

Correspondence

Reply

To the Editor:

We thank Hemilä¹ for the additional information provided and thoughtful comments on the role of vitamin C supplementation. In our review, our major focus was on the long-term effect of antioxidant supplements and nutrients on the incidence of asthma and allergy and the evolution of these diseases. Although we report findings from recent systematic reviews and meta-analyses on this topic, we did not systematically review all small randomized controlled trials conducted in asthmatic groups exposed to asthma stressors. The studies reported by Hemilä support the beneficial role of vitamin C supplementation in change in lung functions after exposure to exercise-induced bronchoconstriction or asthma attack related to infection. These are interesting results and are in line with results of a randomized controlled trial presented in our review on the role of antioxidant supplementation among asthmatic children (n = 158) exposed to high levels of air pollution (a powerful oxidant).² We agree with Hemilä that more research is needed

on the potential effects of vitamin C in particular and antioxidants in general on respiratory health among susceptible subjects with acute exposure to asthma stressors (exercise-induced bronchoconstriction, common cold, air pollution, and other environmental exposures).

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