

# Abstract

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## Nutrition and psoriasis.

Ricketts JR, Rothe MJ, Grant-Kels JM.

Department of Dermatology, University of Connecticut Health Center, 21 South Rd, Farmington, CT 06030, USA.

**OBJECTIVE OF REVIEW:** Nutritional supplementation may provide a viable treatment alternative in patients with psoriasis.

**FINDINGS:** Randomized, controlled trials have shown the effectiveness of topical vitamin A and D derivatives, intravenous  $\omega$ -3 fatty acids, oral inositol, and various combined therapies. Dual therapies of ultraviolet B phototherapy and fish oil, retinoids and thiazolidinediones, and cyclosporine and a low-calorie diet were effective in the treatment of psoriasis in randomized, controlled trials.

**SUMMARY:** This contribution also reviews the potential negative effect of alcohol and the potential positive effects of vitamin B(12), selenium, retinoic acid metabolism-blocking agents, and a gluten-free diet in the treatment of psoriasis.

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