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adding vitamin D to the food supply could prevent millions of people getting colds coughs and flew according to research in the British medical journal has made big news this morning across the papers all platforms research is saying take the supplement provides protection against respiratory infections but there is some doubt about that sometime to say the news fullness of the to India is still a little bit unclear let's talk to Adrian Martin whose the Professor of respiratory infection and immunity at Queen Mary University of London and was part of the team working on this report morning good morning and probably take us through what you found here so what we did was put together information from 25 randomised controlled trials but the gold standard designed to find out whether intervention works or not 10009 one 33 patients in 14 countries

across 4 continents and will be looked at these data put together we saw that this indeed when given a supplement reduced risk of cold and flu by around 10 % of the population as a whole the additional exciting finding was that when we looked just a group of people who had low vitamin D levels to start with lesson 25 animals politer we saw a 50 % reduction a hard thing in the risk of acute respiratory infection but these figures do come under some scrutiny don't they don't get too tied up a nest but in absolute terms according to Dr Allison have Nel writing in the BMJ the reduction was just two % so who's right what's going on here will we acknowledge that the reductions modest sum and going to argue is that the small print of the numbers but I think the take-home message is that when you have a condition which is as common as this 70 % of us have at least one and respiratory infections each year even a small reduction in that can result in a major public health benefit so we calculate that using the that it generated by

Paper that around 3 million people less per year in the UK would get at least one infection if but her profound addition to profound indeed if she was eliminated on the stairs so even the results of it the positive results may be minimal actually when you kind of times it by the number of people who suffer from these illnesses that is it significant Yes how shore how certain can you be that exposure to vitamin D is that is the absolute and calls off off preventing these kinds of films or is it a high degree of certainty because this information comes from randomised controlled trials so of people got it indeed and a half with a dummy tablet neither the participants nor Dr Singh said he knew which had which so the only reason that we would see a difference to the outcome would be attributable to the Mindy what does it do to us in a body to India has effect on the immune system which are less well known those arm bone what we think it does is it a boost production of natural antibiotic like

substances in a white blood cells in the lining of the lung and compose holes in the membranes off viruses and bacteria that cause respiratory infections nor have heard from somebody was one of those at the school gate doctor told me that dot dot dot me your thoughts on this but every child North of Birmingham in the United Kingdom should be taking vitamin D supplements because of lack of exposure to the Sun that the rise factor public health England go one for that matter they recommend that all children aged under 5 were aged between one and 5 should take 400 units or 10 micrograms of in deep per day irrespective of their location relative to earnings right because the right across the board with the can a little bit more wary have a way of the whole supplement industry and I think various studies recently have shown that a that vitamin supplements III generally and not worth the money that people are spending on them it do you make an exception when it comes to vitamin D Yes I think one has to take each case on its own merits that India's that turns up it's Angela are going to potentially improve health

when population has a low level of that this been to start with so if you give evidence is somebody has a normal level that you would expect to see a benefit we know is that in the UK around 30 % of the population have profound efficiency in winter and spring so it's not surprising that if you top that up you will see some improvement in health you are at how could you get this naturally can you just get sufficient amount in your diet nose to Espirito oily fish regularly several times a week it's pretty hard to get enough vitamin D in the darts and in public health England estimate that the to weekend update only 4 micrograms today was we need 10 micrograms day it's not just a fish then there are other things contained to India the a few others should tacky mushrooms contain a little bit 8 jokes and other foods do contain very small amounts but essentially this is a vision that we evolved to make in asking and full exposure to sunlight and in countries where his penis on that

by father major source of vitamin UK and in order to make sure that access to this kind of supplement his is equal across the board would you recommend that this is the and put in food and milk and bread However as it could be inserted he is my personal feeling is that is unrealistic to expect large swathes of the general population to buy over the counter supplement and remember to take it for a good quarter of the year what's been shown to be very effective at eliminating vitamin D deficiency in the US Sweden Finland is introduction of fortification of foods such as bread milk vitamin D and they have fewer colds in those countries her her will if they did then that one wouldn't necessarily be able to attribute that to high levels of vitamin D and iron now up to thing will never really know I think we will from from the state of these under control from a revised good strong evidence and and in terms of the that the potential economic benefits in terms of days lost to and up work because of taking time off colds coughs and all of that various potential here is not that

absolutely and that's even You put things on the direction of far research now to do a health economic analysis to tot up the costs and benefits in Germany it's been estimated that in addition to India fortification of course just 11 euro cents to provide enough to India for adult free year we need balance that against the reduced risk offer days off work GP consultations hospital admissions will the Nasri might start to add up thank you very much Professor Martin from the Queen Mary University of London couple attacks on the estate and sorry I take it in India every day to help manage some of the more unusual menopause symptoms said results as and so comes it appears to be working another one I've had a gastric bypass 4 years ago and was told I have to take supplements for the rest of my life which I have religiously and take multivitamin iron calcium and vitamin D I've never been healthier and this Greg in Lincoln how to avoid colds eat everything in moderation including red meat chips fruit veg run 20 miles a week go to the pub recoup few pints of bitter least twice a week he says thank you for that Dr Grech had prescribed a year earlier as former is a now