

VITAMINS

## CETERUM CENSEO II

31.12.2015

In 2015 there have been so many interesting studies of the early induction of allergy by vitamin D. Here are the 5 most important ones

- Anthroposophic lifestyle with no vitamin D supplements again protects from allergies: Fagerstedt, Sara, et al "Anthroposophic Lifestyle Is Associated with a Lower Incidence of Food Allergen Sensitization in Early Childhood." *Journal of Allergy and Clinical Immunology* (2015)
- High dose vitamin of D reduces CD4<sup>+</sup> T cell activation in humans: Gupta Konijeti, et al. T cell activation in humans: Gupta Konijeti, et al. "Vitamin D Supplementation Modulates T Cell-Mediated Immunity in Humans: Results From a Randomized Control Trial." *J Clin Endocrinol Metab* (2015)
- High vitamin D levels at birth are associated with higher offspring allergy risk: Junge, Kristin, et al. "Increased Vitamin D Levels at Birth and in Early Infancy Increase Offspring Allergy Risk-evidence for Involvement of Epigenetic Mechanisms." *The Journal of Allergy and Clinical Immunology* (2015)
- There is a longterm programming effect of high maternal vitamin concentration on later allergy: Hansen, Susanne, et al. "The Long-term Programming Effect of Maternal 25-hydroxyvitamin D in Pregnancy on Allergic Airway Disease and Lung Function in Offspring After 20 to 25 Years of Follow-up." *The Journal of Allergy and Clinical Immunology* (2015)
- And the BMJ recommendation: "No recommendation of vitamin D supplements to prevent chronic disease because clear evidence of benefit does not currently exist while adverse effects cannot be excluded". Meyer, H. E., K. Holvik, and P. Lips: "Should Vitamin D Supplements Be Recommended to Prevent Chronic Diseases?" *BMJ* (2015)