

The Ultimate Guide to Beating A Hair Drug Test



- How the Hair Drug Test Works
- 4 Ways To Beat The Test
- How Long Drugs Stay In Your Hair
- What To Do When You're Out of Time

By <http://HairFollicleDrugTest.info>

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Why I Wrote This Guide

Hi, I'm Jay, the owner/editor of HairFollicleDrugTest.info, a website dedicated to helping people understand the dreaded hair drug test and learn ways to beat it.

A few months ago, a good friend asked me to check the internet to see if there was any way to beat an upcoming hair test he was facing. We were in a restaurant, so I did what most people do – I Googled it on my phone.

The search results frustrated me. Most of the sites were unreadable, old forum posts or filled with cheesy bylines and popups. NONE of them worked on my phone (see example below).

I'm an app developer, so this irked me.

Don't these people understand their audience (young, mobile)??

So, I took it upon myself to collect the most reliable facts and information I could find and get it into a mobile website that anyone can read on their mobile phone.

To get smart, I interviewed friends that have used some of the home remedies, detox products and test kits I found; I visited dozens of forums online; and, I spent a LOT of time researching the subject both on and off the web.

I learned **there is compelling evidence that some products and cleaning methods improve your chances of passing a hair drug test** – even if you've recently smoked pot, snorted cocaine or taken narcotics.

I also learned which products and methods work the best, based on feedback from real people who used them.

Who This Guide Is For

There are three groups of people who might find this site useful:

- drug users
- employers and
- health professionals.

Each has a stake in the hair drug test.

Hair Drug Tests Are Now the Norm

In the US, the [hair follicle drug test](#) is gaining favor over older and more frequently used urine and blood tests for three reasons:

1. **Hair tests detect a much longer history of drug use:** Hair stores a longer history of drug use than either urine or blood, which are limited to days for most drug types.
2. **Hair tests are harder to cheat:** there are no privacy issues with removing a hair sample from a person's head, so the sample can be taken in full view.
3. **Older tests are losing effectiveness:** urine testing has become less reliable due to the proliferation of cheat products like synthetic urine and powders.

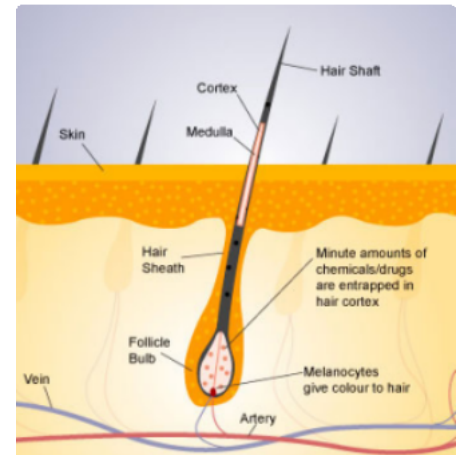
In fact, [Occupational, Health and Safety magazine](#) recently recommended that HR departments use it over other methods.

How Drugs Get Into Your Hair

When you use drugs, traces of the drug are deposited directly from your bloodstream into the hair follicle.

Either the drug itself is deposited, or your body may react to a drug by producing [metabolites](#), which are then deposited on your hair.

As your hair grows over time, the chemicals that are deposited onto your hair store a record of your drug use, sort of like the rings of a tree record the changing of the seasons.



What Happens During The Test



When you arrive at the test location, a small sample of hair will be cut from the top or back of your scalp right at the skin line and placed into a sealed container.

A sample length of about 1.5 inches is typically taken because human hair grows about 1-2 inches every 90 days, and the period most commonly sampled is 90 days.

The sample is then sent to a lab to be tested for trace chemicals. Turnaround time on the hair follicle test is typically short, less than 3 days.

Which Drugs Are Detected By A Hair Follicle Drug Test?

The following chart shows which drugs are detectable by hair drug tests – and how far back in time drug use can be detected for each method. As you can see, pretty much every drug stays in your hair, once it's there.

Detection Times for Alcohol and Other Drugs

Drug Type	Cut-Off Level	Detection
Alcohol	N/A	90 days
Marijuana	50 ng/mL	90 days
Cocaine	300 ng/mL	90 days
Amphetamines	1000 ng/mL	90 days
Opiates	2000 ng/mL	90 days
PCP	25 ng/mL	90 days
MDMA	500 ng/mL	90 days
Benzodiazepines	300 ng/mL	90 days
Barbiturates	300 ng/mL	90 days
Codeine	100 ng/mL	90 days
LSD	0.5 ng/mL	90 days
Nicotine	200 ng/mL	90 days

While some drugs will naturally degrade over time, THC traces tend to remain in your hair until you cut it.

NOTE: Most employers do not test for the following drugs:

- Hallucinogens (LSD, mushrooms, mescaline, peyote)
- Inhalants Anabolic Steroids
- Hydrocodone (Oxycodone, Vicodin)

The hair follicle drug test was originally **designed to detect heavy long-term drug users**, not occasional pot smokers. For short- term testing, employers and labs still use urine and blood tests. That said, it is possible that a hair test will detect an infrequent user.

A hair test can detect drug use for up to 12 prior months, but accurate results are typically limited to the past 90 days. In contrast, urine and blood tests cannot test for use further back than a few days. This is why a lot of employers prefer the hair follicle test.

How Long Does It Take for Drugs To Get Into Your Hair?

For head hair, it takes 5-7 days for tainted hair to be available for sampling, because it takes that long for hair to grow from the root to above the scalp line.

From that point forward, drug traces will remain in your hair until you either cut it or strip it out with chemicals.

HAIR SAMPLES TAKEN FROM OTHER PARTS OF YOUR BODY

If your head hair is too short for the lab to sample 90 days, then the test station may choose to sample hair from other parts of your body.

In general, body hair grows more slowly than hair on your head. The table below explains the drug test limitations of each source of hair.

Source	Limitations of Sample	Detection
Head	Hair dyes, bleaches & treatments affect results.	1 cm=1 mo. up to 1 year
Arms, Back, and Chest	Can't provide month by month history.	4-8 mos.
Armpit	Deodorants may affect the result. Can't provide month by month history.	4-8 mos.
Pubic Region	Alcohol Testing only: <ul style="list-style-type: none">• can only be used to prove abstinence.• can't confirm excessive use due to contamination.• can't provide month by month history.	4-8 mos.
Legs	Alcohol Testing only: <ul style="list-style-type: none">• can only be used to prove abstinence.• can't confirm excessive use due to contamination.	4-8 mos.

How Accurate is a Hair Follicle Drug Test?

The hair drug test is just as accurate as a blood or urine test, with the added advantage of detecting a much longer history of use.

Most drug test companies and labs claim 99% accuracy for all of their tests.

Which kinda makes you wonder: how the heck can anyone beat a test if it works 99% of the time?

The short answer, of course, is that just as with urine tests, hair drug tests are NOT 99% accurate in the real world.

People find ways around them. The drug tests have flaws.

In fact, drug testing accuracy has been declining for many years.

Four Ways To Beat a Hair Follicle Drug Test

OK, so this is where the controversy begins.



FOR THE HAIR.
CURES DANDRUFF, SOOTHES ALL
IRRITATION OF THE SCALP, MAKES
THE HAIR GROW AND GIVES A BEAUTI-
FUL LUSTRE.
PRICE, 50C. AND \$1.00 PER BOTTLE.
SEND YOUR ADDRESS FOR OUR
PAMPHLET ON THE
HAIR.
ITS CARE AND MANAGEMENT.
Joseph Burnett Co., Boston.

First I'll start with the proverbial caveat: **there is no single method or product that can guarantee you'll pass a hair drug test. None.**

That said, there are a few methods, products and services that can help. All of these methods work by reducing or eliminating the residual drug footprint in your hair.

Some of the detox product manufacturers back their claims with up to 200% money-back guarantees, so apparently they are quite comfortable making them.

Let's walk through each type of solution, starting with the simplest.

1. SHAVE IT ALL OFF

When hair tests came onto the scene in the mid-2000s, it was obvious to everyone that the most effective way to beat a hair drug test is also the simplest: about 5 days before your test, just stop using drugs and shave your entire body.

Any hair sample that grows after that point will be clean, because it takes about 7 days for new hair to make it up to the scalp/skin line.

Simple, right?

Maybe a little too simple, it turns out.

There are a couple of fatal flaws with this approach.

First of all, many employers will automatically fail you if you walk into the test center with your head looking like a bowling ball. Think about it: you'll have to explain why you shaved every hair off your body less than a week before your "hair" drug test.

Second, most employers are onto this simple hack, so it's not advised. If they can't get hair from your body or head, then they will almost certainly test you using a urine or blood test, which will detect more recent drug use.



2. DO-IT-YOURSELF DETOX



One Guy's Solution

Some regular drug users swear by two deep hair cleaning methods that you can do yourself at home using over-the-counter products.

The two most popular home cleaning methods are the **Growman/Macujo** and **Jerry G** methods. Both methods remove traces of THC metabolite from your hair using chemicals.

The Growman/Macujo method uses salicytic acid and vinegar, and the Jerry G method uses bleach. There's a lot of debate as to whether these two methods work that well.

Most doctors say they don't.
Hundreds of users say they do.

In many cases, people supplement a home remedy with special detox shampoos and/or detox body flushes/drinks.

3. DETOX PRODUCTS THAT WORK

Purchasing a detoxifying product to rid your hair of drug traces before the test is the easiest path, so a lot of people choose this route.

Problem is, there are lots of products claiming they will eliminate all traces of drug use from a person's hair follicles. Most products can't do it.

Let's take a look at a few products I found that really seem to work.

DETOX SHAMPOOS

Washing chemicals out of your hair with a special cleansing shampoo is a popular solution, but be warned: only a few hair detox shampoos work as claimed. Most fail because they can't get into the hair follicle itself, which is where the drug traces live.

As is true with any powerful over-the-counter remedy, the stuff that really works costs more. So pay attention to the price. From what I can see, anything that costs less than \$20 probably doesn't work as claimed.

Aloe Rid by Nexus (old formula)

Aloe Rid Shampoo (old formula) gets rave reviews and is by far the most frequently-recommended shampoo by people who've beaten the test.



NOTE: Only the old formula ("Old Style") works.











TestClear still sells the old formula. But they are in short supply, and it isn't cheap.

WARNING: Don't buy the old formula anywhere else! People have paid for the old formula, but received the new formula instead (WHICH DOES NOT WORK). Check the [1-star reviews on Amazon](#) to see what I mean.

Five Best Detox Shampoos

Here are the five best-rated and most frequently mentioned detox shampoos for passing a hair drug test.

[Nexus Aloe Rid](#) is by far the most recommended.

	TestClear	Zydot	Clear Choice	Sarken	Synergy Detox
					
	Old Style Aloe Rid	UltraClean	Clear Choice	Nutrition Stat	Toxin Wash Detox
PRICE	\$235.99	\$35.95	\$35.95	\$34.99	\$64.99
RATING	★★★★★	★★★★☆	★★★★☆	★★★★☆	★★★★☆
RETAILER	Buy It Now At 	Buy It Now At 	Buy It Now At 	Buy It Now At 	Buy It Now At 

Please note: none of the products above are FDA-tested and approved for beating a hair drug test.

4. PERSONALIZED DETOX PROGRAMS

If you are still unsure about how to proceed, then you can hire a personal detox counselor to walk you through a cleansing process that matches your specific situation.

Hair Detox Friend

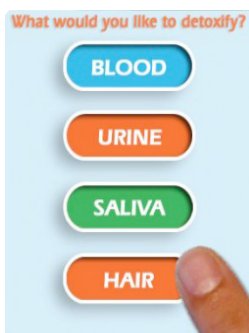
The most reputable detox program I know of is [Hair Detox Friend](#). Their team has more than 10 years of experience helping people pass drug tests.



Hair Detox Friend provides you with specially formulated products and a custom-tailored program to cleanse your hair of toxins – plus a personal consultant to talk with.

For a hands-on consulting program, the price is extremely reasonable (less than \$50). They also offer a **60-day 100% money- back guarantee**.

To check them out, [go to their home page](#) and select the “HAIR” option on the right hand side of the page.



Select *HAIR*

Learn More About The Hair Drug Test

- http://en.wikipedia.org/wiki/Hair_analysis <http://www.dol.gov/elaws/asp/drugfree/drugs/dt.asp#q6>
- http://www.atsdr.cdc.gov/HAC/hair_analysis/03-0330HairSampleTesting-Community.pdf
- <http://www.ncbi.nlm.nih.gov/pubmed/4021042>

Two Home Remedies to Clean THC From Your Hair

Sooo... marijuana is now a legal drug in my home state of Colorado.



But Coloradans can still get fired for smoking pot, because THC remains on the list of banned substances for the vast majority of companies here.

Marijuana also remains on the list of drugs detectable by [the hair drug test](#).

And [THC stays in your hair a looong time](#).

So if you have a hair drug test coming up – even if you live in Washington or Colorado – you still need a way to get traces of THC out of our hair.

The good news is that there are two proven THC detox procedures that can help you pass your next hair drug test.

How THC Gets Into Your Hair

I will be quick here, but it's important to understand what's going on when you smoke marijuana & what labs are actually testing for to understand why certain cleaning regimens work and others don't.

First thing you need to know: **the hair drug test doesn't test for the presence of THC** (Δ^9 -tetrahydrocannabinol).

Instead, **test labs are looking for minute concentrations (50 ng/mL) of THC-COOH (11-nor-9-carboxy-THC) in yor hair sample**.

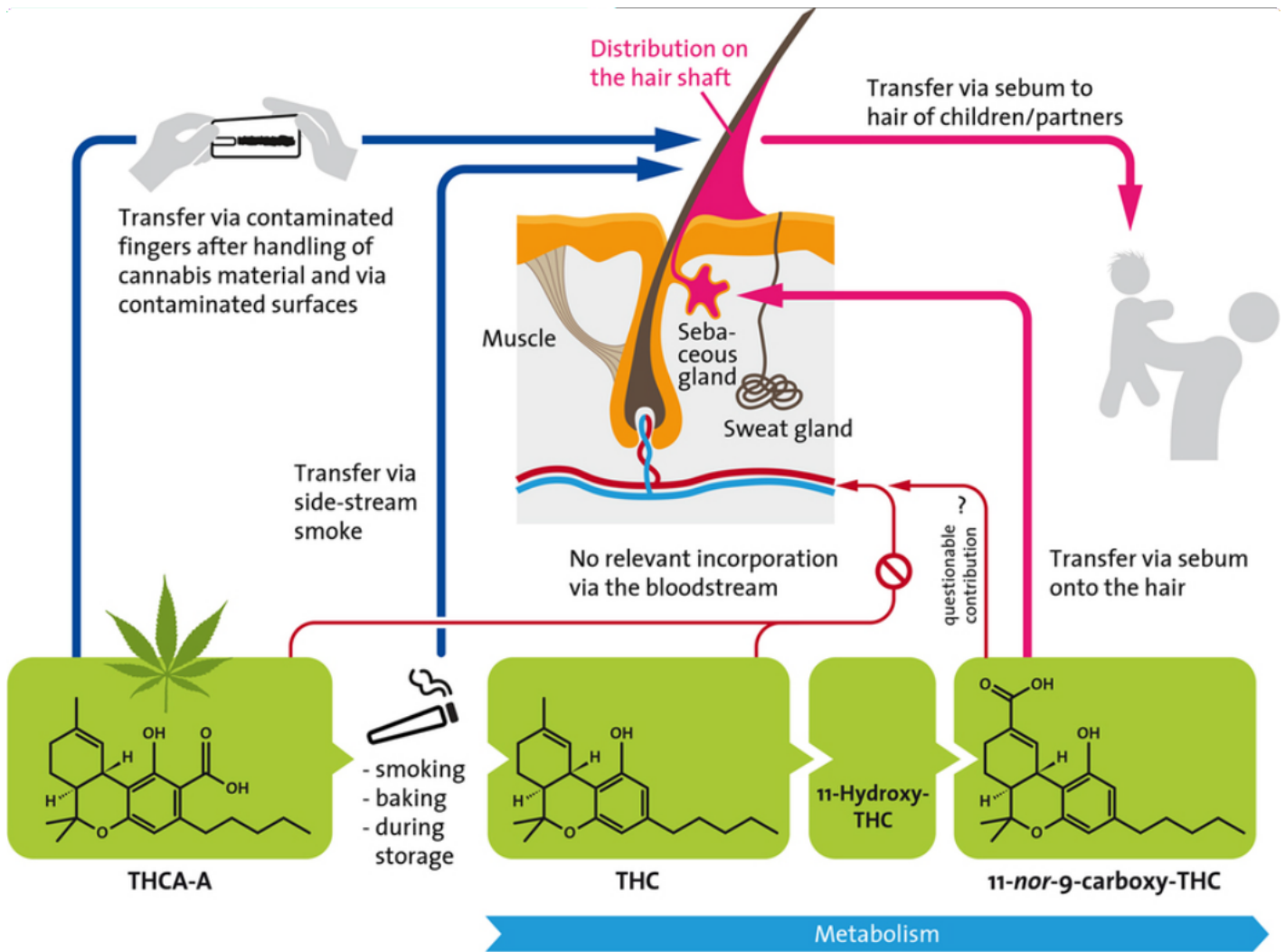
THC-COOH is a metabolite (byproduct) that's created when THC is broken down in your body. It gets into your hair in two ways:

1. most of it is deposited onto the **hair shaft** by your **sweat glands**.
2. some of it gets **through your bloodstream into the hair follicle**.

A lot of people think it's just one or the other. You see a lot of religious debate online about this.

This research graphic below shows the many ways THC and THC-COOH get into and onto your hair (courtesy of Nature.com).

Keep in mind that **the hair test only detects the TCH-COOH metabolite, not THC** nor the other cannabinoid shown in the graphic.



how cannabinoids get into your hair (Click to see image)

Note that while THC can be deposited onto your hair by contamination and second-hand smoking, its metabolite THC-COOH is only transmitted internally through your blood and sweat glands. This is one reason why labs test for the byproduct.

The bottom-line here is that cleaning your hair with strong chemicals and shampoos works because most of the metabolite TCH- COOH is deposited onto the surface of your hair, not inside of it.

Marijuana Smoker's Best Plan of Action

OK enough of the science.

Since this is a mobile site, I'll get right to the point.

Here is the most proven plan for stripping THC (THC-COOH) out of your hair:

1. Use either the [Macujo](#) or [Jerry G](#) method to clean your hair.
2. **Clean your hair several times** during the week leading up to your test.
3. **The night before and the morning of your drug test**, wash your hair using one of the [recommended shampoos in the table below](#).
4. **Drink plenty of fluids** during the 24 hours leading up to your test, in case the lab decides to test your urine, too.
5. **Add a supplement** or herbal, if you want.
6. **Don't waste your money on THC detox drinks** – unless you're worried about the urine test, too.

Keep reading to learn more about the Macujo and Jerry G methods, including step-by-step instructions and supply lists.

Two THC Detox Procedures You Can Do At Home

Hundreds of people swear that two home remedies – the **Jerry G method** and the **Macujo/Growman** method – will strip THC metabolites from your hair and help you pass the hair drug test.

Both are pretty simple. But they rely on harsh chemicals, so they're hard on your hair. But, you ask: do they work?

As you might expect, drug test labs say they do not.

On the other hand, there are hundreds of people who claim they absolutely do.

[Like this guy](#), [this young man](#), [this happy person](#) and [this fine lady](#).

I'll leave it to you to decide whom you trust.

THE MACUJO METHOD

The Macujo cleaning procedure was first described on Marijuana.com in the early 2000s.

In 2007, a Grasscity.com user named Growman talked about his success and the Macujo method accelerated in popularity.

Macujo/Growman is the most frequently discussed THC home remedy on forums and social networks like Reddit.

The Macujo process deep-cleans your hair using Nexus Aloe Rid shampoo (the old formula that uses propylene glycol); acetic acid (vinegar); salicylic acid shampoo; and laundry detergent.

The Macujo/Growman method clearly works for many people, but it's hard on your hair and may chemically irritate your scalp.



SUPPLIES TO GET



- The **KEY INGREDIENT** is the older formula of [Aloe Rid shampoo \(old style\)](#). [You can find it at TestClear.com](#).
- **Salicylic acid shampoo** like [Clean and Clear pink](#) (2% Salicylic Acid) or [Neutrogena T/Sal](#) (3%).
- **Tide detergent:** liquid form, available at any grocery store
- **Heinz vinegar:** available at any grocery store
- **Shower caps:** buy at least a dozen
- **Goggles:** to keep your eyes from burning

INSTRUCTIONS – MACUJO METHOD

Follow the cleaning procedure detailed below **at least 5 times over the 3 days prior to your hair drug test.**

Choose a deep sink where you can rinse your hair thoroughly with LOTS of warm water.

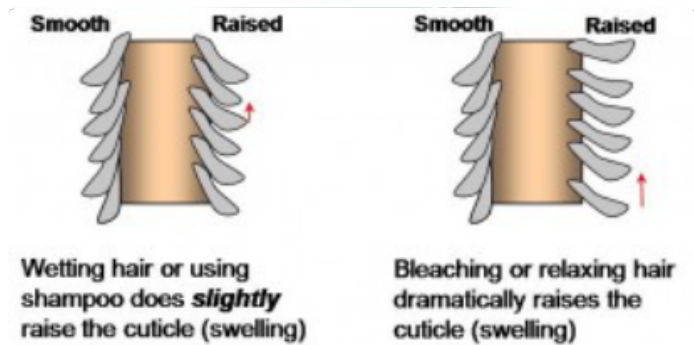
1. Wet your hair thoroughly with warm water.
2. Pour **Heinz vinegar** on your head and massage it into your hair all the way down to the scalp. Keep the vinegar away from your eyes – it will burn like hell.
3. Put the **goggles** on. Pour a dollop of **Clean and Clear Pink** or **Neutrogena** into your hand and massage it into your hair. This will probably burn your scalp a bit. Wipe and clean all exposed skin – especially your ears, eyebrows and forehead.
4. Put a **shower cap** on your head and let it sit for 30 minutes. Keep a wet towel handy to wipe away any Clean and Clear that drips out of the shower cap. You'll look really dumb at this point, so take a selfie for posterity.
5. Remove the shower cap & rinse your hair thoroughly.
6. Wash & rinse your hair twice with **Aloe Rid (old style) shampoo**.
7. Place a very small amount of **Tide** into your hair to finish wash everything out. Use lots of warm water to rinse. Keep rinsing until your hair squeaks like you've never experienced before.

Note: this procedure is hard on your hair and will remove all essential oils. You may want to follow with a conditioner, but wait at least an hour before doing that.

THE JERRY G METHOD

In 2008, a user named “Jerry_G” started a thread on Cannabis.com discussing a new bleach-and-clean method he claimed was “90% effective” against the hair follicle drug test.

According to Jerry G, the method works because bleaching opens up the hair cuticles, making the metabolites easier to clean – as depicted in the graphic below:



Since his original post, many people have backed Jerry’s claim that this is one of – if not the – most effective way to strip THC metabolites out of your hair.

The main downside of this method is that repetitive bleaching *destroys* your hair.

This is probably why the Macujo method is preferred.

SUPPLIES TO GET

- peroxide bleach
- [SynergyDetox Toxin Wash shampoo](#)
- [Zydot shampoo](#)
- Hair dye
- Baking soda

INSTRUCTIONS – JERRY G METHOD

The process is simple: **bleach and re-dye your hair, twice.**

Note: your hair *will* get damaged. A lot of people cut their hair after this procedure.

1. **Perform the first bleach-and-dye on the day you quit using.** Ask your hairdresser (or a fake blonde friend) how to bleach your hair properly using peroxide. For the re-dye, just follow instructions on the package.
2. **The second bleach-and-dye should be done at least 10 days after your last use of marijuana.** If you have little or no time, then the second bleach and redye should be done as close to the test as possible.
3. **On the day of the test,** make a thick baking soda paste w/ water and massage it into your hair. Then, do a full Toxin Wash treatment followed by a full Zydot treatment. Some people do step this several times.

Which THC Detox Products Really Work?



One Guy's Solution: Do Both!

Many people who use the Macujo and Jerry G methods also use products like shampoos, detox drinks and supplements to give themselves a little extra luck.

Listed below are the products that seem to work – and don't work – for the hair test, based on my research of forums, discussion boards, friends and customer ratings online.

DETOX SHAMPOOS

Some detox shampoos really seem to work for a large number of marijuana users.

I say *some*, because a whole lot of so-called detox shampoos aren't any different than the shampoos you use every day. They just carry a different label.

The best-known THC detox shampoo is **Aloe Rid (old style) – but only the old formula**. It's expensive as hell, but worth it.

To help you sort through the rest, I studied the successes of real pot smokers documented on popular weed forums including hightimes.com, cannabis.com and grasscity.com.

In addition, I went through hundreds of user reviews posted on popular drugstore and retail sites like TestClear.com, Drugstore.com, Amazon.com, Walmart.com and more.











In the end, I narrowed the list of shampoos down to a few who meet the following two criteria:

1. there are multiple independent claims of passing a hair drug test due *solely* to this product.
2. the shampoo is rated three stars or better on popular retail and drug testing websites

Five Best Detox Shampoos

Here are the five best-rated and most frequently mentioned detox shampoos for passing a hair drug test.

[Aloe Rid shampoo \(old style\)](#) is by far the most recommended.

	TestClear	Zydot	Clear Choice	Sarken	Synergy Detox
					
	Old Style Aloe Rid	UltraClean	Clear Choice	Nutrition Stat	Toxin Wash Detox
PRICE	\$235.99	\$35.95	\$35.95	\$34.99	\$64.99
RATING	★★★★★	★★★★☆	★★★★☆	★★★★☆	★★★☆☆
RETAILER	Buy It Now At 	Buy It Now At 	Buy It Now At 	Buy It Now At 	Buy It Now At 

Please note: none of the products above are FDA-tested and approved for beating a hair drug test.

DETOX DRINKS



Detox drinks are popular with pot smokers. There are dozens of examples online of people who claim a detox drink saved the day.

Almost all of these examples involved *urine* or *saliva* tests.

But the question I am trying to answer on this site is: *do detox drinks work for the hair drug test?*

After hours of researching online, **I found no direct evidence that detox drinks helped anyone pass a hair drug test.**

There are plenty of examples of people using the Macujo or Jerry G method and then finishing them off w/ a detox drink. But I couldn't find a single example where a detox drink was the only thing used to beat the test.

This actually makes sense, because the main benefit of consuming a detox drink is that your body fluids are diluted with water and the THC is masked in your body fluids.

But *hair isn't a body fluid.*

Enough said: **do not rely on detox drinks to save your job.**

FOOD SUPPLEMENTS AND PILLS

A third type of THC detox product used by many marijuana users is *consumables*. This includes food supplements, herbs and pills. My research revealed a lot of conflicting information.



On one hand, all of the product manufacturers claim their products work and some provide clinical evidence to prove it. Many offer money-back guarantees, too.

On the other hand, **I found almost no claims from people consumed one of these products (only) and successfully passed a hair drug test** due to that product.

I'm not saying consumables *don't* work. I'm just saying that I can't find independent examples of people saying the use of just that product caused them to beat the hair drug test. If you know of any direct evidence that a particular product worked on a hair drug test, then please leave a comment below so we can share it!

As with detox drinks, you'll find plenty of people who add supplements to their Macujo and Jerry G cleaning regimen.

My take on consumables right now: most of these products are safe and organic, so you don't have much to lose by adding them to your regimen. **If you think a supplement will help, then go ahead and take it.**

But **I wouldn't rely on consumables alone to save your neck**, m-k?

I hope this guide has been helpful!

If you'd like to ask me a question or discuss any of this information with others (anonymously), join in the comments on our home page <http://HairFollicleDrugTest.info>

Best of luck on your hair test!

-J.Z.

DISCLAIMER

There is much debate within the scientific and user community about the accuracy and effectiveness of the hair drug test.

Our goal is to share the best facts and opinions we can find from publicly available sources.

We host an open online forum (HairFollicleDrugTest.info) that facilitates anonymous conversations among people facing a drug test.

But HairFollicleDrugTest.info is not a medical website, a health care provider nor a doctor.

All advice or information we provide to you is simply our personal opinion and/or the results of independent research performed by us.

We make no promises, implied or otherwise, regarding the effectiveness and safety of the methods and products discussed on our website or in this document.

In the end, it is up to you to make your own decisions regarding all products, services and advice you find online.

Abstinence is ALWAYS the best way to pass a drug test ;-)

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