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 Known as the 'sunshine vitamin', vitamin D has long been linked to bone health, but a new study suggests it could also hold the key to beating colds and flu. 70% of people in the UK have at least one respiratory illness a year. But regular supplements could reduce the chance of infection by 12%, according to researchers at London's Queen Mary University. Meaning three million fewer people would become infected every year. Could the guidelines now change? Joining me now is Professor Louis Levy from Public Health England. You have already said this morning that the research isn't conclusive, but 11,000 people, 25 separate studies - surely it is a slamdunk? It is an interesting study, but in itself it is not very clear given that a lot of the influences from a small number of studies with small numbers of children who are ill. It does seem to suggest if you have a low level of vitamin D, it could reduce respiratory infections. It surprises me slightly, as far as the

US is concerned they are completely sold on the idea. Milk is all there with a supplement. Why is it not good enough for us? In America, they have taken a different perspective. We reviewed this, and we concluded last year that we needed about 10 g a day for bone health. They were unable to find any impact that would allow us to set a recommendation based on any other health condition. We already have advice that would help people with a low intake. A percentage of the population in the summer already have levels of vitamin D that are sufficient. With your hand upon your heart, reassure folk listening that it is not you running scared of industrial interests. The poor old farmers who

are oppressed enough don't want to get involved. You are convinced it is the medical case that is unproven? Yes, we looked at this last year and the advice suggests during spring and summer we get enough vitamin D on our skin. Some people do need to take supplements all year round. Other people, if they have got dark skin, may need to consider taking a supplement. The rest of us, between autumn and winter, may need to take supplements. All right, thank you. Thank you for your time.v