

### **Supplemental Vitamin D3 has a Beneficial Role in Preventing Chronic Urticaria.**

*Rorie A, et al. Ann Allergy Asthma Immunol. 2014; 112(4):376-82.*

- In a prospective, double-blind, single-center study, 42 subjects with chronic urticaria were randomized to high (4,000 IU/d) or low (600 IU/d) vitamin D3 supplementation for 12 weeks. All subjects were provided with a standardized triple-drug therapy (cetirizine, ranitidine, and montelukast).
- High dose vitamin D3 supplementation reduced total urticarial symptom scores and duration of episodes, and also improved sleep quality. No adverse events occurred.

**Add-on therapy with high-dose vitamin D3 (4,000 IU/d) could be considered a safe and potentially beneficial immunomodulator in patients with chronic urticaria.**