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June 5, 2024

[List of products that reduce sebum and oily skin](#)

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List of products that reduce sebum and oily skin and dht:

- thyme
- pollen
- ginger
- sage
- saw palmetto
- pygeum
- borage
- evening primrose
- lupin
- kudzu
- rosemary
- pennyroyal
- marjoram
- hyssop
- mint
- cloves
- licorice
- fennel
- chamomille
- turmeric
- damiana
- lavender
- lycopene tomato
- cinnamon
- nettle root
- ginkgo
- propolis
- eucalyptus
- green tea
- moringa
- apple cider vinegar
- carrot
- flaxseed
- aloe vera
- burdock root
- horsetail

- lemongrass
- pumpkin seeds
- goldenseal hydraste canada
- chyawanprash
- barberry
- oregon grape
- chinese goldthread (coptis chinensis)
- fo-ti
- andrographis
- amla
- wasabi
- wild yam
- borage seed oil
- black currant
- reishi
- motherworth
- dong quai
- blessed thistle
- cashew nuts
- sesame

Remember, do your own research before taking these.

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