

VITAMINS

THE ROAD NOT TAKEN

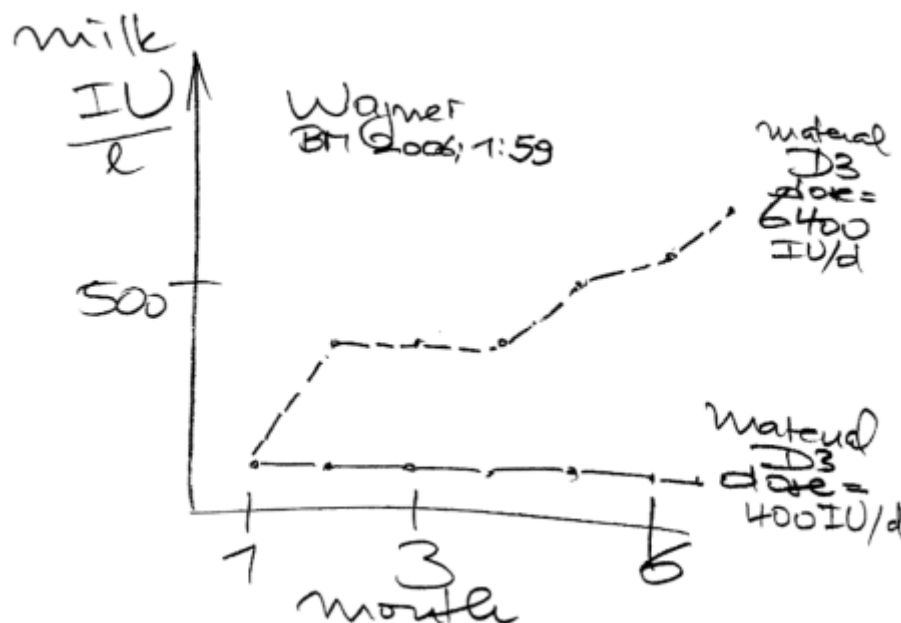
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When discussing the problem of inducing allergy by rickets prophylaxis [I have argued earlier](#) that there are many alternatives:

- abandon daily oral prophylaxis in the general population (attn risk of t1d, rickets, pneumonia)
- reduce daily oral dose with *on demand therapy*
- use only 1-3 single oral shots as in former East Germany
- exchange water-soluble by [oily](#) form
- use chemically modified isomeres
- co-application with "physiological" substances also in liver cod oil like Ca^{2+} , P, vitamin A...
- co-application with "non-physiological" Cpg ODN...
- switch to parenteral application

There is even another option that I missed so far – the parental application. Supplementation of the mother might work if given ~ 6000 IU/die to the mother as been nicely shown in

[a new study.](#)



The principle is not very new – probably known [since 1927](#). RCTs are urgently needed com-

paring all these treatment options while a direct oral exposure of the gut mucosa by allergen and vitamin D should be avoided.

BTW "[The road not taken](#)" is a by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth.

3/9/2007

[Rolf Zinkernagel](#) made an interesting proposal [last Saturday here in Munich](#) – desensitization not by intradermal injection but by ultrasound directed lymphnode application.

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