**BBC 2 Radio**

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* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

 a study has found that taking vitamin D supplements could stop millions people getting colds that the social workers to been part of England group has suffered another setback in appointing his cabinet researchers say that I'm Indies supplements could prevent more than 3 million people getting colds or flu each year in the UK the vitamin is made when skin is exposed to the Sun so levels drop  
in winter the research team who published their findings in the British medical journal say that India should be added to food his health and science reporter James Galahad the team at Queen Mary University of London analysed data from more than 11000 people they looked at respiratory tract infections the data showed one person obvious that such infections every 20 people taking Daily or weekly Supplements opined that across the UK a free here we prevent 3 and a quarter million people getting sick public health England said it was still insufficient evidence that vitamin helps fight off infection how it already advises everyone to take vitamin D supplements in the autumn and winter to protect muscles and bones