**BBC World Service Radio**

02/16/2017 10:26:05 AM

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

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

we joined in the studio now by professor adrian martin hugo leads research into a study on vitamin d hear what convict him indeed do for us long been known that india's good for bones prevent rickets and children suffering the bones have outsourced militia one last 3 shows is that 1st really strong evidence that vitamin d also has an effect on the immune system and could protect against colds and hope do not get vitamin d anyway from sunlight this yes we do but because they're here er it's a gloomy london but

it's gloomy london in february so in the uk latitude of 51 where we're sitting at the moment he axe the any make vitamin d in the skin between the month of april october the rest the time been tentative ultraviolet in the sunshine is insufficient to induce a synthesis of vitamin d in the skin what you're study shows is what difference that might make actually and in numbers terms what defined so what we did was put together data from 25 randomised controlled trials over 10000 participants and weep ask the question does the 22nd taishan prevent or reduce the risk of getting a respiratory infection the as we got when we looked at the study population as a whole was yes is a modest reduction of around about 10 % but one look just those people vitamin d deficient we see big reduction 50 % as a halving of the risk of having at least one call flu and when you disobey that india does not come from sunlight where's it come from we can get in the diet that there are very few foods that contain significant mounts principally oily fish the other potential sources from taking supplements

or if you live in the us sweden norway finland from eating food which been fortified with vitamin d so one of the supplements that we should take people should take will the scientific advisory committee on nutrition currently advises that the general adult population may consider taking over the counter supplement of 10 micrograms every day but personal feeling is that that's unlikely to be taken up by the whole population that we may need to consider going down the road that the us sweden finland have for embarked on which is fortifying foods to basically eliminate profound efficiency in the uk population an august bread is one of the things that could be fortified exactly bread and milk the to a prime candidate one of the bodies here that's it considers public health public health england recall they say that this data on infection is not conclusive what response will my response is that this is the largest study of its kind it's basically included all the data we have at the moment and it would be regarded as the gold standard methodology so look forward to

discussing with them what they're relations are about study helps you compare this way and what's changed course we're outdoors less on tree i suppose then we were you know thousands of years ago are the viruses that give us cold and flu are they getting more robust they get more aggressive i-i don't think so i think this is a problem that's been with humans for for many millennia but it's a common problem is the commonest infectious disease in humans about 7 in 10 of us will get at least one of these infections every year to even a modest reduction of about 10 % could result in paps 3 million fewer people in the uk getting one of these events here here right to talk about the uk but this would be valuable to people around the world as well so tell us again what kind of supplement regime should do adopt in the dark months will it if we're going around the world then there may be people listening in the tropics in which case they thought had enough of time sunlight which can make it indians guignol the around the certain areas the world where sunlight is not intent but whether avoid fishy

conflict scandinavia so they're okay as well but for those of us in countries like the uk where we see what school this indian winter thinks following uk guidance will work around the world 10 micrograms 400 units this windy days enough to stop you from getting the indeed efficient less fortunate enough to live in a country where evident where food already been fortified thank you professor martin eeles professor adrian martin who led the research from queen mary university in london that vitamin d deficiency can lead to more colds and flu list into world update from the bbc