

# Abstract

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## **Micronutrients and the risk of type 1 diabetes: vitamin D, vitamin E, and nicotinamide.**

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**BACKGROUND:** Evidence from animal experiments and human observational studies suggests that some dietary micronutrients may protect against the development of type 1 diabetes.

**SUMMARY:** The most promising data so far have been obtained for a beneficial role of vitamin D. Beneficial effects of vitamin E (or other antioxidants) in diabetes development remain hypothetical. Despite plausible theoretical background evidence from animal experiments and supportive data from pilot studies, randomized, controlled trials using nicotinamide have not provided any evidence for a beneficial effect.

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