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scientists could offer an easy way to stop people catching colds and flu developing annoying chest infections most people would consider that to be huge advance at one new research which suggests the answer might be simple is so important

that indeed does the trick claim researchers who argued that since we don't get enough of it and sunshine and no longer have enough in are Daily diet it should be added to common foodstuffs like milk or bread the managed on the roads research from Queen Mary University of London is Professor Adrian Martin only joins us in the studio morning T so what do you say the evidence now he's what we've done in the study published in the BMJ this morning is put together evidence from 25 randomized controlled trials the gold standard of research conducted in 10009 and 33 people in 24 countries and those trouser press the question whether vitamin D supplementation could reduce the risk of an acute respiratory infection for which means cold coughs and flew the headline finding is that when you put all the evidence together we saw a 10 % reduction in risk of having one such episode in the population as a whole when we looked at people had low levels of vitamin D deficiency of Leicester never a twist this 25 animals politer we saw a 50 % reduction a halving of risk and yet public health England said today

the evidence is inconsistent quotes this study does not provide sufficient evidence to support recommending vitamin D for reducing the risk of respiratory tract infections help what they seem to be focusing on some of the critics had he is effectively this is a study of existing studies already analysed data from carrying out new work we see that as a strength of the study what's been putting people for a long time is that the trials of the indeed prevent respiratory infection have been using conflicting results sometimes things that seems to be a protective effect in others it doesn't and it was in order to address this question we did a study and is not like a normal analysis way you put together pull data we had was born individual patient level data given notice that allowed us to ask the question why is India may work in some situations rather than others give this research convince you but not everyone is something else you could do that others could do that might settle his argument will think they are ongoing trials of that hideous plantation ongoing worldwide and we

hope to At data from then to are much analysis in the future now the intriguing thing is this possibility as they do in some other countries don't know which is which might get vitamin D automatically as it were mandatory introduced to are diet in order to make sure we're healthy Yes I think this could well be a way to address this significant problem have the UK where 30 % of the population have that in the divisions in winter and spring due to the lack of sunshine to what we have it added to bread or milk potentially Yes Yes and eat them they're always worries me people worry about Flora being added to the water what concerns could that be about automatically adding something to offer in the life will worry about that toxicity should be taken seriously you can't take too much vitamin D but the amount we talk about really he's very small only a fraction of the maximum toxic dose so I think the be unlikely to be safety issues and to be clear there is existing advice to take supplements if you're in certain health categories the existing advice to foot the general population consider taking a supplement to in winter and spring

professor Martin thank you very much indeed even get that advice triggered public health England the NHS website another thank you