

VITAMINS

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Are there any news in the allergy & vitamin D controversy?

Unfortunately there are still no results from [VDAART](#) study on early vitamin D effects – even after so many years (and expenses of >10M \$).

According to [grantome](#) VDAART started back in 2007 and ended in 2014 (the clinicaltrials.gov listing of 2009-2019 seems to be wrong). The VDAART trial report at least was reported “to be under review” according to the [Resp Lancet from Dec 2015](#).

NIH 2013 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$1,830,875
NIH 2012 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$2,026,165
NIH 2012 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$54,667
NIH 2011 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$2,026,165
NIH 2010 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$2,015,731
NIH 2009 U01 HL	Randomized Trial: Maternal Vitamin D Supplementation to Prevent Childhood Asthma Weiss, Scott T.; Litonjua, Augusto A. / Brigham and Women's Hospital	\$2,060,104

Anyway there is a new report from a [British trial](#) by Griffiths et al. as published on Dec, 23:

In an ethnically stratified randomised controlled trial conducted at St Mary's Hospital London, 180 women at 27 weeks gestation were allocated to no Vitamin D, 800 IU ergocalciferol daily until delivery, or a single oral bolus of 200,000 IU cholecalciferol.

Table 8 shows a 3 - 4 fold significantly increased risk for asthma and eczema (medication) during the first 3 years following supplementation during pregnancy. Unfortunately, the authors do not report this result in the abstract - "what is not allowed cannot happen"...

There is also a new Australian trial underway ([VITALITY](#) - other early intervention studies are [CORK](#), [ABCVitaminD](#) and [VIDI](#) totalling to 5 ongoing RCTs).

The VITALITY study protocol reads very much like a protocol that I have submitted to the BMBF some 7 years ago. There is only one major difference: I wanted to show the risks of vitamin D supplementation while [funding had been declined](#) for being "unethical" research.

In contrast, the VITALITY authors believe that supplementation will reduce the risk of allergic disease and are therefore in a much better condition to get a study funded. In the end, however, only results will count. It may even be a benefit if you don't know so much. Of course there are clinical trials like [Guy des Montis 1993](#) or [Norizoe 2014](#) that show a risk of allergic sensitization by vitamin D.