

Sunscreens update: Summer 2024

Many of you will be aware that there have been supply issues with Dundee Cream caused by a lack of access to a key ingredient. Recently we learned that production has stopped, and patients are now unable to access Dundee Cream at all. We are working to find other options for patients to be able to ask for on prescription, but in the meantime there are some other sunscreens available to purchase which may provide some relief.

Of the alternatives noted below - the top two* have been shown by a study (see below*) to be at least as effective as Dundee Cream, and in some colours even more so.

- Anthelios Mineral One (light, medium, tan, brown and dark brown), La Roche-Posay*
- Anthelios Pigment Correct, La Roche-Posay*
- Surf Mud natural zinc
- Invisible Zinc Broad Spectrum 50 SPF
- Neutrogena Sheer Zinc-Oxide Face dry-touch sunscreen 50 SPF
- Cyacelle 50+ UVA/UVB/HEV large spectrum protection



It is important when purchasing the Anthelios Mineral One cream that the correct versions are bought, as we have discovered that there are many different formulations, and as yet we don't know how effective they may be in comparison to those already tested. The images in this factsheet may be useful in identifying the correct products.



Please note: When searching for sunscreens, mineral sunscreens containing zinc oxide and/or titanium dioxide offer some level of protection by providing a physical block to visible light. Generally, the larger the particle size, the greater the protection. So the creams that offer the greatest protection are likely to be thicker, messier, and quite opaque.

*Ewan Eadie, Martin Josso, Rita Touti, Pascale Renoux, Robert S Dawe, Sally H Ibbotson, Commercial visible-light protecting sunscreens for photosensitive individuals, British Journal of Dermatology, Volume 188, Issue 3, March 2023, Pages 445-447, <https://doi.org/10.1093/bjd/ljac112>

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Anthelios Mineral One (light, medium, tan, brown and dark brown) *La Roche-Posay**



Anthelios Pigment Correct *La Roche-Posay**



SurfMud Natural Zinc *SurfMud*



Face + Body Broad Spectrum Mineral Sunscreen SPF 50 *Invisible Zinc*



Sheer Zinc Dry-Touch Sunscreen **Broad Spectrum SPF 50** *Neutrogena*



Polychromatic Solar Protection **Broad Spectrum 50+ (UVA/UVB/HEV)** *Cyacelle*



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