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No-one likes being ill, and now scientists may have found a simple solution that could help prevent colds and flu. New research suggests taking Vitamin D supplements could help keep us healthy through the winter months. The vitamin, known as 'the sunshine supplement', is already proven to be beneficial for bone and muscle health,

but it could now protect against respiratory infections too. Sky's Enda Brady reports. John Townshend is passionate about baking, and says that whatever the purported health benefits of adding vitamin D to bread, he says it is time for fewer ingredients, not more. I don't think anything should be added to bread. I think it should be just flour, water, and salt. I can understand why they want to do it. I think it is old-fashioned. They haven't kept up with the times. Bread isn't a staple diet any more so they're trying to solve something in the wrong way. Scientists believe that adding the so-called sunshine vitamin to the mix could help more than three million people stave off colds and flu every year. The headline finding is that we showed a 10 per cent reduction in the risk of acute respiratory infection, that's coughs, colds, and flu, with vitamin D in the general population. But among people who have the lowest vitamin D levels to start

with we saw a 50 per cent reduction. So the risk of coughs, cold and flu is reduced by half if you take a vitamin D supplement if you have a low level to start with. Some foods are already fortified with vitamins, including breakfast cereals, which contain calcium, iron, and vitamins A and D. Many margarine manufacturers also add vitamins A and D and under UK law all wheat flour except wholemeal must be fortified with calcium, iron, niacin and thiamine. Even with fortified foods, to get all the vitamin D that you need just from the diet, especially over the winter months when we can't make vitamin D from the action of sunlight on skin, and that's why the government recommends that most people should take a vitamin D supplement over the winter months. 70 per cent of the population picks up at least one respiratory infection a year. Could it be that something as simple as the way we make bread could equip us to better fight it? Enda Brady, Sky News.