The pathogenesis of vitiligo is complex and multifactorial. It includes the overproduction of reactive oxygen species and oxidative stress. This understanding has led to an increased interest in the role of diet, vitamins, and supplements in the treatment of vitiligo. Though current research remains limited, the findings show promise that there may be a beneficial role for diet, vitamins, and supplements as adjunctive treatments to conventional vitiligo treatments. These alternative treatments include:

- **Vitamins:** C, D, E, B12, folic acid, alpha-lipoic acid
- **Minerals:** Zinc, Copper
- **Plants:** Gingko Biloba, Khellin, Polypodium leucotomos
- **Miscellaneous:** Gluten-free diets, Green tea, L-Phenylalanine

**REFERENCES:**


