Results from the ITP Natural History Study Registry
401 Respondents (Treatments) June 2020

23% indicated they have had a splenectomy

NUMBER OF PARTICIPANTS USING SUPPLEMENTS TO TREAT THEIR ITP

53% Not using 47% Using

NUMBER OF PARTICIPANTS FOLLOWING DIET TO HELP MANAGE THEIR ITP

88% No diet 12% Diet

What are respondents eating and avoiding if following a special diet for their ITP?

Most popular diets:
- Ketogenic-based (High-protein)
- Vegetarian

Foods most avoided:
- Avoidance of caffeine
- Avoidance of excessive sugar

At this time, there is no evidence that a particular diet will improve your ITP.

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