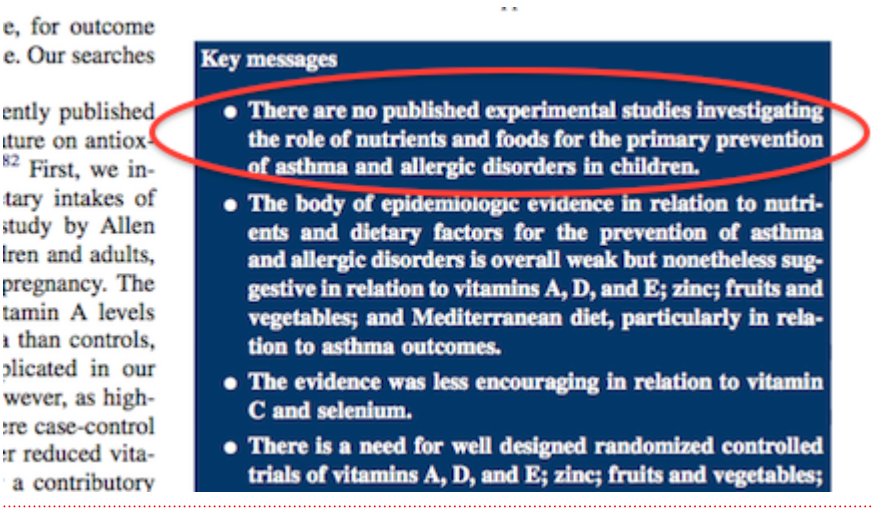
ALLERGY, VITAMINS

WILL THEY EVER READ THE LITERATURE?

3.01.2011



e, for outcome
e. Our searches

ently published
ıture on antiox-
[82] First, we in-
tary intakes of
study by Allen
lren and adults,
pregnancy. The
tamin A levels
ı than controls,
plicated in our
wever, as high-
re case-control
r reduced vita-
a contributory

Key messages

- **There are no published experimental studies investigating the role of nutrients and foods for the primary prevention of asthma and allergic disorders in children.**
- **The body of epidemiologic evidence in relation to nutrients and dietary factors for the prevention of asthma and allergic disorders is overall weak but nonetheless suggestive in relation to vitamins A, D, and E; zinc; fruits and vegetables; and Mediterranean diet, particularly in relation to asthma outcomes.**
- **The evidence was less encouraging in relation to vitamin C and selenium.**
- **There is a need for well designed randomized controlled trials of vitamins A, D, and E; zinc; fruits and vegetables;**

Although the authors of this new JACI paper claim to having done a systematic review they even missed two key papers that even contradict the statement above(1)
http://www.jimmunol.org/content/173/5/3432.long

The data suggest that although 1,25(OH)2D3 induced these Th2-type genes, the treatment failed to have any affect on experimental asthma severity. However, VDR-deficient mice failed to develop experimental allergic asthma, suggesting an important role for the vitamin D endocrine system in the generation of Th2-driven inflammation in the lung.

or (2) http://www.ncbi.nlm.nih.gov/pubmed/13679819

Early treatment with vitamin D augmented allergen-induced T-cell proliferation along with T(H)2 cytokine (IL-4 and IL-13) and IgE production.

So save your 31.50 USD that JACI will charge you for the PDF.