**VITAMINS** 

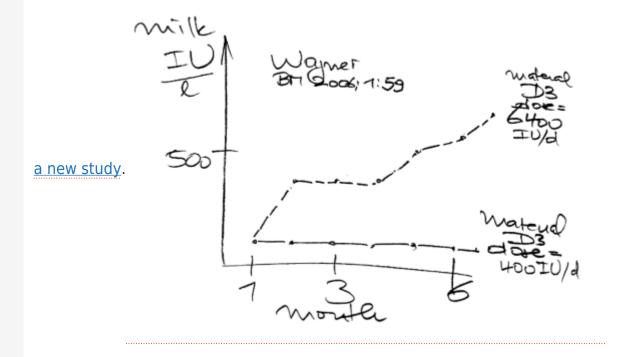
## THE ROAD NOT TAKEN

25.09.2007

When discussing the problem of inducing allergy by rickets prophylaxis <u>I have argumented</u> <u>earlier</u> 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 Ca2+, 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



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

<u>Rolf Zinkernagel</u> made an interesting proposal <u>last Saturday here in Munich</u> – desenzitiation not by intradermal injection but by ultrasound directed lymphnode application.

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