
Correspondence

DIETARY PREVENTION, CONTROL, AND PROTECTION TOWARD ALLERGIC DISORDERS: A WORD IN FAVOR OF IMMUNOBIOTICS

Nutritional immunology is critical for developing therapeutic strategies in the prevention, control, and protection of hypersensitivity disturbances. Dietary interventions in food allergy primarily focus on the avoidance of offending, allergy-inducing ingestants, an approach that carries a potential risk of malnutrition.¹ However, nutrients in the diet, such as elements of dietary fibers, probiotics, prebiotics, and synbiotics, also called immunobiotics, constitute an evolving area of clinical research and practice, although oral immunobiotherapy has been previously documented.^{2,3}

Commensal microbes present in the gut may play a key role in priming the immune system in early life by “educating” discrete T-cell types, thereby influencing the development of T_H2-driven allergic diseases.² Therefore, dietary supplements to correct aberrant intestinal microbiota through the use of a novel probiotics strain may still have a role in the management of various atopic conditions, including atopic dermatitis, food allergy, asthma, and allergic rhinitis, as well as other metabolic, neoplastic, or human immunodeficiency virus/AIDS-related conditions.^{2,4}

Even though an allergic reaction to a probiotic induced by *Saccharomyces boulardii* has been previously documented,⁵ currently no critical assessment of the safety and efficacy of immunobiotics in a placebo-controlled, double-blind, parallel study has not been performed.

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