Vitiligo is an autoimmune disorder that involves the interplay between oxidative stress and the immune system. The role of oral supplements including vitamins, minerals, and botanicals, is increasingly being investigated as adjuncts to conventional medical treatment due to their antioxidant and immunomodulatory activity. Studies suggest that many of these agents may have some efficacy as monotherapy, but are more often used as adjuncts to topical agents and phototherapy. Some of these agents include:

- Vitamin B12/Folic Acid
- Vitamin C
- Vitamin D
- Vitamin E
- Zinc
- Phyllanthus emblica (amla fruit)
- Gingko biloba
- Polypodium leucotomos
- Piperine (animal studies)
- Green tea (epigallocatechin-3-gallate)

REFERENCES:

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