

Oral omega-3 polyunsaturated fatty acids vectored in marine phospholipids in the treatment of acne—a pilot study

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MATERIAL AND METHODS

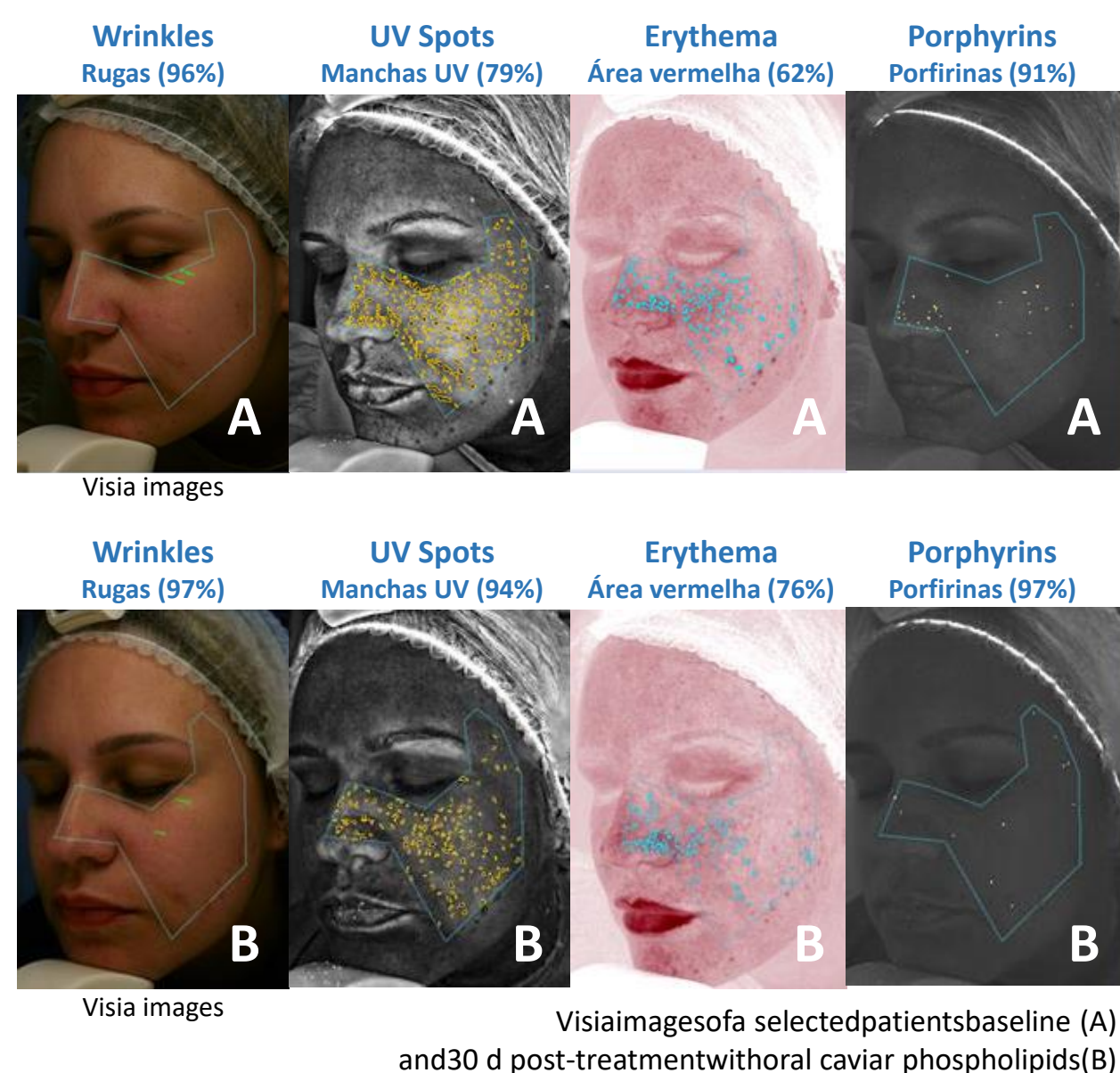
Patients/Methods: 15 volunteer patients, male or female between 18 and 50 years, with grade I to IV acne, were randomized to receive 200 mg of oral caviar phospholipids daily for one month. No other concomitant acne treatment-systemic, topical or with any technology that could interfere positively or negatively -were used in this study. Consent form was delivered and signed by all participants. Hygienizer and sunscreen were used and standardized throughout the study period. As a measurement of results, clinical photographs were taken at the beginning and end of the study, in addition to evaluation by the Visia[®] photographic scanning system.

RESULTS

The work in question surprised us with the improvement of inflammation (measured by the reduction of porphyrins and erythema and clinical evaluation comparison), in 100% of the selected patients. Improvement in sunspots and wrinkles were also observed.



Clinical images of three selected patients baseline (A) and 30 d post-treatment with oral caviar phospholipids (B)



CONCLUSION AND DISCUSSION

Caviar phospholipids consists in a combination of marine phospholipids -mainly phosphatidylcholine -and neutral lipids extracted from herring roe, rich in polyunsaturated fatty acids (PUFAs), omega 3 -docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)-, astaxanthin and alpha-tocopherol, that has successfully been used in the reduction of several inflammatory skin disease such as psoriasis and atopic dermatitis. According to the improvement of erythema, porphyrins and clinical evaluation, the current study with caviar phospholipids in a oral daily dose of 200 mg revealed positive results in the reduction of acne disorder too, which give us one more alternative for the treatment of this inflammatory disease

Keywords:

Oral administration, inflammation, caviar phospholipids

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