

Vitamin D is as effective as a vaccine

A new study¹ published in the March 2010 issue of the *American Journal of Clinical Nutrition* shows that people given vitamin D₃ as a supplement were 42% less likely to get infected with seasonal flu. The researchers concluded that the results suggest that vitamin D₃ supplementation during winter may reduce the incidence of **influenza A**. They suggest that, regardless of your vaccination status or age, an adequate level of serum vitamin D should be maintained to prevent flu and many other serious diseases, like cancer, heart disease and diabetes.

90% of South Africans tested at the Integrative Medical Centre in Bryanston last year were deficient in vitamin D₃, making it the most important vitamin for adults and children to take.

Vitamin D facts:

- Vitamin D deficiency is caused largely by modern society's indoor lifestyle. People live, work and play indoors under artificial light. This causes severe deficiencies in exposure to natural light (sunlight), through which vitamin D is usually generated. Glass windows filter out the high energy UV rays required for vitamin D₃ synthesis in the skin (windows only allow warming infrared rays through)
- Vitamin D deficiencies can be corrected with vitamin D supplementation
- Vitamin D deficiencies promote cancer, diabetes, osteoporosis, kidney disease, depression, obesity and heart disease among other health problems
- Vitamin D dramatically reduces susceptibility to infectious diseases, such as seasonal flu and H1N1. It activates the immune system and allows it to function more aggressively in defending against viral invasions
- Vitamin D is extremely safe. There are virtually no negative side effects from people taking vitamin D supplements, even at seemingly high doses, such as 2000 IU per day (five times the current South African RD_A)
- There are three forms of vitamin D: D₃ is the most effective form of vitamin D, unlike the less effective D₁ or D₂ forms. SOLAL supplies the D₃ form.

Reference: 1. Am J Clin Nutr (March 10, 2010). doi:10.3945/ajcn.2009.29094

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