

ALLERGY, VITAMINS

# DO NOT STAND BETWEEN ME AND THE SUN

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Diogenes, "the Cynic," Greek philosopher, was born at Sinope about 412 BC, and died in 323 at Corinth, according to [Diogenes](#).

Do not stand between me and the sun – the vitamin/allergy story is getting confusing with the new [JACI review](#).

I am publishing here a summary table where I am pulling together all studies in the field. The main problem is that nearly every study needs a footnote — there are U-shaped associations, differently defined outcomes, margarine intake is not standardized, effect modification and unrecognized confounding is always possible, etc. Anyway, the letter A, B, C, denote single studies, the column holds the exposure and the row the outcome. It is quite evident that (1) pregnancy exposure is not the same than (2) newborn exposure. It is also evident that asthma / wheeze / upper airway infection may be difficult to separate. Does this explain some confusion? Randomized trials are urgently needed.

		Vitamin exposure / measure							
		pregnancy		child		adult			
		FFQ	margarine	FFQ	margarine	FFQ	margarine	FFQ	margarine
		serum level	prosp interv	serum level	prosp interv	serum level	prosp interv	serum level	prosp interv
child	IgE			O		(N)			mostly protective
	sensitization			O	E	(T)			mostly risk
	allergic rhinitis	D		OP BF					balanced
	asthma, wheeze	Q A S		O P E J K	(L)				no effect
	eczema	C S							
	airway infection				W				
adult	IgE					U			
	sensitization					U			
	allergic rhinitis		M		I V				
	asthma				G H				
	airway infection								
		A	Fitzsimon 2007, U	I	Trak-Fellermeier 2Q	Camargo 2007			
		B	Chatzi 2007	J	Farchi 2003	Devereux 2007			
		C	Sausenthaler 2007	K	Wijga 2003	Gale 2007			
		D	Calvani 2006	L	Milhrshahl 2001-7	Andreasyan 2007			
		E	Sausenthaler 2006	M	Dunder 2001	Hyypponen 2007U			
		F	Kim 2005, modifier cN	N	Vautrin-Moneret 1V	Wjst 2007			
		G	Bolte 2005	O	Milner 2004	Rehmann 1994			
		H	Nagel 2005	P	Kull 2006	X Cannell 2006 (review)			

