

## Review: Little evidence on vitamin D-allergy association

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(HealthDay)—Vitamin D supplementation seems not to prevent allergies

in pregnant women, breastfeeding women, or infants, though there is very little evidence about the association between vitamin D and allergic diseases, according to a review published online July 4 in *Allergy*.

Juan José Yepes-Nuñez, M.D., from McMaster University in Hamilton, Canada, and colleagues conducted a systematic review to examine the efficacy and safety of vitamin D supplementation in [pregnant women](#), breastfeeding women, infants, and children for the prevention of allergies. Data were included from one [randomized controlled trial](#) and four nonrandomized studies.

The researchers found that based on very low certainty in the body of evidence across examined studies, vitamin D supplementation may not reduce the risk of developing [allergic diseases](#) such as atopic dermatitis in pregnant women; allergic rhinitis in pregnant women and infants; asthma and/or wheezing in pregnant women, breastfeeding women, and infants; or food allergies in pregnant women. There were no studies relating to primary prevention of allergic diseases in children.

"Limited information is available addressing [primary prevention](#) of allergic diseases after vitamin D supplementation and its potential impact remains uncertain," the authors write.

Two authors disclosed financial ties to the nutrition industry.

**More information:** [Abstract](#)  
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