

VITAMINS

# IL-2 IN OR OUT?

11.11.2024

We know it for ages (1985) that 1,25-Dihydroxyvitamin D3 suppresses human T helper cells by [blocking interleukin 2 \(IL 2\) production](#). The immune effects were our main argument 2001 [against oral vitamin D](#) supplementation of newborns as it may induce later allergy . It is now funny to find now a [clinical trial](#) that tests low-dose interleukin-2 in birch pollen allergy.

CC-BY-NC Science Surf accessed 10.01.2026 