

Appendix S1

RELEVANT PAPERS

- Adebamowo CA, Spiegelman D, Berkey CS, Danby FW, Rockett HH, Colditz GA, et al. Milk consumption and acne in adolescent girls. *Dermatol Online J* 2006; 12: 1.
- Adebamowo CA, Spiegelman D, Berkey CS, Danby FW, Rockett HH, Colditz GA, et al. Milk consumption and acne in teenaged boys. *J Am Acad Dermatol* 2008; 58: 787–793.
- Adebamowo CA, Spiegelman D, Danby FW, Frazier AL, Willett WC, Holmes MD. High school dietary dairy intake and teenage acne. *J Am Acad Dermatol* 2005; 52: 207–214.
- Amado JM, Matos ME, Abreu AM, Loureiro L, Oliveira J, Verde A, et al. The prevalence of acne in the north of Portugal. *J Eur Acad Dermatol Venereol* 2006; 20: 1287–1295.
- Arbesman H. Dairy and acne – the iodine connection. *J Am Acad Dermatol* 2005; 53: 1102.
- Barnes J. Saw palmetto. *Serenoa repens*. Also known as *Serenoa serrulata*, *Sabal serrulata* and the dwarf palm. *J Prim Health Care* 2009; 1: 323.
- Berra B, Rizzo AM. Glycemic index, glycemic load, wellness and beauty: the state of the art. *Clin Dermatol* 2009a; 27: 230–235.
- Berra B, Rizzo AM. Glycemic index, glycemic load: new evidence for a link with acne. *J Am Coll Nutr* 2009b; 28 Suppl: 450S–454S.
- Bershad SV. Diet and acne – slim evidence, again. *J Am Acad Dermatol* 2005; 53: 1102; author reply 1103.
- Bibi Nitzan Y, Cohen AD. Zinc in skin pathology and care. *J Dermatolog Treat* 2006; 17: 205–210.
- Burrall B. The relationship of diet and acne. *Dermatol Online J* 2006; 12: 25.
- Cordain L. Implications for the role of diet in acne. *Semin Cutan Med Surg* 2005; 24: 84–91.
- Costa A, Alchorne MM, Michalany NS, Lima HC. Acne vulgar: estudo piloto de avaliação do uso oral de ácidos graxos essenciais por meio de análises clínica, digital e histopatológica. *An Bras Dermatol* 2007; 82: 129–134.
- Danby FW. Acne and milk, the diet myth, and beyond. *J Am Acad Dermatol* 2005; 52: 360–362.
- Danby FW. Acne and iodine: reply. *J Am Acad Dermatol* 2007; 56: 164–165.
- Danby FW. Acne et nutrition. *Ann Dermatol Venereol* 2008a; 135: 9–11.
- Danby FW. Diet and acne. *Clin Dermatol* 2008b; 26: 93–96.
- Dziankowska-Bartkowiak B, Dadoush D. Etiopatogeneza tradziku pospolitego – czy dieta jest ważnym czynnikiem? *Przegl Lek* 2004; 61: 1448–1451.
- El-Akawi Z, Abdel-Latif Nemr N, Abdul-Razzak K, Al-Aboosi M. Factors believed by Jordanian acne patients to affect their acne condition. *East Mediterr Health J* 2006; 12: 840–846.
- Ghodsi SZ, Orawa H, Zouboulis CC. Prevalence, severity, and severity risk factors of acne in high school pupils: a community-based study. *J Invest Dermatol* 2009; 129: 2136–2141.
- Halvorsen JA, Dalgard F, Thoresen M, Bjertness E, Lien L. Is the association between acne and mental distress influenced by diet? Results from a cross-sectional population study among 3775 late adolescents in Oslo, Norway. *BMC Public Health* 2009; 9: 340.
- Joubert E, Gelderblom WC, Louw A, de Beer D. South African herbal teas: *Aspalathus linearis*, *Cyclopia* spp. and *Athrixia phylicoides* – a review. *J Ethnopharmacol* 2008; 119: 376–412.
- Katsambas A, Dessinioti C. New and emerging treatments in dermatology: acne. *Dermatol Ther* 2008; 21: 86–95.
- Katzman M, Logan AC. Acne vulgaris: nutritional factors may be influencing psychological sequelae. *Med Hypotheses* 2007; 69: 1080–1084.
- Kaymak Y, Adisen E, Ilter N, Bideci A, Gurler D, Celik B. Dietary glycemic index and glucose, insulin, insulin-like growth factor-I, insulin-like growth factor binding protein 3, and leptin levels in patients with acne. *J Am Acad Dermatol* 2007; 57: 819–823.
- Keri JE, Rosenblatt AE. The role of diet in acne and rosacea. *J Clin Aesthet Dermatol* 2008; 1: 22–26.
- Kim J, Ko Y, Park YK, Kim NI, Ha WK, Cho Y. Dietary effect of lactoferrin-enriched fermented milk on skin surface lipid and clinical improvement of acne vulgaris. *Nutrition* 2010; 26: 902–909.
- Klein F. Polyzystisches Ovarsyndrom. Diät hilft gegen das Hormonchaos. *MMW Fortsch Med* 2009; 151: 16.
- Kurokawa I, Danby FW, Ju Q, Wang X, Xiang LF, Xia L, et al. New developments in our understanding of acne pathogenesis and treatment. *Exp Dermatol* 2009; 18: 821–832.
- Law MP, Chuh AA, Molinari N, Lee A. An investigation of the association between diet and occurrence of acne: a rational approach from a traditional Chinese medicine perspective. *Clin Exp Dermatol* 2009; 35: 31–35.
- Liepa GU, Sengupta A, Karsies D. Polycystic ovary syndrome (PCOS) and other androgen excess-related conditions: can changes in dietary intake make a difference? *Nutr Clin Pract* 2008; 23: 63–71.
- Logan AC. Dietary fat, fiber, and acne vulgaris. *J Am Acad Dermatol* 2007; 57: 1092–1093.
- Magin P, Pond D, Smith W, Watson A. A systematic review of the evidence for 'myths and misconceptions' in acne management: diet, face-washing and sunlight. *Fam Pract* 2005; 22: 62–70.
- Melnik B. Milk consumption: aggravating factor of acne and promoter of chronic diseases of Western societies. *J Dtsch Dermatol Ges* 2009; 7: 364–370.
- Melnik BC. Milk – the promoter of chronic Western diseases. *Med Hypotheses* 2009; 72: 631–639.
- Melnik BC, Schmitz G. Role of insulin, insulin-like growth factor-1, hyperglycaemic food and milk consumption in the pathogenesis of acne vulgaris. *Exp Dermatol* 2009; 18: 833–841.
- Nouveau-Richard S, Zhu W, Li YH, Zhang YZ, Yang FZ, Yang ZL, et al. Oily skin: specific features in Chinese women. *Skin Res Technol* 2007; 13: 43–48.
- Pappas A. The relationship of diet and acne: a review. *Dermaendocrinol* 2009; 1: 262–267.
- Picardo M, Ottaviani M, Camera E, Mastrofrancesco A. Sebaceous gland lipids. *Dermatoendocrinol* 2009; 1: 68–71.
- Purdy S, de Berker D. Acne. *BMJ* 2006; 333: 949–953.
- Rigopoulos D, Gregoriou S, Ifandi A, Efstathiou G, Georgala S, Chalkias J, et al. Coping with acne: beliefs and perceptions in a sample of secondary school Greek pupils. *J Eur Acad Dermatol Venereol* 2007; 21: 806–810.
- Rubin MG, Kim K, Logan AC. Acne vulgaris, mental health and omega-3 fatty acids: a report of cases. *Lipids Health Dis* 2008; 7: 36.
- Setji TL, Brown AJ. Comprehensive clinical management of polycystic ovary syndrome. *Minerva Med* 2007; 98: 175–189.
- Smith R, Mann N, Makelainen H, Roper J, Braue A, Varigos G. A pilot study to determine the short-term effects of a low glycemic load diet on hormonal markers of acne: a nonrandomized, parallel, controlled feeding trial. *Mol Nutr Food Res* 2008; 52: 718–726.
- Smith RN, Braue A, Varigos GA, Mann NJ. The effect of a low glycemic load diet on acne vulgaris and the fatty acid composition of skin surface triglycerides. *J Dermatol Sci* 2008; 50: 41–52.
- Smith RN, Mann NJ, Braue A, Makelainen H, Varigos GA. The effect of a high-protein, low glycemic-load diet versus a conventional, high glycemic-load diet on biochemical parameters

- associated with acne vulgaris: a randomized, investigator-masked, controlled trial. *J Am Acad Dermatol* 2007; 57: 247–256.
- Smith RN, Mann NJ, Braue A, Makelainen H, Varigos GA. A low-glycemic-load diet improves symptoms in acne vulgaris patients: a randomized controlled trial. *Am J Clin Nutr* 2007; 86: 107–115.
- Smolinski KN, Yan AC. Acne update: 2004. *Curr Opin Pediatr* 2004; 16: 385–391.
- Spencer EH, Ferdowsian HR, Barnard ND. Diet and acne: a review of the evidence. *Int J Dermatol* 2009; 48: 339–347.
- Strauss JS, Krowchuk DP, Leyden JJ, Lucky AW, Shalita AR, Siegfried EC, et al. Guidelines of care for acne vulgaris management. *J Am Acad Dermatol* 2007; 56: 651–663.
- Tom WL, Barrio VR. New insights into adolescent acne. *Curr Opin Pediatr* 2008; 20: 436–440.
- Tomb R. Peau et alimentation, au-delà des mythes. *J Med Liban* 2009; 57: 258–260.
- Treloar V. Comment on guidelines of care for acne vulgaris management. *J Am Acad Dermatol* 2007; 57: 900–901.
- Treloar V. Comment on the commentary: diet and acne. *J Am Acad Dermatol* 2008; 59: 534–535.
- Treloar V, Logan AC, Danby FW, Cordain L, Mann NJ. Comment on acne and glycemic index. *J Am Acad Dermatol* 2008; 58: 175–177.
- Uslu G, Sendur N, Uslu M, Savk E, Karaman G, Eskin M. Acne: prevalence, perceptions and effects on psychological health among adolescents in Aydin, Turkey. *J Eur Acad Dermatol Venereol* 2008; 22: 462–469.
- Webster GF. Commentary: diet and acne. *J Am Acad Dermatol* 2008; 58: 794–795.
- Wolf R, Matz H, Orion E. Acne and diet. *Clin Dermatol* 2004; 22: 387–393.
- Wu TQ, Mei SQ, Zhang JX, Gong LF, Wu FJ, Wu WH, et al. Prevalence and risk factors of facial acne vulgaris among Chinese adolescents. *Int J Adolesc Med Health* 2007; 19: 407–412.
- Yahya H. Acne vulgaris in Nigerian adolescents – prevalence, severity, beliefs, perceptions, and practices. *Int J Dermatol* 2009; 48: 498–505.