

Table 2**Pharmacotherapy for non-alcoholic fatty liver disease**

Recommended treatment (under hepatologist supervision)	Dose	Patient group	Outcomes
Vitamin E	800 units/day	*NASH without diabetes	Improvement in fatty infiltration and inflammation
Pioglitazone	30-45 mg/day	NASH with diabetes	Improvement in fatty infiltration and inflammation
Potential treatments			
Omega-3 fatty acids	2-6 g/day	NASH with and without diabetes	Improvement in fatty infiltration on ultrasound, RCTs ongoing
Pentoxifylline	1,200 mg/day	NASH	Improvement in fatty infiltration
Treatments with no benefit			
Metformin	500-2,000 mg/day	NASH without diabetes or diabetes without insulin	Null
Ursodeoxycholic acid	10-35 mg/kg/day	NASH	Null
Orlistat	120 mg tds	NASH	Null

* NASH = non-alcoholic steatohepatitis