

Vitamin D supplements do not reduce asthma exacerbations overall

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Vitamin D supplementation does not reduce the risk for asthma

exacerbation in children overall, but does reduce the risk in those with low serum 25-hydroxyvitamin D (25[OH]D) concentrations, according to a review recently published in *Nutrients*.

Qinyuan Li, M.D., from the Chongqing Key Laboratory of Pediatrics in China, and colleagues conducted a [systematic review](#) and meta-analysis to examine the effects of vitamin D supplementation in [children](#) with allergic diseases. Data were included from 32 randomized controlled trials (RCTs) comparing vitamin D supplementation with placebo among 2,347 children.

The researchers found that compared with placebo, vitamin D supplementation did not reduce the risk for [asthma exacerbations](#) overall (risk ratio, 0.84; 95 percent confidence interval, 0.65 to 1.08; P = 0.18), but there was a reduction observed in the risk for asthma exacerbation for children with baseline serum 25(OH)D

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