Prenatal n-3 LCPUFAs don't cut IgE-linked disease in children

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(HealthDay)—Prenatal supplementation with omega-3 (n-3) long-chain

polyunsaturated fatty acids (LCPUFA) does not reduce immunoglobulin E (IgE)-associated allergic disease in children, according to a study published online May 25 in *Pediatrics*.

Karen P. Best, R.N., Ph.D., from the South Australian Health and Medical Research Institute in Adelaide, and colleagues assessed 706 children with a family history of allergic disease from the Docosahexaenoic Acid to Optimize Mother Infant Outcome trial at six-year follow-up. Women enrolled in the trial were randomized to n-3 LCPUFA-rich fish oil capsules or vegetable oil capsules.

The researchers found that the percentage of children with any IgE-associated allergic disease did not differ between the n-3 LCPUFA and control groups (31.5 versus 31.5 percent; adjusted relative risk, 1.04; 95 percent confidence interval, 0.82 to 1.33). The percentage of children sensitized to house dust mite *Dermatophagoides farinae* was reduced in the n-3 LCPUFA group (13.4 versus 20.3 percent; adjusted relative risk, 0.67; 95 percent confidence interval, 0.44 to 1.00).

"Prenatal n-3 LCPUFA supplementation did not reduce IgE-associated allergic disease at 6 years of age," the authors write. "Secondary outcomes were suggestive of a protective effect of the intervention on the incidence of *D. farinae* sensitization."

Two authors disclosed financial ties to the nutrition industry; one author has a patent pending.

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