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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 were included in the study. The patients were randomised to receive either PUFA in the form of cod liver oil or placebo for 16 weeks. The primary outcome was the change in the severity of atopic dermatitis after 16 weeks. The secondary outcome was the change in the quality of life after 16 weeks. **Conclusion:** The results of the study show that dietary supplementation with PUFA and vitamins and minerals had no significant effect on the severity of atopic dermatitis or on the quality of life. **Limitation:** The study was a small, open, randomised, controlled trial. **Treatment:** The patients received either PUFA or placebo for 16 weeks.

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