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Biography

Britany Hartshorn, is a Doctor of Osteopathic Medicine candidate (Class of 2028) at Burrell College of Osteopathic Medicine.

Navigating the Scientific Evidence for Supplements in Modern Dermatological Care

Abstract:

Trends in naturalistic remedies are increasingly evident in dermatology practices, manifesting as patients who present after unsuccessful home treatments or those who express hesitancy toward prescription medications. Driven by patient interest in using topical and oral supplements such as vitamins, minerals, and essential oils, dermatologists must distinguish between consumer trends and evidence-based interventions. A structured narrative review was conducted using systematic searches of PubMed and Google Scholar of peer-reviewed publications from 2000-2025. Evidence supports the efficacy of key nutritional supplements for inflammatory conditions such as vitamin D and omega-3s to modulate pro-inflammatory leukotrienes in psoriasis; Probiotics to stabilize the gut-skin axis in atopic dermatitis; Oral zinc to modulate the innate immune response in hidradenitis suppurativa; Phenylalanine and copper to support tyrosinase-driven melanogenesis in vitiligo, and zinc and vitamin A to reduce *C. acnes* colonization and follicular inflammation in acne. As well as Polypodium leucotomos to increase the minimal erythema dose and provide photoprotection; Soy isoflavones and collagen to stimulate fibroblast activity in anti-aging; Soy protease inhibitors to block PAR-2 mediated melanosome transfer in hyperpigmentation, and prevention of non-melanoma skin cancer with nicotinamide to enhance DNA repair and reduce UV-induced immunosuppression. Ultimately, naturalistic interventions are most effective as targeted adjuncts to conventional therapy. By becoming familiar with evidence-based integrative dermatology, dermatologists can maximize the efficacy of conventional pharmacological approaches while honoring patient preferences.