

Sunscreens update: Summer 2026

For people with porphyria, obtaining photoprotective sunscreen products via a prescription is almost impossible. While we continue to explore options to improve this, there are a number of commercially available products that may provide some relief and are available to purchase directly.

There have been lots of new developments in sunscreens that are designed to cover a broader light range and even into the High-Energy Visible (HEV) light range (often called blue-violet light), which encompasses around 380 to 500 nm in the visible spectrum. This factsheet contains details of commercially available sunscreen products that some patients have reported some success with.

- Anthelios Mineral Zinc Oxide Sunscreen SPF 50, La Roche-Posay
- Cyacelle Radiant 50+ UVA/UVB/HEV large spectrum protection (golden and bronze)
- NIVEA SUN Triple Protect Light Sun Fluid SPF50+
- Eau Thermale Avène Intense Protect SPF50+
- Neutrogena Sheer Zinc-Oxide Face dry-touch sunscreen 50 SPF
- Invisible Zinc Broad Spectrum 50 SPF
- Surf Mud Natural Zinc



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.



In a 2023 study by Eadie et al.,* two La Roche-Posay products were found to be at least as effective as Dundee Cream, and in some colours even more so. Unfortunately, these products have now been discontinued. La Roche-Posay has a new zinc oxide sunscreen available (listed above) that some patients may find useful, but it is important to note that the study findings are not applicable to this new product.

*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
Zinc Oxide
Sunscreen SPF 50
La Roche-Posay***



**Cyacelle Radiant 50+
UVA/UVB/HEV large
spectrum protection
(golden and bronze)
Clinuvel**



**NIVEA SUN Triple
Protect Light Sun
Fluid SPF50+
Nivea**



**Eau Thermale
Avène Intense
Protect SPF50+
Avène**



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



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



**SurfMud Natural Zinc
SurfMud**

