# Vitamins for Psoriasis

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## Could Taking Vitamins Help My Psoriasis?

A number of studies have suggested that vitamins can help with psoriasis symptoms. The following are some vitamins and supplements many psoriasis say have positively helped their condition:

**Omega-3 Fatty Acids**

Omega-3 fatty acids are known to be great for the heart, but they also help to reduce inflammation and support a healthy immune system. Since psoriasis involves inflammation and a faulty immune system, omega-3s may help improve both.

**Vitamin D**

Many of the topical medications for psoriasis have vitamin D as the main ingredient. It is believed that vitamin D may slow the growth of skin cells, especially the ones that come about with psoriasis.

**Glucosamine**

Glucosamine can be purchased over the counter. It naturally occurs in and around cells of cartilage in the body and is thought to help with inhibiting inflammation brought about by psoriasis plaques. NOTE: People with allergies to shellfish should avoid glucosamine, as should pregnant women and children.

**Vitamin A**

Vitamin A is a good vitamin to boost immunity and helps improve the condition of skin and scalp while lowering the risk of psoriasis outbreaks. It also reduces inflammation and rids of the skin dryness and itchiness.

**Vitamin B-6**

Vitamin B-6 is known to facilitate the reproduction of the cells and protects the skin from permanent damage from psoriasis. It also aids in reducing outbreaks of the skin condition and prevents the excessive skin cell buildup that is characteristic of psoriasis. It can also lower the risk of psoriasis-related arthritis and decrease the itchy, flaky, red plaques of the scalp.

**Vitamin C**

Vitamin C is an excellent antioxidant that is known to strengthen the body’s immune system. It protects the body from infections, toxins, viruses, and other diseases that trigger scalp psoriasis. Additionally, it aids in collagen production in the skin and helps support skin health. Since it strengthens the blood vessels, it helps to accelerate

the healing process, hydrate skin, and lowers the risk for psoriasis-related joint pain and inflammation. Vitamin C can also alleviate itchiness and scalp bleeding.

**Vitamin E**

Vitamin E is another powerful antioxidant that supports a healthy immune system and protects the body from the free radicals that worsen psoriasis. It can be taken by mouth or applied topically on lesions. Vitamin E helps to strengthen blood vessels, reduce inflammation, improve blood circulation, ease pain and discomfort from psoriatic lesions, and heal psoriasis sores. It can also prevent future outbreaks of psoriasis and lower the risk for psoriasis-related arthritis.

**Conclusion**

These vitamins and supplements may help you to better manage your psoriasis, but you should not stop taking the medication your doctor has prescribed for your psoriasis. because you have started taking vitamins. Try some of these vitamins and see if you notice any difference in your condition. Vitamins are great as part of your daily health regimen regardless of your psoriasis so it can't hurt to include them and see what happens.