

# Home Remedies For Acne Evidence List - References

	Name/ Ingredient	Selected References
	<b>Apple Cider Vinegar (topical)</b>	No references found
	<b>Black Tea Extract (topical/oral)</b>	No references found
	<b>Chamomile (topical)</b>	<p>Zu Y, Yu H, Liang L, Fu Y, Efferth T, Liu X, Wu N. <a href="#">Activities of Ten Essential Oils towards Propionibacterium acnes and PC-3, A-549 and MCF-7 Cancer Cells</a>. Molecules. 2010 Apr 30;15(5):3200-10.</p> <p>Shoara R, Hashempur MH, Ashraf A, Salehi A, Dehshahri S, Habibagahi Z. <a href="#">Efficacy and safety of topical Matricaria chamomilla L.(chamomile) oil for knee osteoarthritis: a randomized controlled clinical trial</a>. Complementary therapies in clinical practice. 2015;21(3):181-7.</p>
	<b>Clay (topical)</b>	<p>Park SK, Lee CW, Lee MY. <a href="#">Antibacterial effects of minerals from ores indigenous to Korea</a>. J Environ Biol. 2009;30(1):151-154.</p> <p>Elstein W. <a href="#">Topical deodorized polysulfides. Broadscope acne therapy</a>. Cutis. 1981 Oct;28(4):468-72.</p>
	<b>Coconut Oil (topical)</b>	<p>Ariffin NH, Hasham R. <a href="#">Potential dermatological application on Asian plants</a>. Biotechnology and bioprocess engineering. 2016 Jun 1;21(3):337-54.</p>
	<b>Echinacea (topical)</b>	<p>Sharma M, Schoop R, Suter A, Hudson JB. <a href="#">The potential use of Echinacea in acne: control of Propionibacterium acnes growth and inflammation</a>. Phytother Res. 2011;25(4):517-21. doi: 10.1002/ptr.3288.</p> <p>Yotsawimonwat S1, Rattanadechsakul J, Rattanadechsakul P, Okonogi S. <a href="#">Skin improvement and stability of Echinacea purpurea dermatological formulations</a>. Int J Cosmet Sci. 2010;32(5):340-6. doi: 10.1111/j.1468-2494.2009.00559.x.</p>
	<b>Egg whites (topical)</b>	No references found
	<b>Green Tea (topical)</b>	<p>Saric S, Notay M, Sivamani RK. <a href="#">Green Tea and Other Tea Polyphenols: Effects on Sebum Production and Acne Vulgaris</a>. Antioxidants. 2016;6(1):E2. doi: 10.3390/antiox6010002.</p> <p>Yoon JY, Kwon HH, Min SU, Thiboutot DM, Suh DH. <a href="#">Epigallocatechin-3-gallate improves acne in humans by</a></p>

		<a href="#">modulating intracellular molecular targets and inhibiting P. acnes.</a> J Invest Dermatol. 2013;133(2):429-40. doi: 10.1038/jid.2012.292.
	<b>Honey (topical)</b>	Semprini A, Braithwaite I, Corin A, Sheahan D, Tofield C, Helm C, Montgomery B, Fingleton J, Weatherall M, Beasley R. <a href="#">Randomised controlled trial of topical kanuka honey for the treatment of acne.</a> BMJ open. 2016 Jan 1;6(2):e009448. Julianti E, Rajah KK, Fidrianny I. <a href="#">Antibacterial Activity of Ethanolic Extract of Cinnamon Bark, Honey, and Their Combination Effects against Acne-Causing Bacteria.</a> Scientia Pharmaceutica. 2017 Apr 11;85(2):19.
	<b>Lemon Juice (topical)</b>	No references found
	<b>Milk (Topical; e.g. Milk Baths)</b>	No references found
	<b>Mint (topical)</b>	No references found
	<b>Sea Salt (topical)</b>	No references found
	<b>Spearmint Tea (oral)</b>	No references found
	<b>Tea Tree Oil (topical)</b>	Hammer KA. <a href="#">Treatment of acne with tea tree oil (melaleuca) products: A review of efficacy, tolerability and potential modes of action.</a> International journal of antimicrobial agents. 2015 Feb 28;45(2):106-10. Nasri H, Bahmani M, Shahinfard N, Nafchi AM, Saberianpour S, Kopaei MR. <a href="#">Medicinal plants for the treatment of acne vulgaris: a review of recent evidences.</a> Jundishapur journal of microbiology. 2015 Nov;8(11). de Groot AC, Schmidt E. <a href="#">Tea tree oil: contact allergy and chemical composition.</a> Contact dermatitis. 2016 Sep 1;75(3):129-43. Pazyar N, Yaghoobi R, Bagherani N, Kazerouni A. <a href="#">A review of applications of tea tree oil in dermatology.</a> International journal of dermatology. 2013 Jul 1;52(7):784-90.
	<b>Tomatoes (topical)</b>	No references found
	<b>Toothpaste (topical)</b>	Lim KS, Kam PC. <a href="#">Chlorhexidine-pharmacology and clinical applications.</a> Anaesthesia and intensive care. 2008 Jul 1;36(4):502. Jacob SE, Amini S. <a href="#">Cocamidopropyl betaine.</a> Dermatitis. 2008 May 1;19(3):157-60.

	<b>Turmeric (Topical)</b>	Rasheed A, Avinash Kumar Reddy G, Mohanalakshmi S, Ashok Kumar CK. <a href="#">Formulation and comparative evaluation of poly herbal anti-acne face wash gels</a> . Pharm Biol. 2011;49(8):771-4. doi: 10.3109/13880209.2010.547207.
	<b>Willow Bark (topical)</b>	Gopaul R, Knaggs HE, Lephart JF, Holley KC, Gibson EM. <a href="#">An evaluation of the effect of a topical product containing salicin on the visible signs of human skin aging</a> . Journal of cosmetic dermatology. 2010 Sep 1;9(3):196-201.
	<b>Witch Hazel (topical)</b>	Colantonio S, Rivers JK. <a href="#">Botanicals With Dermatologic Properties Derived From First Nations Healing</a> . J Cutan Med Surg. 2016 Dec 1:1203475416683390. doi: 10.1177/1203475416683390. Chularojanamontri L, Tuchinda P, Kulthanan K, Pongparit K. <a href="#">Moisturizers for Acne: What are their Constituents?</a> J Clin Aesthet Dermatol. 2014 May;7(5):36-44.
	<b>Zinc (oral)</b>	Kucharska A, Szmurło A, Sińska B. <a href="#">Significance of diet in treated and untreated acne vulgaris</a> . Postepy Dermatol Alergol. 2016 Apr;33(2):81-6. Brandt S. <a href="#">The clinical effects of zinc as a topical or oral agent on the clinical response and pathophysiologic mechanisms of acne: a systematic review of the literature</a> . J Drugs Dermatol. 2013 May;12(5):542-5.
	<b>Zinc (topical)</b>	Kucharska A, Szmurło A, Sińska B. <a href="#">Significance of diet in treated and untreated acne vulgaris</a> . Postepy Dermatol Alergol. 2016 Apr;33(2):81-6. Brandt S. <a href="#">The clinical effects of zinc as a topical or oral agent on the clinical response and pathophysiologic mechanisms of acne: a systematic review of the literature</a> . J Drugs Dermatol. 2013 May;12(5):542-5.

**Source: Acne and Rosacea Society of Canada**

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