

# Summary of Product Characteristics

## 1 NAME OF THE MEDICINAL PRODUCT

Regaine Extra Strength 5% w/v Cutaneous Solution

## 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Regaine Extra Strength contains minoxidil 50 mg/ml (5% w/v).

Excipients: contains Propylene Glycol 500mg/ml and ethanol 300mg/ml.

For a full list of excipients, see section 6.1.

## 3 PHARMACEUTICAL FORM

Cutaneous solution

A clear, colourless to light yellow, odourless, cutaneous solution.

## 4 CLINICAL PARTICULARS

### 4.1 Therapeutic Indications

Slowing of hair loss in alopecia androgenetica.

Regrowth of hair in alopecia androgenetica.

### 4.2 Posology and method of administration

#### Posology

Adult men and women between 18 and 65 years of age:

Hair and scalp should be thoroughly dry prior to topical application of Regaine Extra Strength. A dose of 1 ml Regaine Extra Strength should be applied to the total affected areas of the scalp twice daily (once in the morning and once in the evening). The total dosage should not exceed 2 ml. If fingertips are used to facilitate drug application, hands should be washed afterwards.

#### Duration of use

It may take at least 2 to 4 months of twice a day treatment before results are seen. Onset and degree of hair growth may be variable among patients. Onset and degree of hair growth may be variable among patients.

Continuous twice-daily usage is necessary to maintain the results of treatment.

Relapse to pre-treatment appearance following discontinuation of medication has been reported to occur within 3-4 months.

In the absence of any clear response in men, the treatment should be discontinued after 12 months (8 months in women).

The method of application varies according to the disposable applicator used:

Pump spray applicator: this is useful for large areas. Aim the pump at the centre of the bald area, press once and spread with fingertips over the entire bald area. Repeat for a total of 6 times to apply a dose of 1 ml. Avoid breathing spray mist.

Extended spray tip applicator: this is useful for small areas, or under hair. The pump spray applicator must be in place in order to use this additional applicator. Use in the same way as the pump spray.

The solution is flammable and exposure of the container and contents to naked flames should be avoided during use, storage and disposal.

### **Method of administration**

For topical use only.

The hair and scalp should be thoroughly dry prior to topical application.

Wash hands thoroughly after application.

### **Special populations**

There are no specific recommendations for use in elderly patients or in patients with renal or hepatic impairment.

### **Pediatric population**

Regaine is not recommended for use in children below the age of 18 years due to lack of data on safety and efficacy.

### **4.3 Contraindications**

Regaine Extra Strength is contra-indicated:

- in users with a history of hypersensitivity to minoxidil or any of the excipients.
- in users with treated or untreated hypertension
- in users with any scalp abnormality (including psoriasis and sunburn)
- in users with a shaved scalp
- if occlusive dressings or other topical medical preparations are being used.

### **4.4 Special warnings and precautions for use**

The safety and efficacy of the product in patients aged fewer than 18 or over 65 is unknown.

Regaine should only be used on a normal healthy scalp. Do not use if scalp is inflamed, infected, irritated.

Regaine should not be used concurrently with any other medicines on the scalp.

Minoxidil is only indicated for the treatment of alopecia androgenetica and should not be used in other types of hair loss for example when there is no family history of hair loss, hair loss is sudden and/or patchy, hair loss is due to childbirth or the reason for hair loss is unknown.

The patient should stop using Regaine Extra Strength and see a doctor if hypotension is detected or if the patient is experiencing chest pain, rapid heart-beat, faintness or dizziness, sudden unexplained weight gain, swollen hands or feet, persistent redness or irritation of the scalp, or other unexpected new symptoms occur (see section 4.8)

Patients with known cardiovascular disease or cardiac arrhythmias should contact a physician before using Regaine Extra Strength.

Accidental ingestion may cause serious cardiac adverse events. Therefore this product has to be kept out of the reach of children.

Regaine Extra Strength is for external use only. Do not apply to areas of the body other than the scalp.

Hands should be washed thoroughly after applying the solution. Inhalation of the spray mist should be avoided.

Regaine Extra Strength Topical Solution contains 300mg of ethanol (alcohol) in each 1ml. It may cause burning sensation on damaged skin.. In the event of accidental contact with sensitive surfaces (eye, abraded skin and mucous membranes) the area should be bathed with large amounts of cool tap water.

This medicine contains 500mg of Propylene glycol in each 1ml. Propylene glycol may cause skin irritation.

Some patients have experienced changes in hair colour and/or texture with Regaine use.

Some consumers reported increased hair shedding upon initiation of therapy with Regaine Extra Strength. This is most likely due to minoxidil's action of shifting hairs from the resting telogen phase to the growing anagen phase (old hairs fall out as new hairs grow in their place). This temporary increase in hair shedding generally occurs two to six weeks after beginning treatment and subsides within a couple of weeks. If shedding persists (>2 weeks), users should stop using Regaine Extra Strength and consult their doctor.

Users should be aware that, whilst extensive use of Regaine Extra Strength has not revealed evidence that sufficient minoxidil is absorbed to have systemic effects, greater absorption because of misuse, individual variability, unusual sensitivity or decreased integrity of the epidermal barrier caused by inflammation or disease processes in the skin (e.g. excoriations of the scalp, or scalp psoriasis) could lead, at least theoretically, to systemic effects.

Using more than the recommended dose or applying more often will not improve results.

Continued use is necessary to increase and maintain hair re-growth, or hair loss will begin again.

Unwanted hair growth may be caused by the transfer of the product to areas other than the scalp.

#### **4.5 Interaction with other medicinal products and other forms of interactions**

Topical minoxidil should not be used concurrently with any other medications on the scalp.

Pharmacokinetic drug interaction studies in humans revealed percutaneous minoxidil absorption is enhanced by tretinoin and anthralin as a result of increased stratum corneum permeability; betmethasone dipropionate increases local tissue concentrations of minoxidil and decreases systemic minoxidil absorption.

Guanethidine has been reported to interact with oral formulations of minoxidil resulting in rapid and pronounced lowering of blood pressure

#### **4.6 Fertility, pregnancy and lactation**

Topical minoxidil should not be used during pregnancy and lactation.

##### **Fertility**

There are no adequate and well controlled studies relating to female fertility.

Studies in animals have shown fertility toxicity - reduced conception and implantation rates as well as a reduction in the number of live pups at exposure levels that are very high compared to those intended for human exposure (see section 5.3). The potential risk in humans is unknown.

##### **Pregnancy**

There are no adequate and well controlled studies in pregnant women. Animal studies have shown a risk to the fetus at exposure levels that are very high compared to those intended for human exposure. There is potentially a risk of foetal harm in humans (see section 5.3, Preclinical safety data).

##### **Breastfeeding**

Systemically absorbed minoxidil is secreted in human milk. The effect of minoxidil on newborns/infants is unknown.

**4.7 Effects on ability to drive and use machines**

Minoxidil may cause dizziness or hypotension. If patients are affected they should not drive or operate machinery.

**4.8 Undesirable effects**

In placebo controlled trials, the overall frequency of adverse events in females in all body system categories was approximately five times that of males.

Several thousand patients have used topical minoxidil in clinical trials where a comparison with an inactive solution was made. Dermatological reactions (e.g. irritation, itching) occurred in patients using both solutions. This has been explained by the presence of propylene glycol in both the active and inactive solution.

The safety of topical minoxidil from clinical trial data is based on data from 7 placebo-controlled randomised clinical trials in adults evaluating either 2% or 5% minoxidil solution, and two placebo-controlled randomised clinical trials in adults evaluating a 5% foam formulation.

The frequencies are provided according to the following convention:

Very common ( $\geq 1/10$ ); common ( $\geq 1/100$ ,  $< 1/10$ ); uncommon ( $\geq 1/1,000$ ,  $< 1/100$ ); rare ( $\geq 1/10,000$ ,  $< 1/1,000$ ); very rare ( $< 1/10,000$ ); not known (cannot be estimated from the available data).

<b>Body System (SOC)</b>	<b>Frequency</b>	<b>Adverse Drug Reaction (Preferred Term)</b>
Immune system disorders	Not known	Allergic contact dermatitis
	Not known	Allergic reactions including angioedema Hypersensitivity
Nervous system disorders	Very common	Headache
	Uncommon	Dizziness
Eye disorders	Not known	Eye irritation (including eye pruritus)
Cardiac disorders	Rare	Chest pain Heart rate increased (Tachycardia) Palpitations
Vascular disorders	Not known	Hypotension
Respiratory, thoracic and mediastinal disorders	Common	Dyspnoea
Gastrointestinal disorders	Uncommon	Nausea
	Not known	Vomiting
Skin and subcutaneous tissue disorders	Common	Dermatitis (including atopic and seborrhoeic dermatitis) Dermatitis acneiform Hypertrichosis (unwanted non-scalp hair including facial hair growth in women) Pruritus Rash (including rash pruritic, pustular, papular, generalised)

		<i>vestibular and macular)</i>
	<i>Not known</i>	<i>Hair colour changes</i> <i>Hair texture abnormal</i> <i>Temporary hair loss</i>
<i>General disorders and administration site conditions</i>	<i>Common</i>	<i>Oedema peripheral</i>
	<i>Not known</i>	<i>Application site reactions (These sometimes involve nearby structures like the ears and face and typically consist of pruritus, irritation, pain, rash, oedema, dry skin and erythema but can sometimes be more severe and include exfoliation, dermatitis, blistering, bleeding and ulceration)</i>
<i>Investigations</i>	<i>Common</i>	<i>Weight increased*</i>

\* This adverse event was identified during clinical trials with Minoxidil Foam

### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRC Pharmacovigilance, Website: [www.hpra.ie](http://www.hpra.ie).

### 4.9 Overdose

#### Signs and symptoms

Increased systemic absorption of minoxidil may potentially occur if higher-than-recommended doses of Regaine Extra Strength are applied to larger surface areas of the body or areas other than the scalp which therefore may lead to adverse events.

There is no evidence that topically applied minoxidil is absorbed in sufficient quantity to cause systemic effects. When used as directed, overdose is unlikely.

Overdose due to oral administration or excessive systemic exposure of minoxidil exaggerates its cardiovascular effects and may present as hypotension, tachycardia and lethargy.

Because of the concentration of minoxidil in Regaine Extra Strength, accidental ingestion has the potential of producing systemic effects related to the pharmacological action of the drug (2ml of Regaine Extra Strength contains 100mg; the maximum recommended adult dose for oral minoxidil administration in the treatment of hypertension)..

If this product is applied to an area of decreased integrity of the epidermal barrier caused by trauma, inflammation, or disease process in the skin, there is a potential for a systemic overdose effect.

The following very rare adverse events may occur due to the systemic effects of minoxidil;

Very Rare: (< 1/10,000)

Cardiovascular disorders: Heart rate increased, hypotension

General Disorders: Fluid retention resulting in weight increase

Nervous System Disorders: Dizziness

#### Treatment

Treatment of minoxidil overdosage should be symptomatic and supportive. Fluid retention can be managed with appropriate diuretic therapy. Clinically significant tachycardia can be controlled by administration of a beta-adrenergic blocking agent.

## 5 PHARMACOLOGICAL PROPERTIES

### 5.1 Pharmacodynamic properties

Regaine Extra Strength stimulates hair growth in individuals with androgenetic alopecia in males (expressed as baldness of the vertex of the scalp) and females (expressed as diffuse hair loss or thinning of the scalp).

The mechanism by which minoxidil stimulates hair growth is not fully understood, but minoxidil can stabilise and reverse the hair loss process of androgenetic alopecia.

## 5.2 Pharmacokinetic properties

The failure to detect evidence of systemic effects during treatment with Regaine Extra Strength reflects the poor absorption of topical minoxidil, which averages about 1.7% (range 0.3-4.5%) of the total applied dose from normal intact skin. Absorption is about 2% when applied topically to shave scalps of hypertensive patients. Increasing the amount of drug applied or increasing the frequency of application of Regaine Extra Strength also results in increased absorption. The use of Regaine Extra Strength in conjunction with occlusion (plastic dressings), application to sunburn areas, and increasing the surface area of application has minimal to no effect on the absorption of topical minoxidil. Results of extensive pharmacokinetic studies indicate that the three major factors by which topical minoxidil absorption are increased by are: Increasing the dose applied, increasing the frequency of dosing and decreasing the barrier function of the stratum corneum.

Serum minoxidil levels and systemic effects resulting from administration of Regaine Extra Strength are governed by the drug's absorption rate through the skin. Following cessation of topical dosing of Regaine Extra Strength, approximately 95% of the systemically absorbed drug is eliminated within 4 days. Minoxidil and its metabolites are excreted principally in the urine.

## 5.3 Preclinical safety data

Preclinical data reveal no special hazards for humans based on conventional studies of safety pharmacology, repeated dose toxicity, genotoxicity or carcinogenic potential.

### Mutagenicity

Minoxidil showed no evidence of mutagenic/genotoxic potential in a number of in vitro and in vivo assays.

### Carcinogenicity

A high incidence of hormone-mediated tumours was observed in mice and rats. These tumours are due to the secondary hormonal (hyperprolactinemia) effects observed only in the rodents at extremely high doses by a mechanism similar to that seen with reserpine.

Application of topical minoxidil has not demonstrated any effect on hormonal status in women. Therefore, hormonally mediated tumour promotion by minoxidil does not represent a carcinogenic risk to humans.

### Teratogenicity

Animal reproduction toxicity studies in rats and rabbits have shown signs of maternal toxicity and a risk to the foetus at exposure levels that are very high compared to those intended for human use.

### Fertility

Minoxidil doses greater than 9 mg/kg (at least 25-fold human exposure) administered subcutaneously in rats were associated with reduced conception and implantation rates as well as reduction in the number of live pups.

## 6 PHARMACEUTICAL PARTICULARS

### 6.1 List of excipients

Propylene glycol  
Ethanol  
Purified Water

### 6.2 Incompatibilities

Not applicable.

### **6.3 Shelf life**

3 years

### **6.4 Special precautions for storage**

This medicinal product is flammable. Do not store above 25°C.

### **6.5 Nature and contents of container**

HDPE bottle with a polypropylene child resistance cap along with spray / pump applicator. Each bottle contains 60mls. Packs containing 1, 2, 3 or 4 bottles.

Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal of a used medicinal product or waste materials derived from such medicinal product and other handling of the product**

The solution is flammable and exposure of the container and contents to naked flames should be avoided during use, storage and disposal.

## **7 MARKETING AUTHORISATION HOLDER**

McNeil Healthcare (Ireland) Ltd  
Airton Road  
Tallaght  
Dublin 24  
Ireland

## **8 MARKETING AUTHORISATION NUMBER**

PA0823/048/002

## **9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 07 February 1995

Date of last renewal: 07 February 2010

## **10 DATE OF REVISION OF THE TEXT**

February 2021