VITAMINS

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

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

According to <u>grantome</u> 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 <u>Resp Lancet from Dec 2015</u>.

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 (<u>VITALITY</u> – other early intervention studies are <u>CORK</u>, <u>ABCVitaminD</u> and <u>VIDI</u> 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 <u>funding had been declined</u> 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 <u>Guy des Montis 1993</u> or <u>Norizoe 2014</u> that show a risk of allergic sensitization by vitamin D.

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