

ALLERGY

# I COULDN'T RESIST

7.11.2024

to ask also chatGPT consensus some of my lifelong research questions

could vitamin D in early childhood promote later allergy?



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Research on the effects of early childhood vitamin D exposure on allergy development has yielded mixed results. Here's a summary of current evidence:

- **Reduced Risk with Dietary Vitamin D:** Dietary intake of vitamin D during pregnancy, particularly from food sources, may actually reduce the risk of allergic rhinitis in children, as shown by a study on maternal vitamin D intake ([Bunyavanich et al., 2016](#)).
- **Possible Increased Risk of Atopic Conditions:** Higher vitamin D intake during infancy has been linked with increased prevalence of atopic allergy by age six, suggesting a potential role of early supplementation in promoting sensitization ([Bäck et al., 2009](#)).
- **Limited Effect in High-Risk Groups:** In children with sufficient vitamin D at birth, supplementation did not affect allergy outcomes, indicating that vitamin D's role might be less significant in those not already deficient ([Rueter et al., 2020](#)).
- **Association with Sensitization and Eczema:** Some studies suggest that low vitamin D at birth may increase risks of eczema and respiratory sensitization, especially among genetically susceptible children ([Mensink-Bout et al., 2018](#)) and ([Hollams et al., 2017](#)).

In summary, while some evidence points to early vitamin D intake potentially increasing allergy risk, particularly in at-risk groups, other studies indicate that food-based vitamin D intake in pregnancy might be protective. Further research is necessary to clarify these associations.

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nothing wrong here but clearly not weighted at all. Maybe the consensus app need to learn also rules of meta-analysis and evidence based research in particular when attention to the details is decisive for [epidemiology](#), [immunology](#) and [clinical studies](#).

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