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**Rezultati i rasprava:** Postoje brojne bolesti i stanja koja se mogu ispoljiti na koži. Najčešće bolesti kože zbog kojih se pacijenti obraćaju liječnicima i ljekarnicima su atopijski dermatitis, akne, ekcemi, psorijaza, herpes te rak kože.

Osim medicinskog tretmana kod liječenja atopijskog dermatitisa i ekcema preporučuje se konzumacija sastojaka iz hrane i dodataka prehrani kao što su: vitamini (piridoksin, askorbinska kiselina i tokoferol), minerali (selen i cink), karotenoidi astaksantin i beta-karoten, a od biljnih preparata konopljika i ulje pupoljke. U liječenju akni najčešće se preporučuju vitamin E, cink i selen, a za herpes lizin, vitamini C i E, mineral cink, te od biljnih preparata krema od matičnjaka i gospina trava.

U tretmanu psorijaze preporučuje se izbjegavanje citrusa, a od dodataka prehrani najčešće se preporučuje konzumiranje ribljeg ulja, omega 3 masnih kiselina, antioksidansa posebno vitamini C i E, minerali selena i cinka, te od biljnih preparata sikavica.

Kod većine ovih bolesti preporučuju se namirnice koje su imunostimulansi kao i hrane koja je bogata antioksidansima, te antimikrobnim sastojcima iz hrane.

Postoje i druge kožne bolesti na koje prehrana može dati doprinos u tretmanu kao što su porfirija, rozacea, te bolesti čiji se simptomi odražavaju preko kože.

**Zaključak:** Prehrana ima važan utjecaj na zdravlje i izgled kože. Dobro odabrani dodaci prehrani u kombinaciji sa zdravom i uravnoteženom prehranom mogu da daju dobre rezultate u podršci liječenju kožnih bolesti.

**Ključne riječi:** koža, kožne bolesti, dodaci prehrani

## INGREDIENTS OF FOOD AND SUPPLEMENTS NUTRITION IN SUPPORT OF TREATMENT OF SIGNIFICANT SKIN DISEASES

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### Abstract

**Introduction:** Constant exposure to stress, inadequate nutrition with a lack of essential nutrients and protective ingredients, and intake of refined foods can affect the health and appearance of the skin. Therefore, in support of the treatment of some skin diseases, it is important to recommend diet and the use of dietary supplements.

**Objective and methods of work:** The aim of the paper was to collect and analyze expert and scientific information related to nutrition and nutritional supplements that can be used in the most common skin diseases.

**Results and Discussion:** There are numerous diseases and conditions that can be expressed on the skin. The most common skin diseases that cause patients to see doctors and pharmacists are atopic dermatitis, acne, eczema, psoriasis, herpes and skin cancer.

In addition to medical, for treatment of atopic dermatitis and eczema, recommended to consume food ingredients and dietary supplements such as: vitamins (pyridoxine, ascorbic acid and tocopherol), minerals (selenium and zinc), carotenoids astaxanthin and beta-carotene, and from herbal preparations *Mary goldflower* and *Primrose Evening* oil. Vitamin E, zinc and selenium are most commonly recommended in the treatment of acne, while for herpes lysine, vitamins C and E, mineral zinc, and from herbal preparations, *Balm beaves* and *St. John's wort*.

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In the treatment of psoriasis, it is recommended to avoid citrus, and of the dietary supplements, the most commonly recommended consumption of fish oil, omega 3 fatty acids, antioxidants especially vitamins C and E, selenium and zinc minerals, and herbal preparations of *Milk Thistle*.

For most of skin diseases, foods that are immunostimulants, foods rich in antioxidants and antimicrobial ingredients from foods are recommended.

There are other skin diseases where nutrition can contribute to treatment such as porphyria, rosacea, and diseases whose symptoms are reflected through the skin.

**Conclusion:** Nutrition has an important impact on skin health and appearance. Well-chosen dietary supplements combined with a healthy and balanced diet can produce good results in supporting the treatment of skin diseases.

**Keywords:** skin, skin diseases, nutritional supplements