



The Cochrane Library. The single most reliable source of evidence in healthcare
The Cochrane Reviews highlighted below are available from the
Cochrane Database of Systematic Reviews (www.thecochranelibrary.com)
Cochrane Reviews are regularly updated as new evidence emerges and in response to feedback,
and the Cochrane Database of Systematic Reviews should always be consulted for the most recent version of the review.

Can omega-3 fatty acid intake affect acne severity?

JULY 10, 2024 - In a study in the *Journal of Cosmetic Dermatology* that included 60 individuals with mild to moderate acne, following the Mediterranean diet and taking omega-3 fatty acid supplements led to significant reductions in inflammatory and non-inflammatory skin lesions, as well as improved quality of life.

Notably, 98.3% of participants had omega-3 fatty acid deficits at the start of the study. Acne severity lessened significantly in those who reached target omega-3 fatty acid levels during the study.

“Lifestyle interventions, including dietary recommendations, should not be considered in opposition to prescription medications, but rather as a valuable adjunct to any modern acne treatment plan,” said corresponding author Anne Guertler, MD, of the Ludwig Maximilian University of Munich, in Germany. “Future studies should build on the foundation laid by our current findings in a randomized, placebo-controlled design to improve dietary recommendations for acne patients.”

Full Citation: “Exploring the potential of omega-3 fatty acids in acne patients: A prospective intervention study.” Anne Guertler, Katharina Neu, Diana Lill, Benjamin Clanner-Engelshofen, Lars E. French, Markus Reinholz. JCD; Published Online: July 10, 2024 (DOI: 10.1111/jocd.16434).

URL Upon Publication: <https://onlinelibrary.wiley.com/doi/10.1111/jocd.16434>

Copyright © 2021 The Cochrane Collaboration. Published by John Wiley & Sons, Ltd., reproduced with permission.