safe, regulated treatments.



Qualified aftercare team.

Start consultation



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Meet our Medical Director

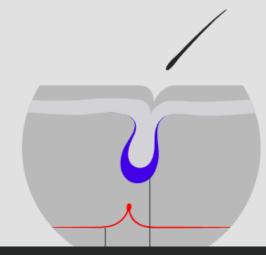


Dr. Knut A. MoeBA MB BCh BAO LRCPI & LRCSI MICGP MBA

Dr Knut Moe is Medical Director at Sons where he oversees medical operations and strategy and is a member of the executive team. He is a Portfolio GP working in Dublin, where he runs two GP clinics. He graduated from Royal College of Surgeons in Ireland, is a member of the Irish College of General Practitioners and is an Associate Clinical Professor in University College Dublin's School of Medicine.

Knut has a keen interest in new & efficient methods of healthcare delivery. Prior to studying medicine, he completed a BA in Business Studies & Political Science in Trinity College Dublin and went on to work in the financial sector in London. He has since completed an an Executive MBA from UCD Smurfit School and an intensive seminar in Value Based Healthcare Delivery in Harvard Business School.

How hair loss happens



What's hair loss all about then? We know it can be hard to get a full picture of what's going on, so we'll tell it to you straight. Here's the science behind why guys lose their hair, how our products work, and what you can expect from treatment.

Male pattern hair loss is a hereditary condition that affects two thirds of guys by age 35. Men who inherit this trait have a genetic sensitivity to a byproduct of testosterone called dihydrotestosterone (DHT) which slows and halts the normal hair growth cycle. DHT builds up around follicles, shrinking them over time and causing hair strands to thin, shorten, then eventually fall out – and not grow back,as they normally would.

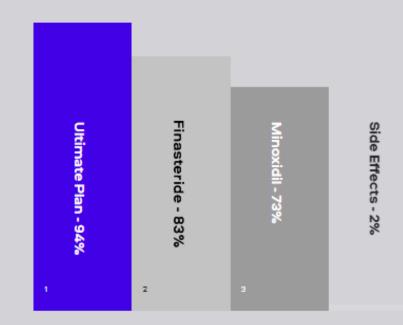
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The science behind Sons

Unlike other men's health brands, we're fully-licensed experts in the only two proven treatments for men's hair loss. In an age of widespread misinformation on social media, hundreds of peer-reviewed studies have proven the effectiveness of our treatments for helping men take on hair loss and regrow their confidence.

Citations

- ¹Combined treatment with oral tablet and topical minoxidil in male androgenetic alopecia, 2015
- ² Oral Tablet: a review of it's use in hair loss, 2012
- ³ Global photographic assessment of men... Olsen, 2007



Treatment Effectiveness

We are the one-and-only UK license holder for the most effective, clinically proven treatments available to treat male pattern hair loss.

See why over 250,000 men trust Sons



How to use our products

Treating hair loss needn't be a hassle. All our products are designed to be easy to use, as well as effective. Follow this simple guide to get the best results.

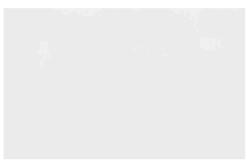
Finasteride

Minoxidil

Shampoo

Biotin









The Ultimate Plan Study Results

We are invested in the progress of our community. In a survey conducted to 109 existing Sons customers using the Ultimate Plan for over 9 months, this is what we learned.

Hair loss change

9.2/10

9.2/10 respondents say their hair loss stopped or they experienced regrowth.

Hair density









4/5 of respondents noticed an improvement in hair density and quality.

Self confidence

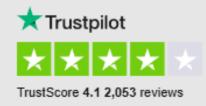


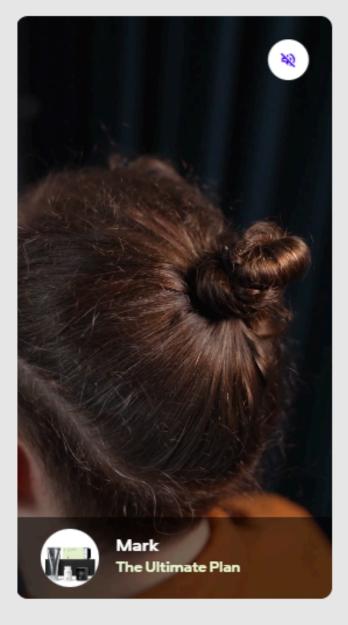
8/10 of respondents felt more confident about their appearance.

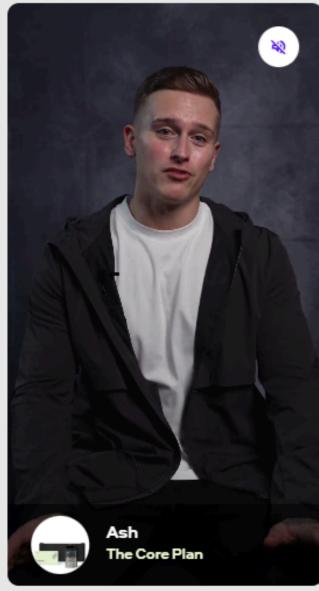
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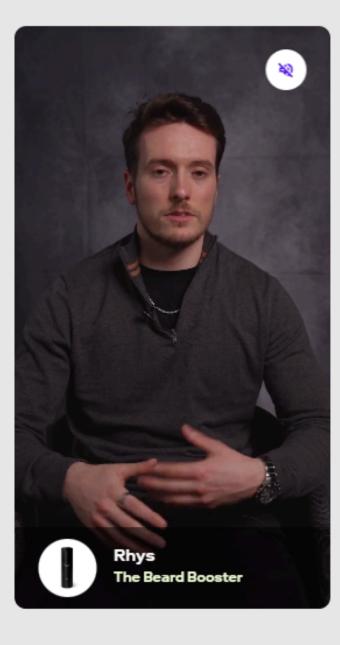
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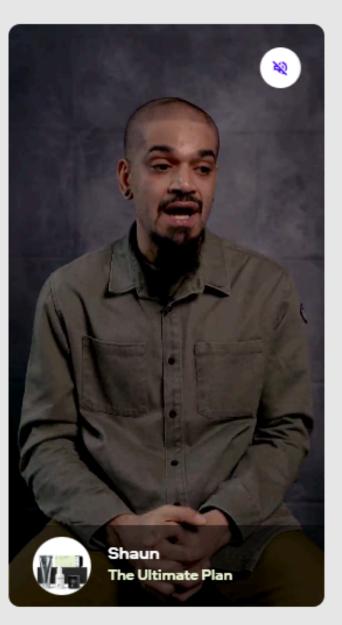
Real Guys. Real Results.







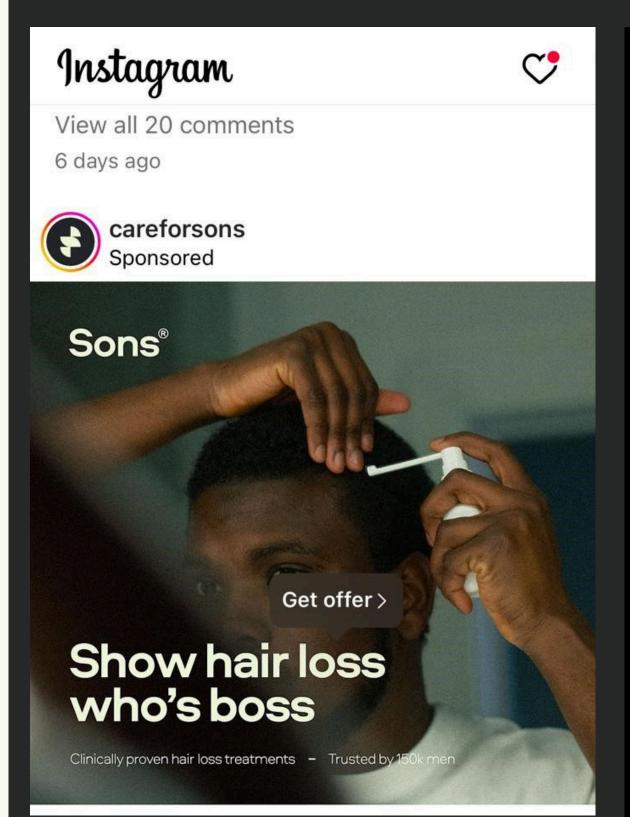


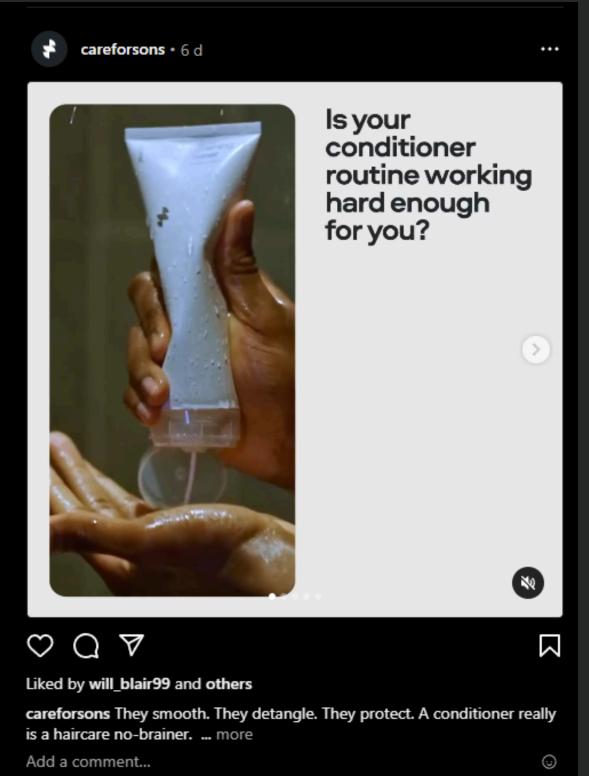


Get started

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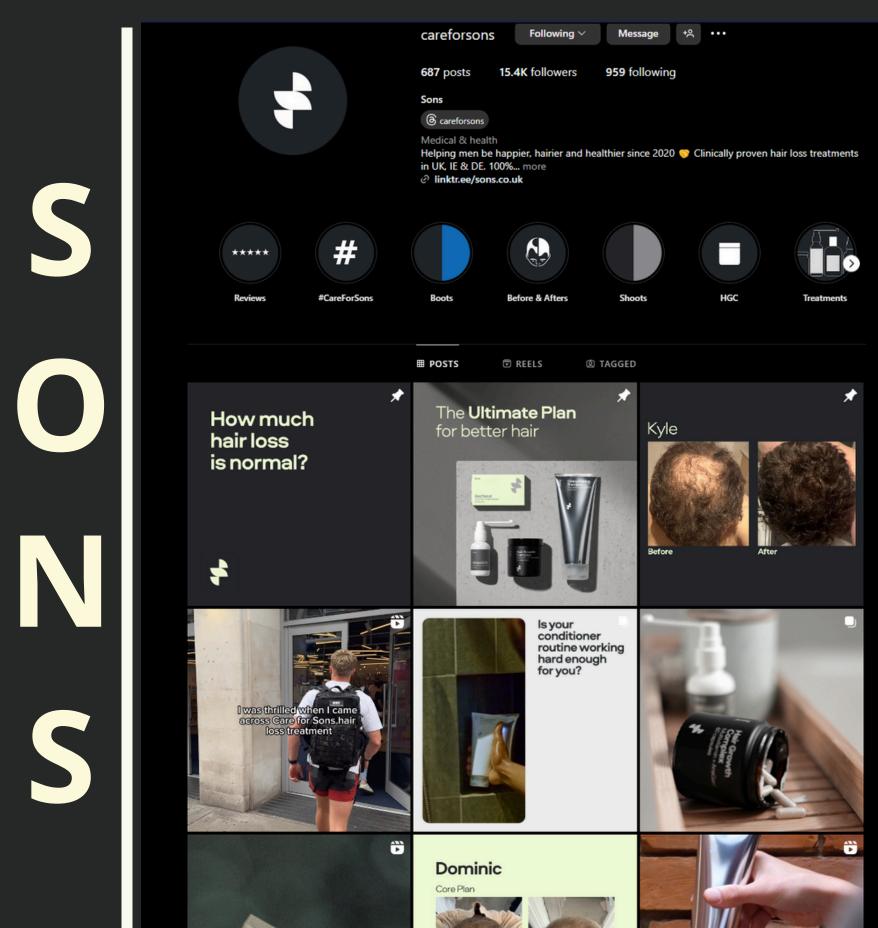
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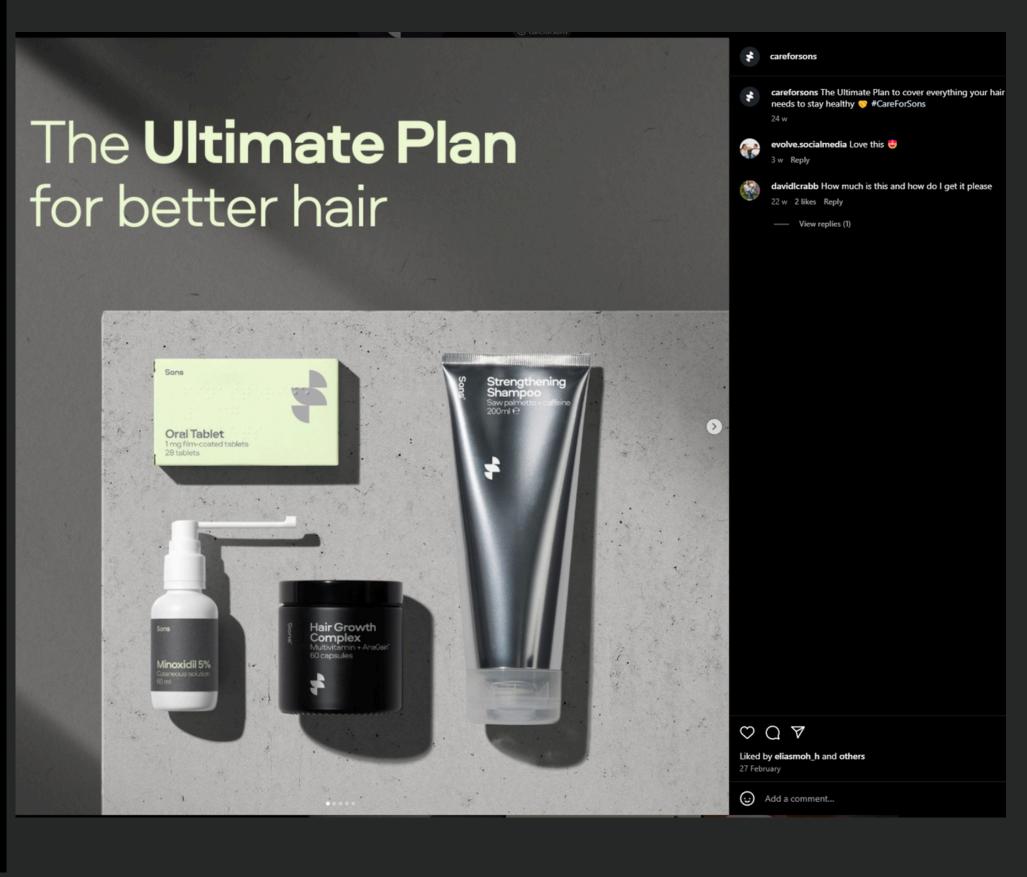




Heals Hair vs Sons







Online ED Treatments: No GP visit required Get started

Have great sex



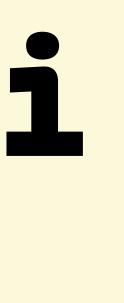
Regrow hair



Have longer sex



Product shown is Viagra Connect® (sildenafil) 50mg, a possible treatment for erectile dysfunction. Always read the label.



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Hair regrowth made simple

- Regrow hair in as few as 3-6 months*
- Doctor-trusted ingredients
- 100% online process, unlimited provider support

Take the free hair quiz

Requires a free online review by a licensed healthcare provider.

Restrictions apply. Results and prices vary. *Based on separate individual studies of licensed treatments. The quiz is not a medical assessment.















The power of minoxidil and finasteride

Get started



Saw reduced shedding or increased regrowth using finasteride.*



Experienced significant improvement in hair loss when using minoxidil.*

*Source: Beach, Renée A. et al. ""Low-dose oral minoxidil for treating alopecia: A 3-year North American retrospective case series" J. of the American Academy of Dermatology.

Hair loss treatments that are suited to you

Hair loss is normal and treatable.

Receding hairline

Is the line where your hair starts moving backwards?

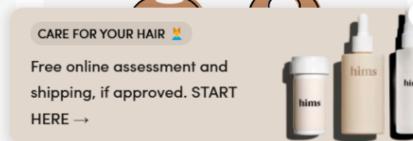




Thinning at the crown

Are you noticing a bald spot on top of your head?





Overall thinning

Is your hair thinning at the same rate everywhere?





Not sure?

Connect with a provider after answering a few questions



Receding hairline



Thinning at the crown



Overall hair loss/thinning



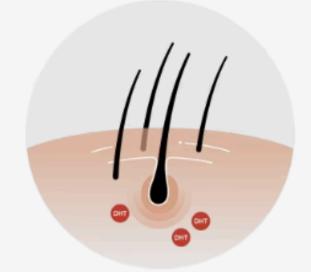
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How hair loss treatments work

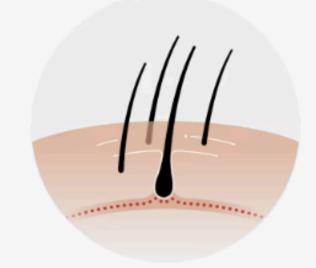
See progress in as little as 3-6 months.*

Prevent hair loss



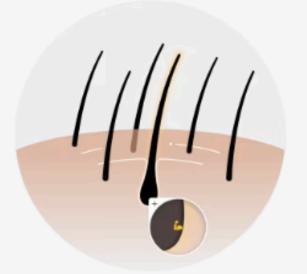
Finasteride works by blocking an enzyme that converts testosterone into DHT, a hormone that can weaken hair follicles. It has been shown to help regrow hair in 3-6 months.

Promote regrowth



Minoxidil increases blood flow to hair follicles to kickstart regrowth. It extends the active growth phase while shortening the resting phase of the hair growth cycle.

Better together



Recent studies show Finasteride gives better results when paired with minoxidil.

^{*}Results vary. Based on studies on recent studies of licensed finasteride and minoxidil treatments.





Dr Patrick Carroll
Chief Medical Officer



Dr Peter J. Stahl

Men's Reproductive & Sexual Health



Dr Mia Jing Gao Medical Advisor



Professor Geoffrey Hackett

Medical Advisor

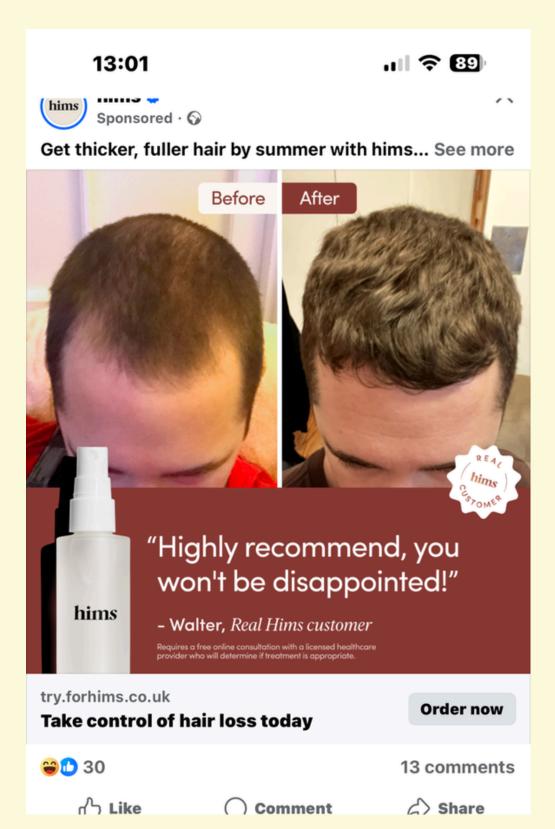
Frequently asked questions about hair loss treatments

What are typical causes of hair loss in men?	~
How do I know what type of hair loss I have?	~
What medical treatment can help with hair loss?	~
Is there a cure for hair loss?	~
Can Minoxidil and Finasteride be used together for hair loss?	~
How long does it take for hair loss treatments to work?	~
Why choose a topical hair loss treatment over an oral treatment?	~

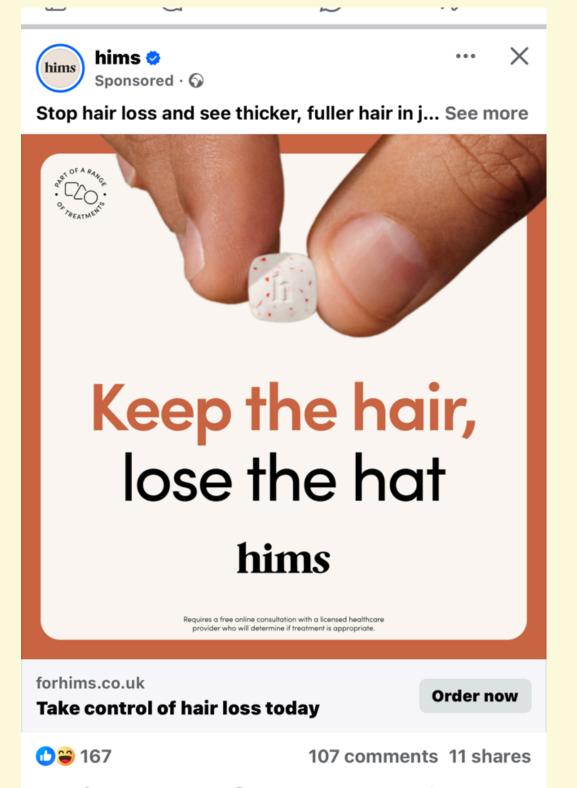
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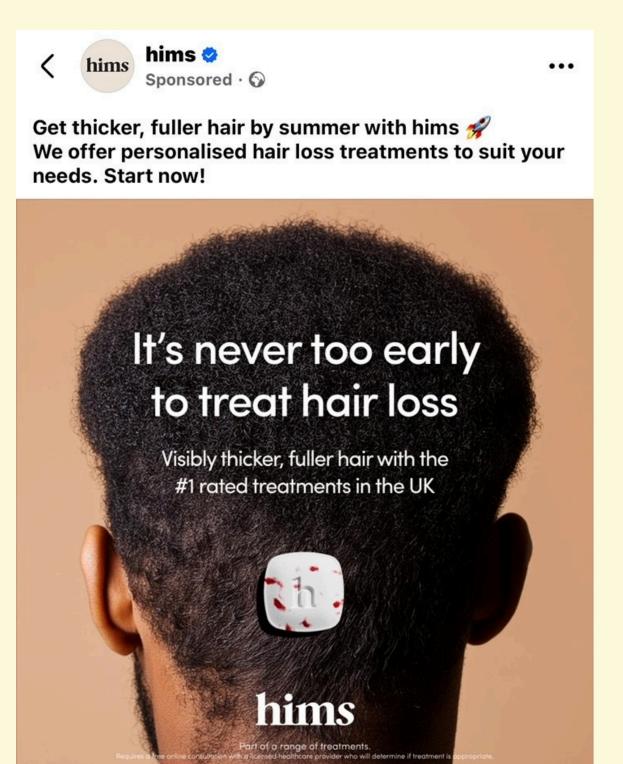




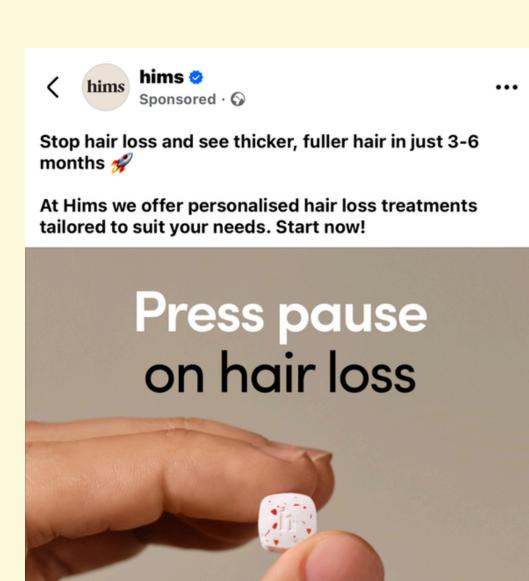
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trv.forhims.co.uk





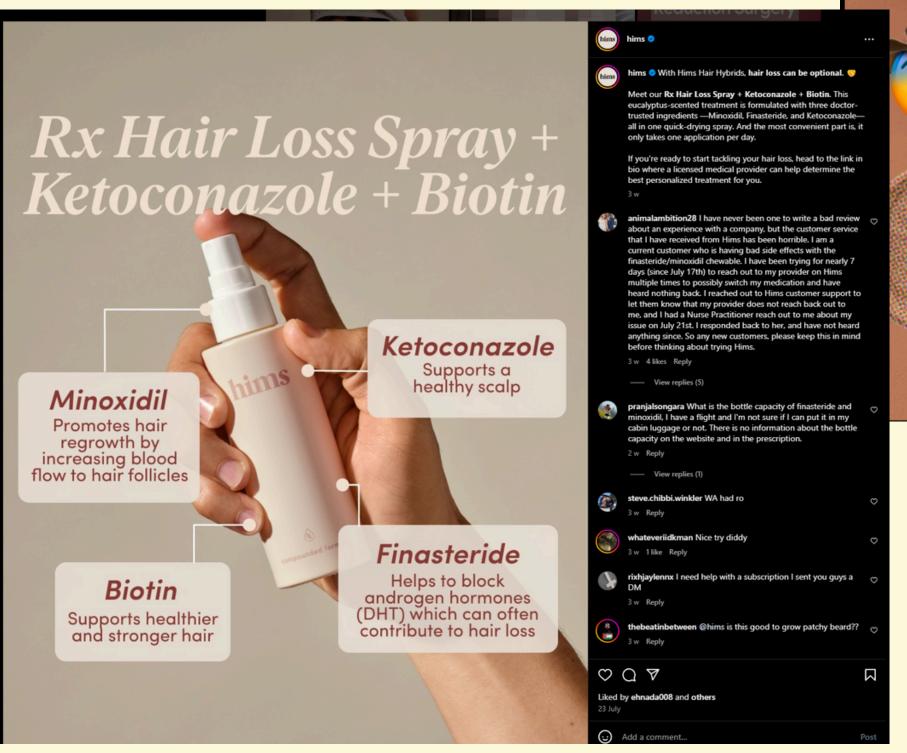


forhims.co.uk

Take control of hair loss today

Order now

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Man, this feels good

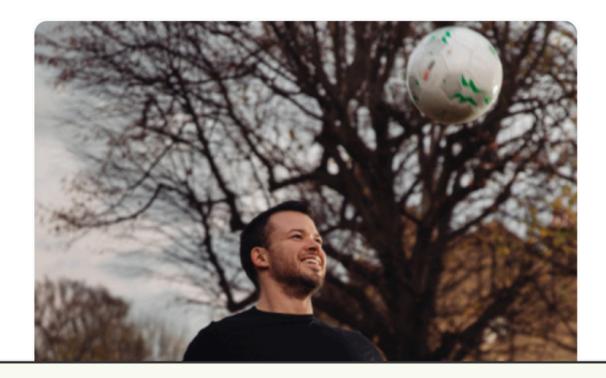
We're challenging the outdated notion that real men shrug their shoulders and carry on.

By empowering men with all the information and choices they need to proactively own their wellbeing, we can turn a corner.

We're here to be your own personal manual. A guide to owning your health and happiness. Giving you all the tools you need to be good to you.

Learn more





Nearly 90% of men don't seek help unless they have a serious problem.

This stat sucks. It's actually quite scary. We're here to fix it as best we

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HAIR LOSS

How to grow a thick beard faster

Beard growth begins at puberty and is largely a product of your genetics and testosterone levels.



HAIR LOSS

Does Minoxidil Work?

Minoxidil is an effective, clinically proven treatment for male pattern baldness. It's applied directly to the scalp in the form of a...



HAIR LOSS

Male Pattern Baldness Treatment: 6 Options

These days, hair loss is reversible.



HAIR LOSS

Why is My Hair Falling Out? Causes of Men's Hair Loss

Why is my hair falling out, you ask? Hair loss can be caused by all sorts of things: stress, a lack of specific vitamins, hormonal changes,...



HAIR LOSS

England vs Turkey: which hair transplant location is right for you?

If you're reading this article, then there is a good chance that you've been considering ways to tackle your struggle against hair loss.



HAIR LOSS

Minoxidil foam for hair loss

Minoxidil is a medication licensed by the FDA to treat male pattern baldness.



HAIR LOSS

Hair Loss Post-COVID? Try Home Treatments!

Many men and women have reported hair loss from the COVID-era.



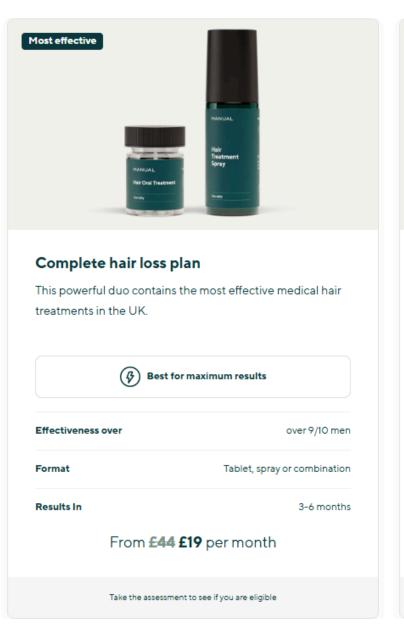
HAIR LOSS

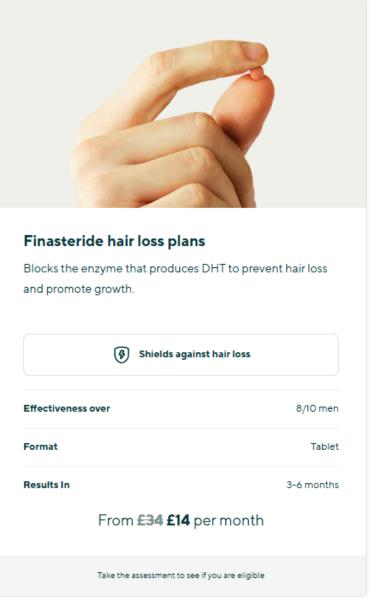
How Does a Hair Transplant Work?

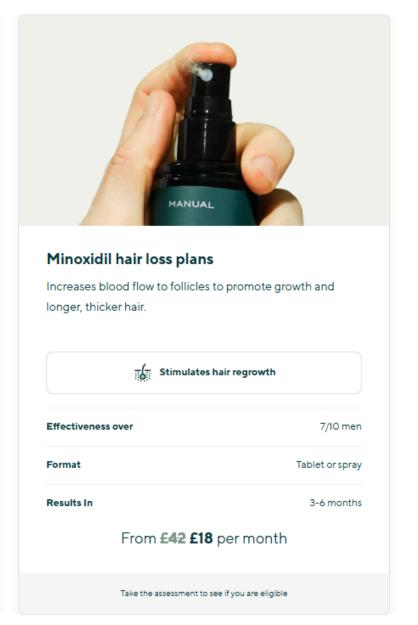
How does a hair transplant work?

Our available treatment types

Interested in Finasteride or Minoxidil? Take our free assessment to find out whether the spray, tablet or combined versions would work best for you



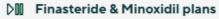




Start assessment

We'll ask you some questions about your hair loss and then our clinician will recommend the best treatment plan for you. Learn about how our discounts work.











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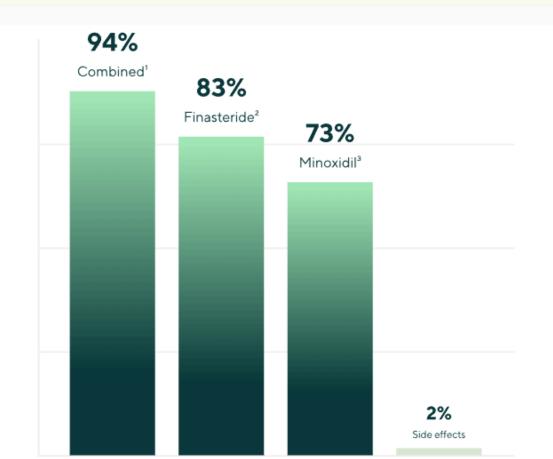
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treatments work

Dr. Earim Chaudry, MBBS, Chief Medical Officer

94% of men who combined Finasteride and Minoxidil treatments showed an improvement in their hair loss

How long will it take to see results?	~
Are there any side effects?	~
What kind of hair loss does this treat?	~



CITATIONS

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¹Combined treatment with oral finasteride and topical minoxidil in male androgenetic alopecia, 2015

²Finasteride: a review of its use in hair loss, 2012

³Global photographic assessment of men... Olsen, 2007

Your hair regrowth journey starts today



Take our assessment

We'll ask you a few questions about your hair loss and medical history.



Select a treatment

Create a hair plan including Finasteride, Minoxidil or a combination.



Delivered in two days

Fast, free and discreet delivery with every order.



Maximise your results

Expert hair specialists monitor your progress and customise your plan to maximise your

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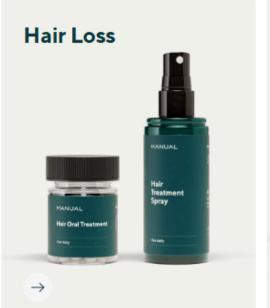
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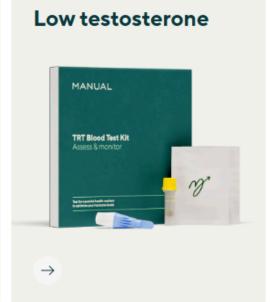
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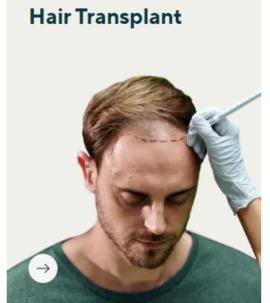
Men's health. The way it should be.

Choose what to solve











THE MANUAL DIFFERENCE





UK Licensed medication



Free next-day delivery



Cancel anytime subscription



Ongoing medical support

HOW IT WORKS

Healthcare, made easy

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More than 200,000 men trust our treatment plans



"On Minoxidil and Finasteride, I thickening of his hair overall, an coverage"

"He has also seen noticeable regrowth around the temp



Earim Chaudry, Medical Director



HERE'S YOUR DISCOUNT

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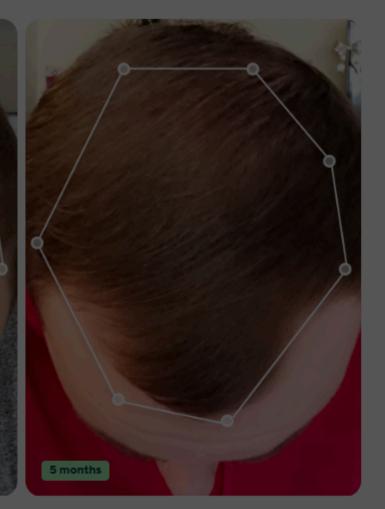
Get up to 50% off on selected hair loss plans

Enter your email address to get up to 50% off your first hair loss plan and receive other exclusive offers

Email

Claim your discount

By entering I agree to the Terms and Conditions



The science behind how our treatments work

TREATMENT EFFECTIVENESS

Combined¹

94%

Dr. Earim Chaudry, MBBS, Chief Medical Officer

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Manual Health Centre

Welcome to the go-to destination for improving men's health.



Hair Loss







What is a DHT Blocker?

They are absolutely crucial to the effective treatment of hair loss, but what are DHT blockers exactly?



HAIR LOSS

Balding Crown: How to Spot it – and What to Do about It

A balding crown is easy to spot by a thinning or loss of hair at the crown, with hair growth at the sides remaining constant;



IAIR LOSS

Does Minoxidil work for a receding hairline?

For the two-thirds of men thinning by age 35, frontal baldness is very much top-of-mind.



Explore Hair Loss

HAIRLO

How Long does finasteride take to work?

Finasteride is an oral tablet for treating male pattern baldness, androgenetic alopecia, or male pattern hair loss. It can also be used to...

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TABLE OF CONTENTS

DHT Blockers Defined

What is DHT?

How Does a DHT Blocker Work?

What's the Most Effective DHT...

Other DHT Blockers?

Key Takeaways

Key Takeaways

DHT blockers – or 5α-Reductase inhibitors, as they are more accurately known – are medicines that prevent your body from producing as much of that male sex hormone, dihydrotestosterone. By reducing the amount of DHT in your system, DHT blockers prevent hair loss – and, in some cases, encourage hair regrowth. While many medicines claim to be DHT blockers, there is only one that is truly effective. That's **Finasteride**.

References

- L Drake, M Hordinsky, V Fiedler, J Swinehart, W P Unger, P C Cotterill, D M Thiboutot, N Lowe, C Jacobson, D Whiting, S Stieglitz, S J Kraus, E I Griffin, D Weiss, P Carrington, C Gencheff, G W Cole, D M Pariser, E S Epstein, W Tanaka, A Dallob, K Vandormael, L Geissler, J Waldstreicher (1999). The effects of finasteride on scalp skin and serum androgen levels in men with androgenetic alopecia https://pubmed.ncbi.nlm.nih.gov/10495374/
- ² emc.com- Finasteride 1 mg Film-coated Tablets https://www.medicines.org.uk/emc/product/6044/smpc
- Akio Sato, Akira Takeda (2012). Evaluation of efficacy and safety of finasteride 1 mg in 3177 Japanese men with androgenetic alopecia https://pubmed.ncbi.nlm.nih.gov/21980923/
- ⁴A. Rossi, E. Mari, M. Scarnò, V. Garelli, C. Maxia, E. Scali, A. Iorio, M. Carlesimo (2012).

 Comparitive Effectiveness and Finasteride *Vs Serenoa Repens* in Male Androgenetic Alopecia: A Two-Year Study –

 https://journals.sagepub.com/doi/abs/10.1177/039463201202500435
- Ruiming Hu,Feng Xu,Youyu Sheng,Sisi Qi,Yumei Han,Ying Miao,Wenlong Rui,Qinping Yang (2015). Combined treatment with oral finasteride and topical minoxidil in male androgenetic alopecia: a randomized and comparative study in Chinese patients https://onlinelibrary.wiley.com/doi/pdf/10.1111/dth.12246

While we've ensured that everything you read on the Health Centre is medically reviewed and approved, information presented here is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It should never be relied upon for specific medical advice. If you have any questions or concerns, please talk to your doctor.

View treatments

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TESTIMONIALS

More than 200,000 men trust our treatment plans





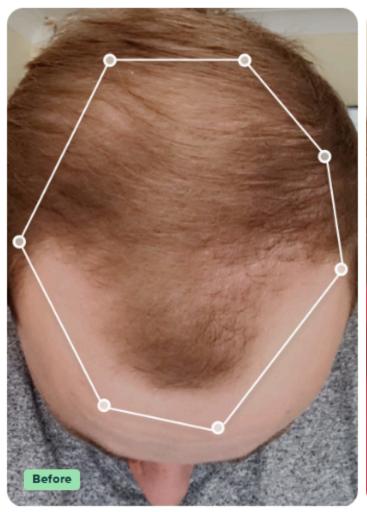


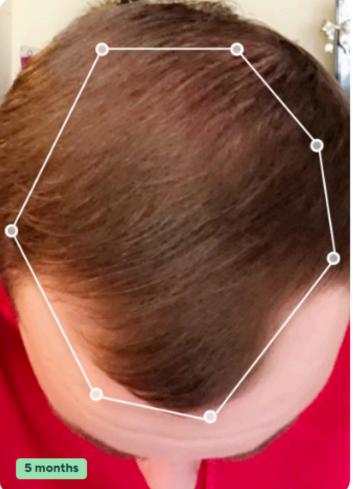
"On Minoxidil and Finasteride, Luke has seen thickening of his hair overall, and an increase in coverage"

"He has also seen noticeable regrowth around the temples after only 5 months of usage." $\,$



Earim Chaudry, Medical Director







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Meet our medical team

Enabling the mission of revolutionising how men approach health, they are at the core of the men's wellness platform. Meet our team











David Huang Deputy Medical Director



Dr Sheliza Darvesh GP Clinical Lead



Bentley Ifediora-Ezike Pharmacist, Ind. Prescriber



Phoebe Fox Pharmacist, Ind. Prescriber



Get a free consultation

Speak with one of our clinicians and get personalised advice. Monday to Friday 9am-4:30pm

Book Consultation

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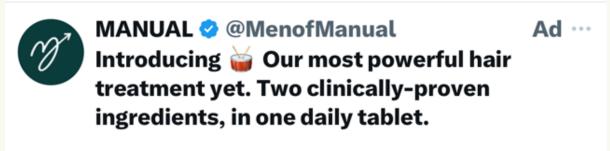
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For a limited time only, we're giving you 53% off the new treatment (





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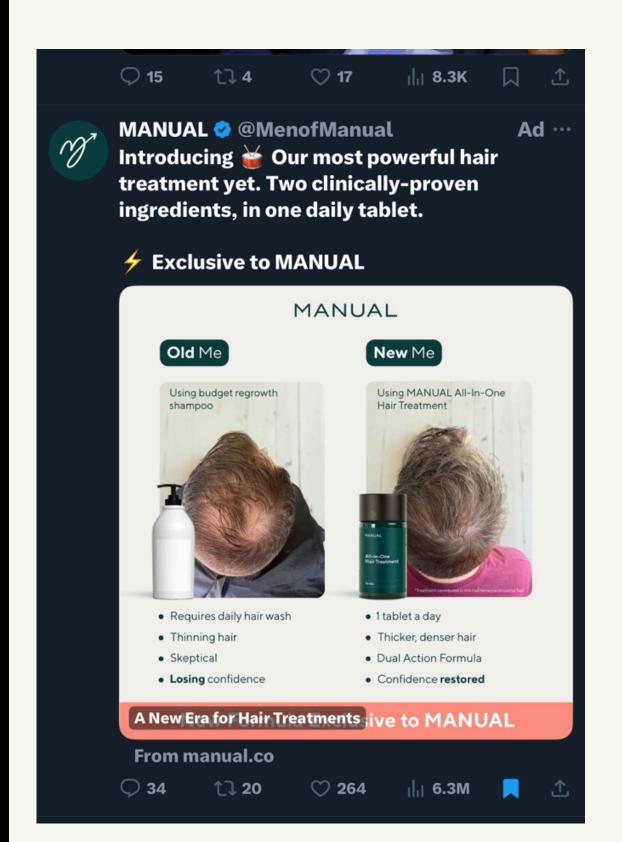
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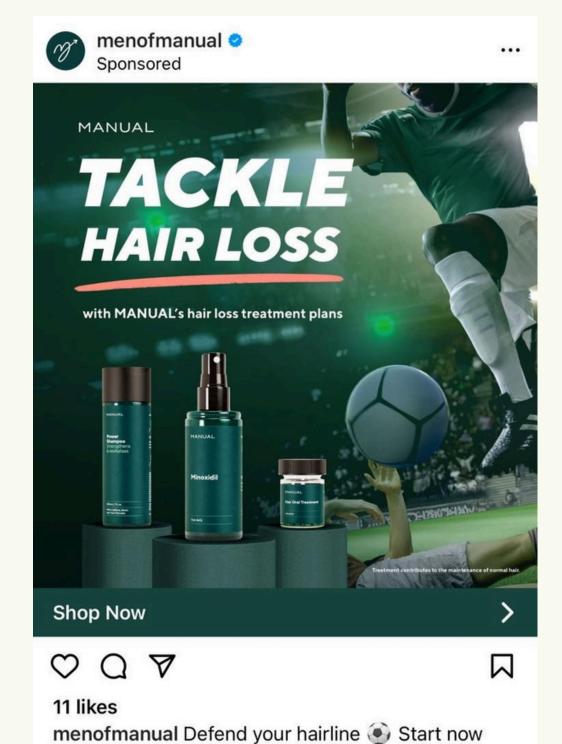
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before it's too late.

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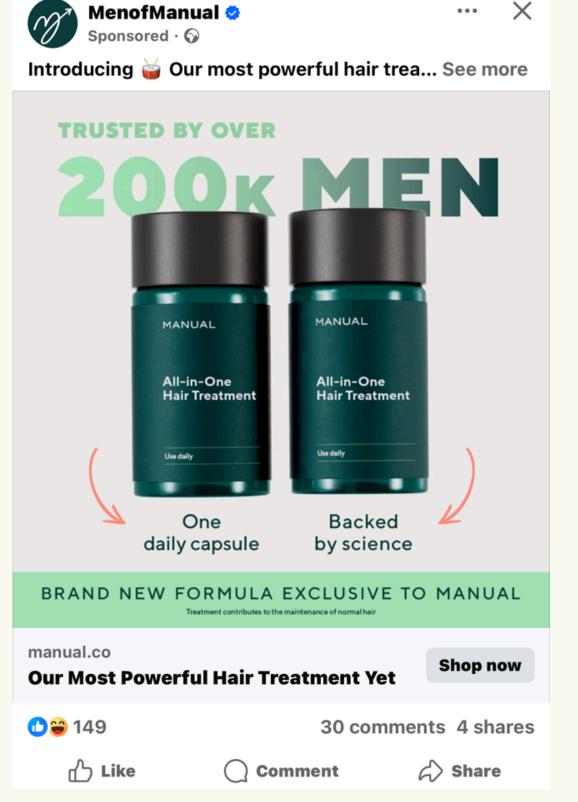
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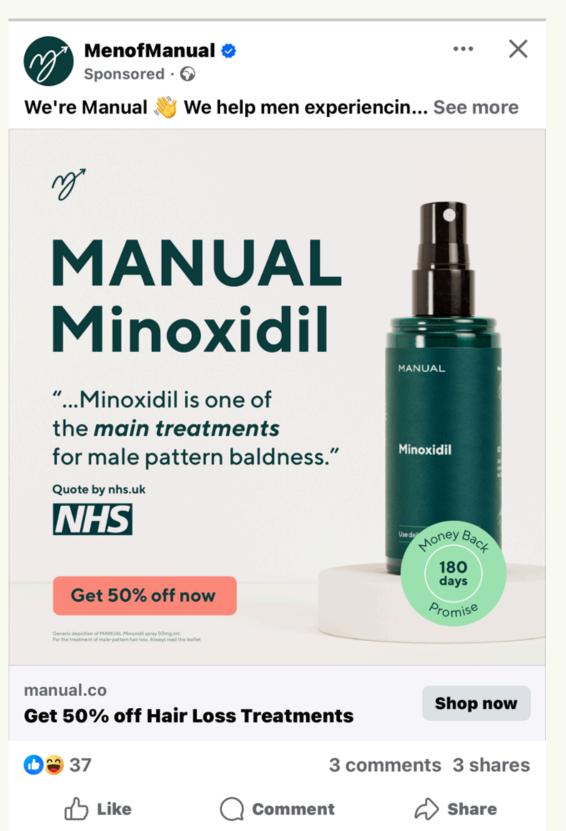
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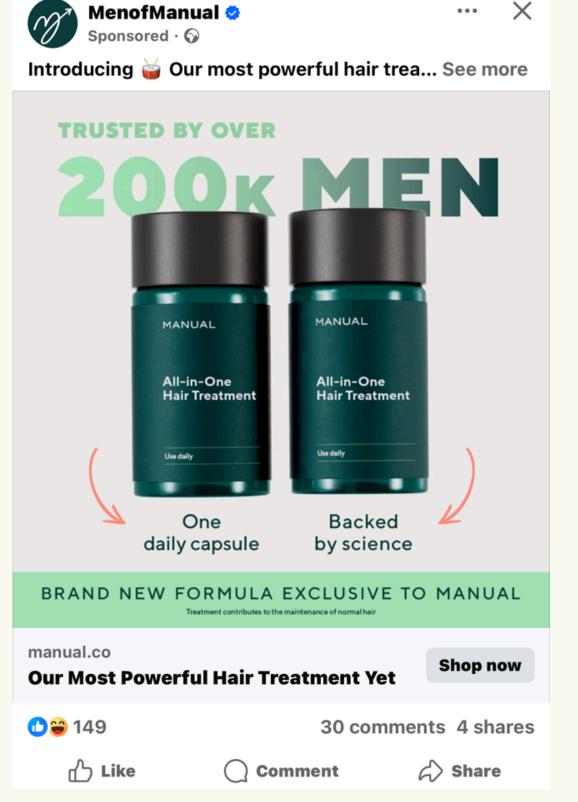
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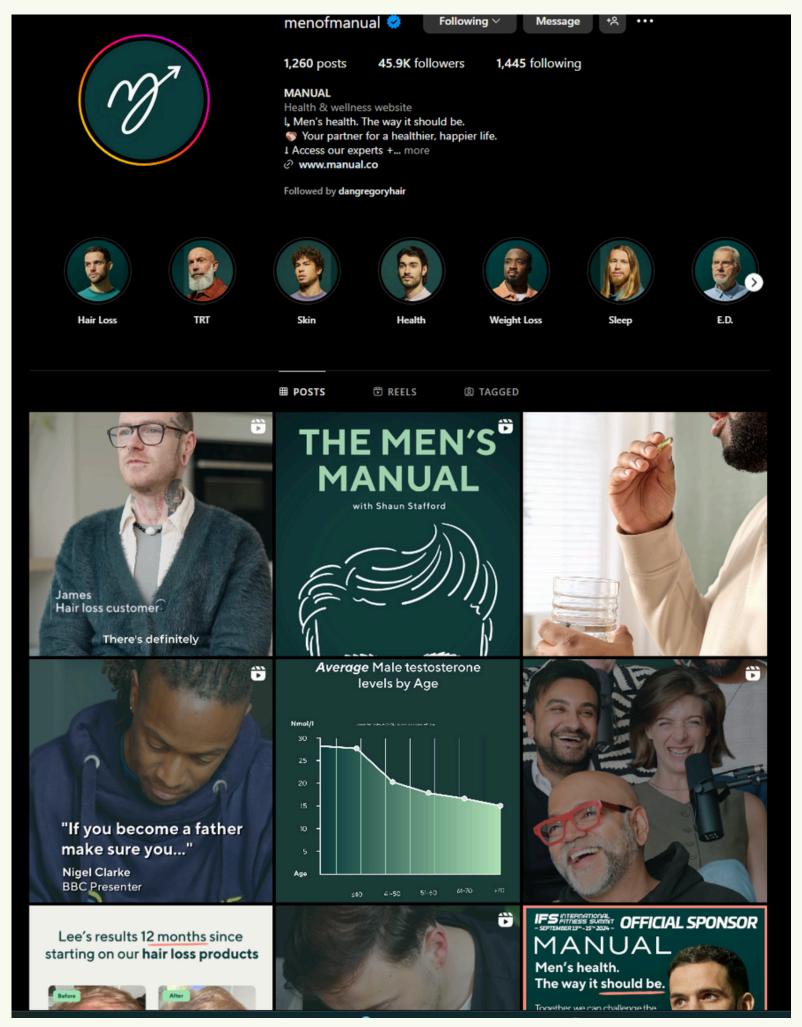
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fatigue, low libido, and mood swings... But knowledge is power! Average Male testosterone Hit the link in our bio to explore personalised TRT solutions from our medical team. levels by Age #MANUAL #Testosterone #MensHealth #TRT Nmol/I Source: Vermeulen, A. (1996). Declining Androgens with Age 30 25 20 15 10 5 Age >70 61-70 41-50 51-60 ≤40 \triangle \bigcirc \triangle 15 likes Add a comment...