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there in the UK a reporter for vitamin D to be added to food after new research suggests that millions of people in Britain could avoid getting cold

and flu every year by taking vitamin D supplements has long been concerned that people look far for new credit they get enough vitamin D which is absorbed from sunlight during the winter months with me is a dream Martin he's one of the researchers from Queen Mary University Professor of respiratory infection with us on the programme was the evidence then that vitamin D might help prevent these infections will this new evidence comes from a meta analysis summary of 25 randomised controlled trials that the gold standard way of working out whether a new treatment works or not we did when we put together data from over and from 11000 patients he said we saw that vitamin D supplementation with of resulted in a 10 % risk reduction in the risk of having at least one cold or flu which doesn't sound like a huge amount but how does that compare to other sorts of treatments will itself on a par with the ICC for flu vaccination against influenza like illness so as you say is a

modest effect but when we talk about a common condition such as this which 70 % of the population suffer every year even this modest production could result in a big public health benefits and what is the vitamin D does them to boost the immune system if that is indeed what it does that's exactly what it does 1st over India supports the production of substances called anti microbial peptides these natural antibiotic like substance his that made by white blood cells in the lining of the lung and they basically make holes in the cell membrane of bacteria and viruses that cause respiratory infections public health England one also public health bodies in this country says the evidence is still not conclusive but any written about 11000 patients studies which does sound like quite a lot of should they be revising their advice to think for contact them to ask what the basis is for for that statement and I'm a look forward to discussing that with them but I think this is very strong high level evidence it's the best evidence will get on this

with the current evidence base at the moment to be organised to take supplements which obviously could cost money but is it better that perhaps some foods fortified with vitamin D might be a better way of giving it to people so the recommendation from the scientific advisory committee on nutrition is that the adult population may be advised to take an axe over the counter supplement during winter and spring my personal feeling is that it may not be realistic to ask large swathes of the population to do this myself I might forget to take on these many residents here Yes 3 times a week to the alternative is to go the way the US cinemas we have gone which is to fortify certain foods like bread and milk became poorly deliver think very much coming in a dream Martin a Professor of respiratory infection the Queen Mary University that