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Original Article

# Open trial of supplements of omega 3 and 6 fatty acids, vitamins and minerals in atopic dermatitis

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## Abstract

**Objective:** To investigate whether dietary supplementation with polyunsaturated fatty acids (PUFA) of the omega 3 series (n-3 PUFA: 18:3, n-3; 20:5, n-3; and 22:6, n-3), the omega 6 series (n-6 PUFA: 18:3, n-6), vitamins and minerals have a clinical effect on atopic dermatitis. **Methods:** A total of 19 patients aged 17–43 years with moderate to severe atopic dermatitis participated in an open trial of high oral doses of n-3 and n-6 PUFA in dry form (powder) or omega 3,6,9 fatty acid capsules, vitamin E tablets (d-alpha-tocopherol), zinc solution or tablets, and multivitamin capsules daily for 16 weeks. **Results:** The mean SCORAD improved in 14 of 17 patients by more than 50% after 8 weeks and 16 weeks of treatment ( $p < 0.01$  and  $p < 0.001$ , respectively). **Conclusion:** The open nature of this trial and the small number of subjects are major limitations of this study. The possible role of dietary omega 3 and 6 fatty acids in the



treatment of atopic dermatitis should be tested more extensively in a double-blind trial using high doses of antioxidants combined with PUFA.

- Atopic dermatitis
- minerals
- omega fatty acids
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