



[Am J Clin Nutr. 2013 Mar;97\(3\):646-52. doi: 10.3945/ajcn.112.049494. Epub 2013 Jan 30.](#)

Randomized controlled trial of oral omega-3 PUFA in solar-simulated radiation-induced suppression of human cutaneous immune responses.

[Pilkington SM, Massey KA, Bennett SP, Al-Aasswad NM, Roshdy K, Gibbs NK, Friedmann PS, Nicolaou A, Rhodes LE.](#)

From Dermatological Sciences, Institute of Inflammation and Repair, School of Translational Medicine, University of Manchester, Manchester Academic Health Science Centre, Salford Royal National Health Service Foundation Hospital, Manchester, United Kingdom.

DESIGN:

In a double-blind, randomized controlled study, 79 volunteers (nickel-allergic women, 22-60 y old, with phototype I or II) took 5 g n-3 PUFA-containing lipid (70% EPA plus 10% DHA) or a control lipid daily for 3 mo.

CONCLUSION:

Oral n-3 PUFAs appear to abrogate photoimmunosuppression in human skin, providing additional support for their chemopreventive role; verification of study findings is required.