

D POWER

To Restore Skin Health



FBL/MD3/NL/TW/42/5/01

Vitamin D deficiency is recognized as a risk factor for numerous health conditions so monitoring its serum level is crucial. Vitamin D is known to regulate immune responses, retain skin barrier function, promote wound healing and prevent skin infections which is essential to maintain skin homeostasis. Fermenta, a leading manufacturer of Vitamin D, presents this D-Essence Newsletter to highlight the latest research on the role of Vitamin D in skin health.

Vitamin D supplementation probably alleviates chronic pruritus

A meta-analysis of 9 trials evaluated the role of Vitamin D in alleviating chronic pruritus. Among 1,085 individuals, Vitamin D supplementation lowered pruritus ($P = 0.03$) in patients who experienced itching. While analyzing the duration of intervention, Vitamin D supplementation for < 8 weeks showed greater reduction in pruritus compared to placebo ($P = 0.014$). The skin lesion area was also reduced significantly with a standard mean difference of -0.82 after Vitamin D administration Vs. placebo. Furthermore, inflammatory cytokines including TNF, IL-6 and hs-CRP levels were lowered with Vitamin D supplementation.

Li CP et al. Int J Med Sci.
2024 Sep 16;25(18):1983

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Vitamin D supplementation might enhance laser therapy benefits in vitiligo



The efficacy of Vitamin D supplementation with excimer laser (Vs. laser alone - control group) was analyzed in a randomized controlled study which enrolled 26 non-segmental vitiligo patients with low Vitamin D levels (<20 ng/mL). After 6 months, patients with Vitamin D supplementation showed a 52.83% greater improvement in the Vitiligo Area Scoring Index (VASI) score Vs. control group indicating greater reduction in vitiligo depigmentation. Additionally, 75% of the patients experienced >50% improvement in repigmentation with Vitamin D. Furthermore, significantly more patients had better overall treatment response (assessed by physician global assessment score) with Vitamin D Vs. control group.

Kim JC et al. J Cosmet Dermatol.
2024 Mar;23(3):319-348

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Vitamin D supplementation possibly reduces atopic dermatitis severity



A systematic review and meta-analysis examined the efficacy of Vitamin D supplementation in treating atopic dermatitis (AD) in 686 children and adults. Of 11 included studies, 27% studies showed significant improvement in AD symptoms with Vitamin D supplementation along with substantially greater reduction in AD severity with a standard mean difference of -0.41 compared to the control group. On subgroup analysis, patients with Vitamin D intervention for < 3 months, mild-to-moderate AD severity and Vitamin D dosage of > 1000 IU/day were associated with significant improvement in AD severity Vs. control group.

Nilsen AI et al. Nutrients.
2024 Nov 28;16(23):4128

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