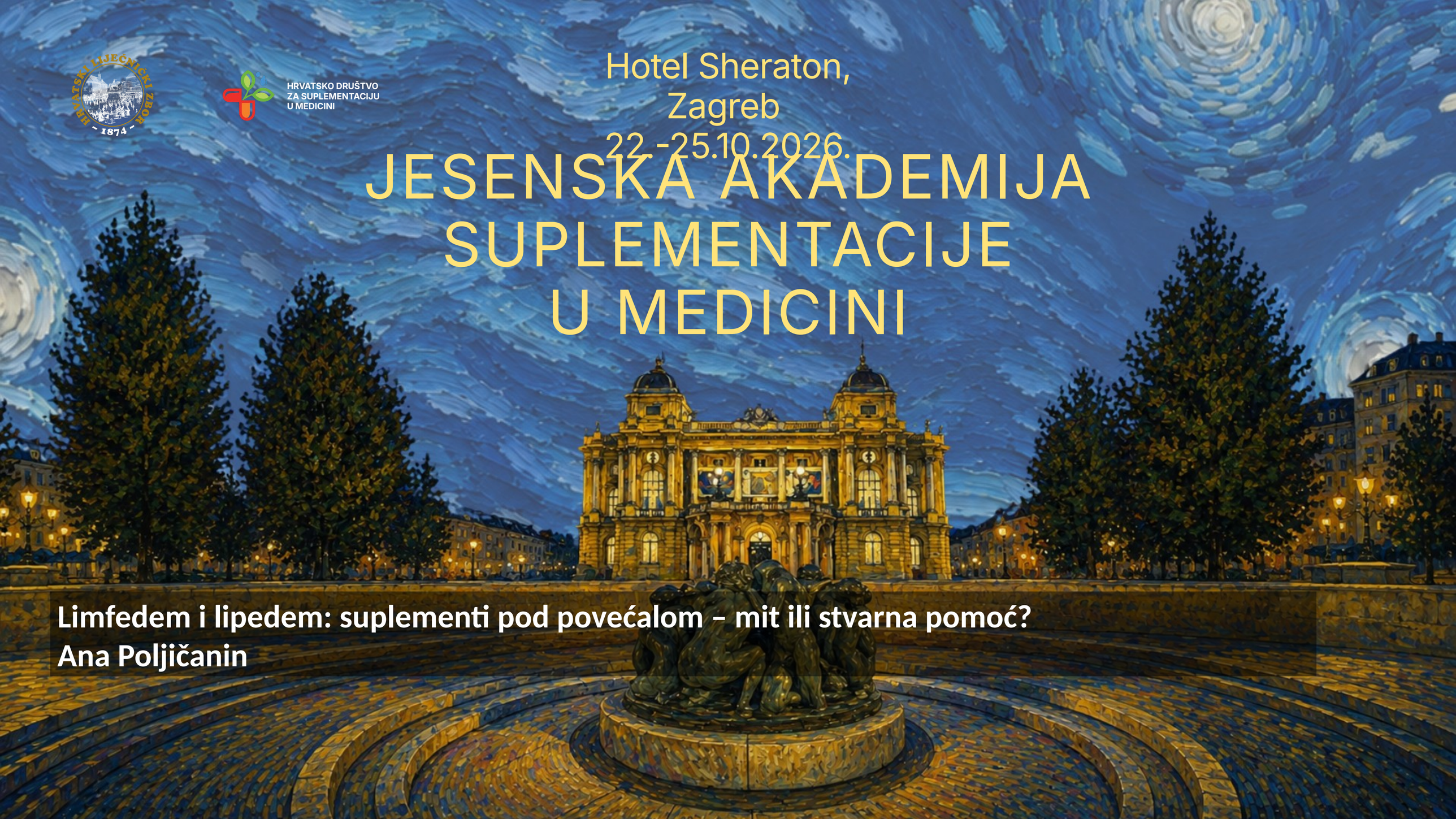

HRVATSKO DRUŠTVO
ZA SUPLEMENTACIJU
U MEDICINI
Hotel Sheraton,
Zagreb
22.-25.10.2026.
JESENSKA AKADEMIJA
SUPLEMENTACIJE
U MEDICINI
Limfedem i lipedem: suplementi pod povećalom – mit ili stvarna pomoć?
Ana Poljičanin

Limfedem / Lipedem - Definicija

„Lymphedema is a chronic condition characterized by abnormal accumulation of interstitial fluid due to impaired lymphatic transport capacity.”

VS.

„Lipedema is a chronic disease characterized by symmetrical, bilateral enlargement of subcutaneous adipose tissue in the extremities.”

Limfedem / Lipedem – Klinička slika

I89.0



E88.2



Limfedem / Lipedem – Klinička slika



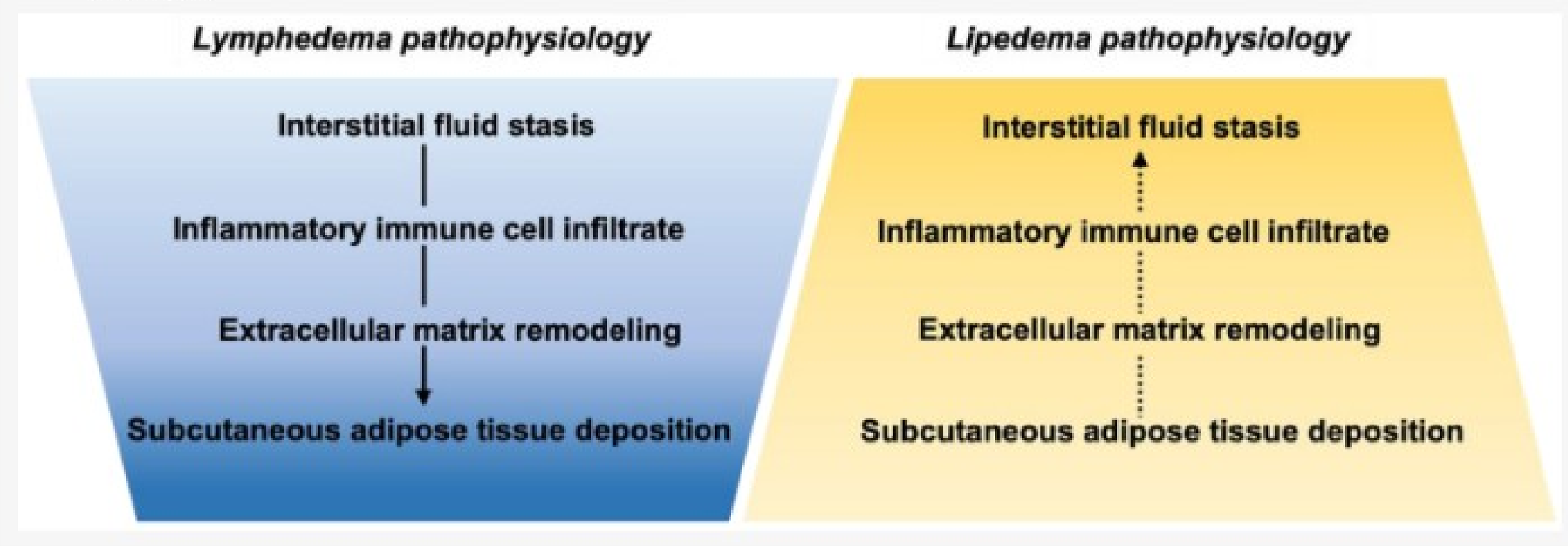
Simetrical YES/NO
Foot involved NO/YES
Stemmer sign NEG./POZ.
Pain YES/NO



Borman P. Lymphedema diagnosis, treatment, and follow-up from the view point of physical medicine and rehabilitation specialists. Turk J Phys Med Rehabil. 2018 Sep 3;64(3):179-197.

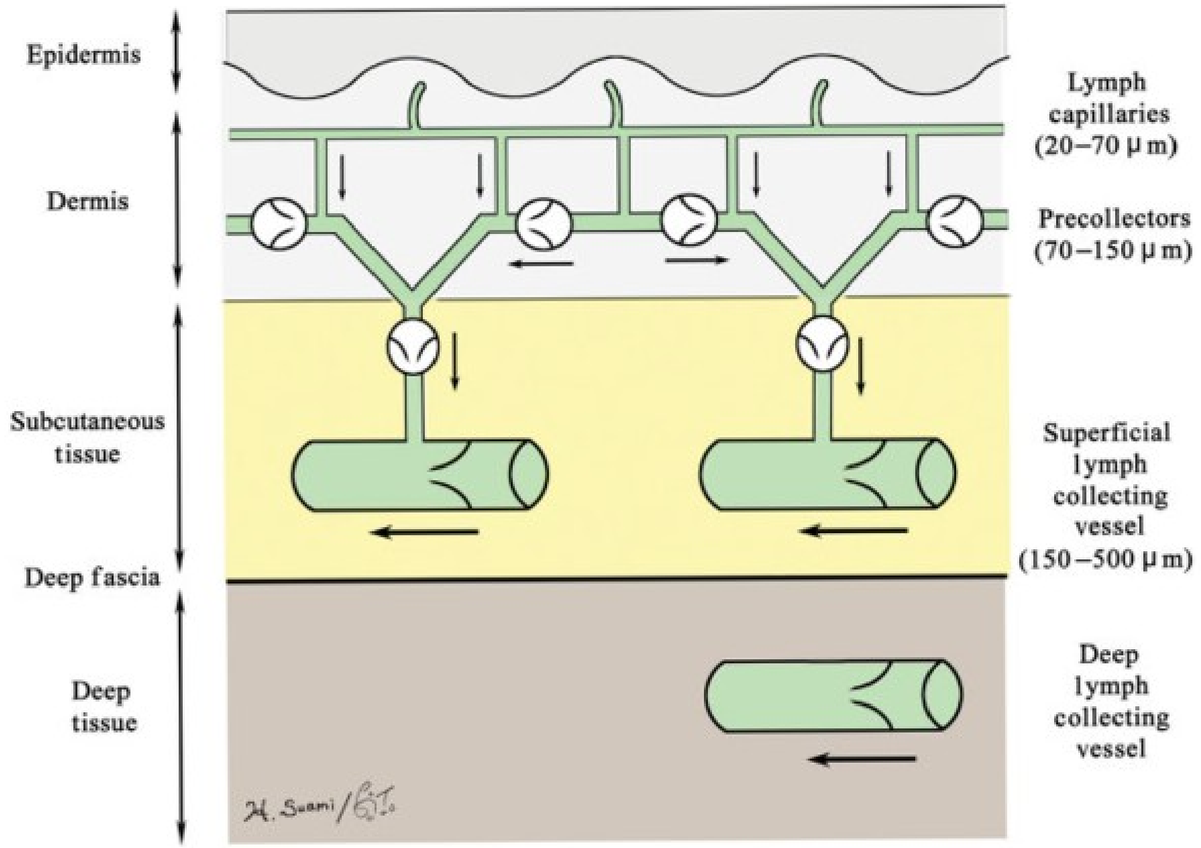
Limfedem / Lipedem – Patofiziologija

Sadržaj poglavlja



Duhon, B.H.; Phan, T.T.; Taylor, S.L.; Crescenzi, R.L.; Rutkowski, J.M. Current Mechanistic Understandings of Lymphedema and Lipedema: Tales of Fluid, Fat, and Fibrosis. *Int. J. Mol. Sci.* **2022**, *23*, 6621. https://doi.org/10.3390/ijms23126621

Limfedem / Lipedem – Patofiziologija



Koža

Epidermis

Dermis

Limfne kapilare

Prekolektori

Subkutano masno tkivo

Površni kolektori

Fascija/ Mišić

Duboki kolektori

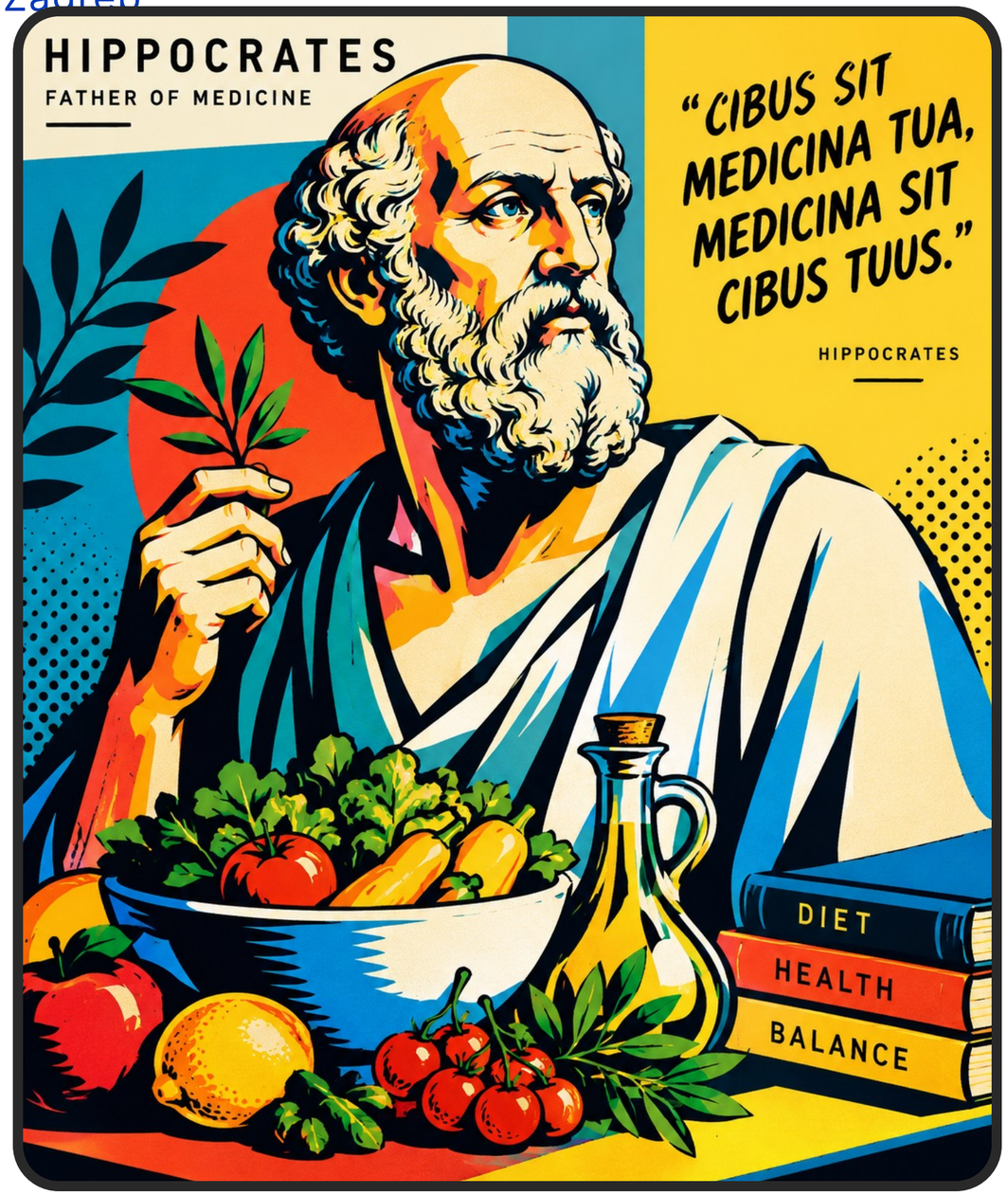
Seminars in Plastic Surgery Vol. 32 No. 1/2018

Limfedem / Lipedem – Liječenje

Sadr

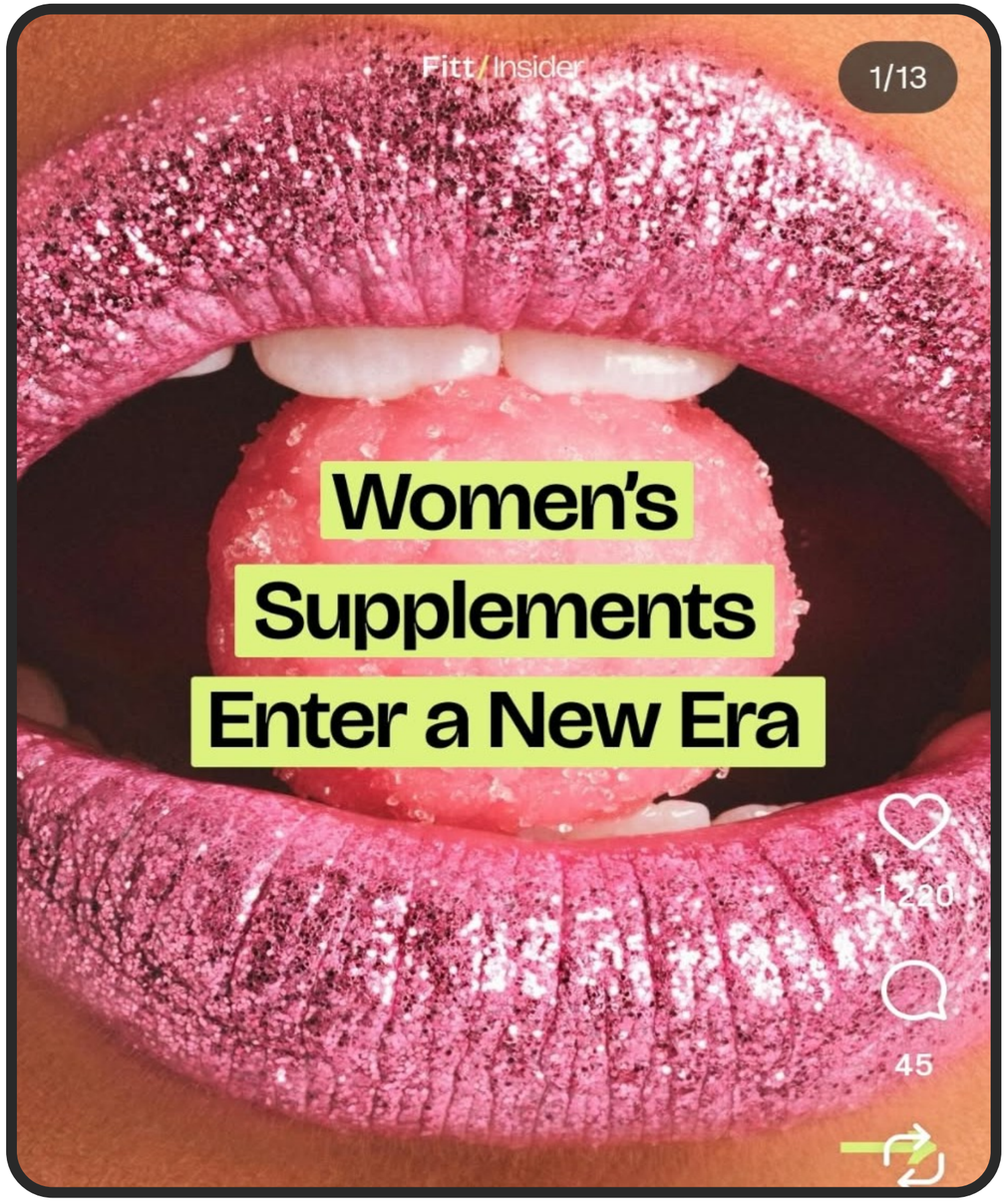






Limfedem / Lipedem – Suplementacija

„Neka hrana bude tvoj lijek, a lijek neka bude tvoja hrana."



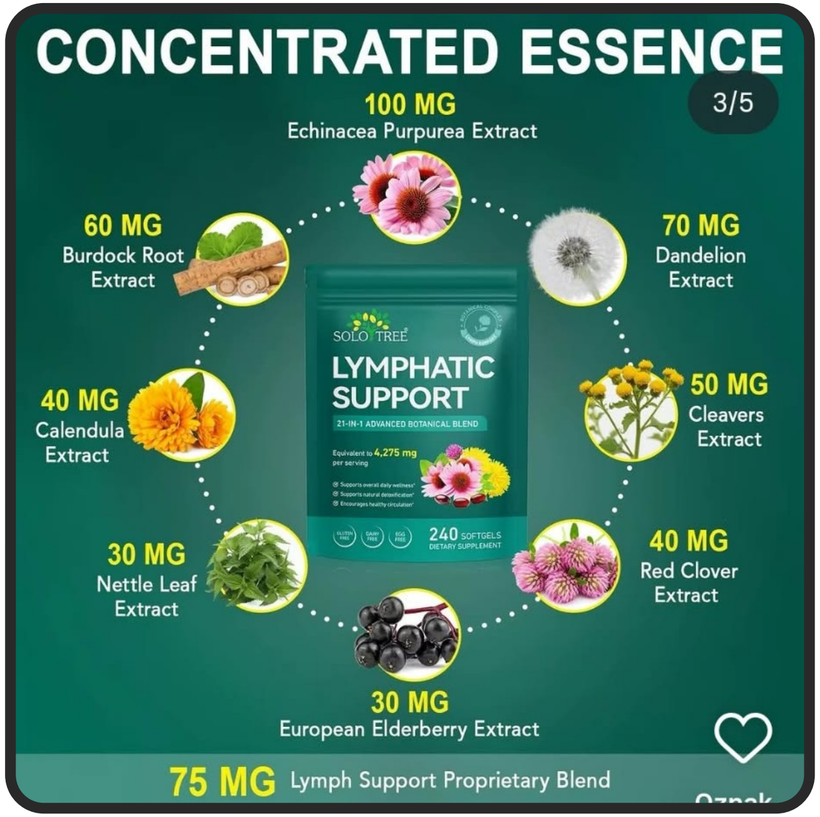
Limfedem / Lipedem – Suplementacija

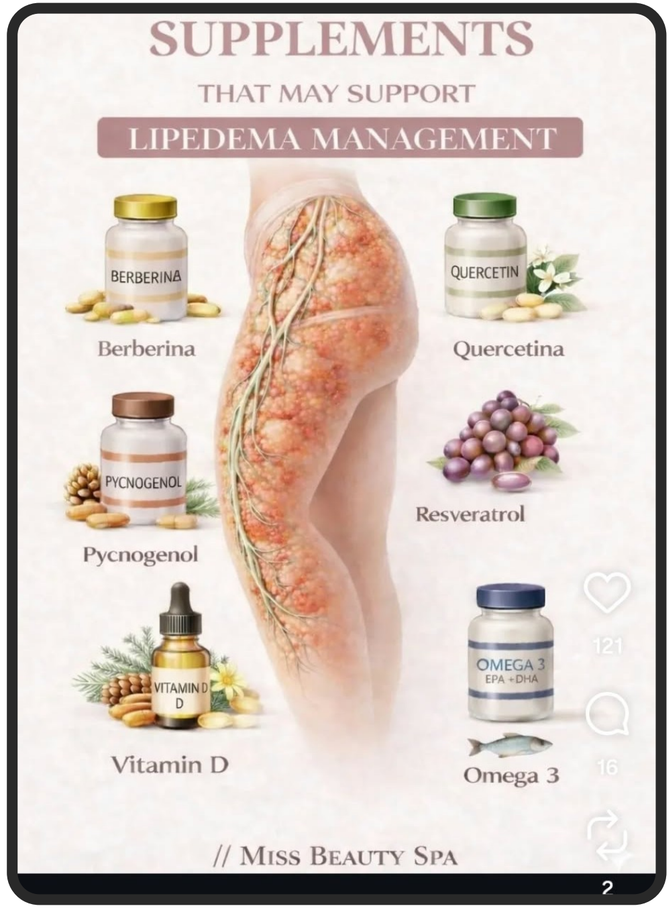
Nutritional supplements have had a considerable boost in sales in the last 20 years [7] due to a greater awareness of possible users and thanks to the push of the companies that offer them.
However, unfortunately, this has meant improper uses have resulted in poor results and sometimes severe side effects, even from safe supplements.

Cannataro, R.; Cione, E. Nutritional Supplements and Lipedema: Scientific and Use. Nutraceuticals **2022**, 2, 270–277. https://doi.org/10.3390/ nutraceuticals

Limfedem / Lipedem – Suplementacija







At this point, increasing misinformation content on social networks or difficulties in accessing accurate information emphasize the importance of evidence-based practices and guidelines in the nutritional treatment of lipedema/lymphoedema.

Limfedem / Lipedem – Suplementacija

Nutr Rev. 2026 Aug 1;84(8):1736-1755. doi: 10.1093/nutrit/nuaf203.

Current Evidence-Based Clinical Nutritional Approaches in Lipedema: A Scoping Review

Büşra Atabilen Pınar [1], Menşure Nur Çelik [2], Hilal Betül Altıntaş Başar [3], Duygu Ağagündüz [4], Oya Berkay Karaca [5]

Affiliations + expand

PMID: 41288228 PMCID: PMC13353531 DOI: 10.1093/nutrit/nuaf203



NASLOV SEKCIJE/ I

Dietary Supplements and Dosages in Lipedema Based on Current Literature[46,86]

Supplement	Biochemical action	Dosage	Suggestion
DHA and EPA	Anti-inflammatory Pain relieving	1-2 g/d	Suggested
Vitamin C	Antioxidant Support of collagen synthesis	500-1000 mg/d	Suggested
Vitamin B_{12}	Pain relieving Neuropathy treatment	500-1000 mcg	Evaluate its use
Magnesium	General health Muscle trophism Pain management	300-400 mg/d	Evaluate its use
Selenium	Immune system ROS scavenging	45-60 mcg/d	Evaluate its use
Polyphenols	Anti-inflammatory Antioxidant	100-200 mg/d	Evaluate its use
Vitamin D	Adipose tissue health Immunomodulation	2000 IU/d	Evaluate its use

Limfedem / Lipedem – Suplementacija

Tab. I. Sources and mechanism of action of lean body enhancers.

Molecule	Source	Mechanism of action	References
Chitosan	Crustaceans	Reduces fat absorption	[40,41]
L-Carnitine	Chemical catalyst that is synthesized by human kidneys, brain, and liver	Participates in fatty acid transport into mitochondria during the breakdown of fats	[44,45]
Chromium	Trace mineral found in meat, grain, nuts	Reduces insulin resistance	[41,46]
Ephedrine	The plant *Ephedra sinica*	Stimulates sympathetic neuronal action	[47]
Synephrine	Citrus fruits	Stimulates thermogenesis	[48,49]
Pyruvate	Intermediate of glycolysis	Reduces appetite and fatigue, increases energy levels and muscle glycogen stores	[24,41]
Conjugated Linoleic Acid	Meat & dairy products	Transports dietary fats to cells for lipolysis	[50,51]

The use of fat-burning supplements and lean mass enhancers could improve the process of weight loss and but also increase muscle mass and possibly muscle function.
Indeed, these supplements are known to increase fat mass loss boosting energy expenditure, increasing fat metabolism, and impairing fat absorption, which may in turn improve muscle function indirectly.

J PREV MED HYG 2022; 63(SUPPL. 3): E169-E173

Limfedem / Lipedem – Suplementacija

Review > J Prev Med Hyg. 2022 Oct 17;63(2 Suppl 3):E200-E205.

doi: 10.15167/2421-4248/jpmh2022.63.2S3.2761. eCollection 2022 Jun.



Dietary supplements in lymphedema

Gabriele Bonetti [1], Kristjana Dhuli [1], Serena Michelini [2], Silvia Michelini [3], Sandro Michelini [4], Maurizio Ricci [5], Marina Cestari [6 7], Matteo Bertelli [1 8 9]

Affiliations + expand

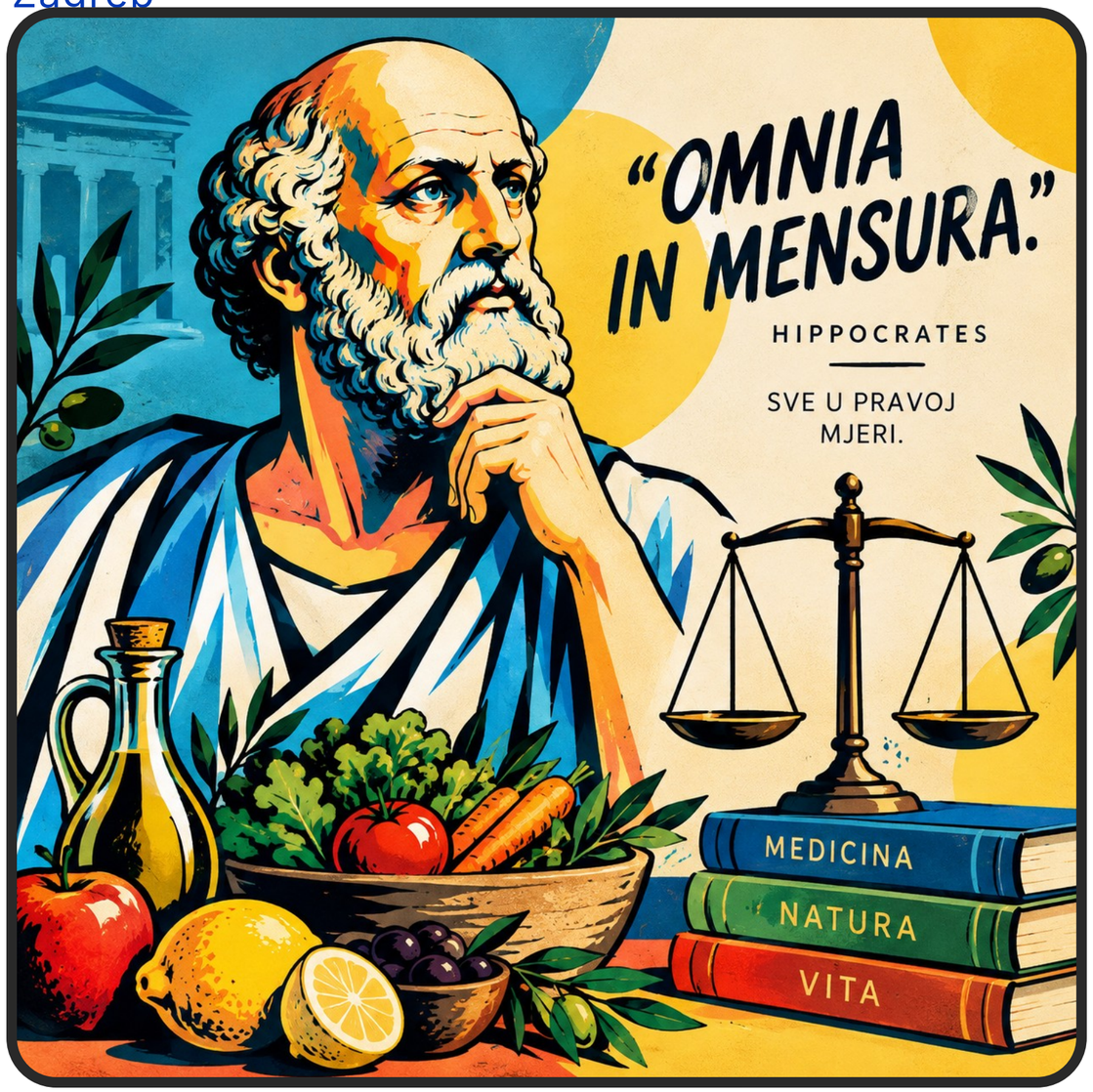
PMID: 36479479 PMCID: PMC9710411 DOI: 10.15167/2421-4248/jpmh2022.63.2S3.2761

Limfedem / Lipedem – Suplementacija

Vitamin deficiencies or excesses implicated in disorders discussed.

Disorder	Folate/B9	B12	B6	C	D
Cardiovascular Disease	Deficiency, Excess†	Deficiency	Deficiency	Deficiency	Deficiency
Cerebrovascular Disease	Deficiency	Deficiency	Deficiency	Deficiency	Deficiency
Peripheral Artery Disease	Deficiency	Deficiency	Deficiency	Deficiency [133]	Deficiency
Lymphedema	Deficiency	Deficiency	Deficiency	Deficiency	Deficiency [132]
Age-Related Macular Degeneration	Deficiency	Deficiency	Deficiency	Deficiency [132]	
Diabetic Retinopathy	Deficiency	Deficiency	Deficiency		
Glaucoma	Deficiency	Deficiency	Deficiency		[121,132]
Dementia/Cognitive Decline	Deficiency, Excess †	Deficiency	Deficiency		[121,132]
Autism Spectrum Disorder	Deficiency, Excess †	Deficiency	Deficiency		

Ayoub G. Vitamins, Vascular Health and Disease. Nutrients. 2025 Sep 15;17(18):2955. doi: 10.3390/nu17182955. PMID: 41010482; PMCID: PMC12472



**„The lymph is most refined,
the most rarified,
the most intimate of body juices.
It is the juice of juices,
the very essence, you understand."**

Thomas Mann, Magic Mauntain