

Vitamin D won't guard against colds in people with asthma

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Study showed no difference in number of infections after getting levels of the nutrient back to normal.

(HealthDay)—If you have asthma, vitamin D supplements won't protect you against colds, new research suggests.

The study found that taking [vitamin](#) D supplements didn't reduce the number or severity of colds in adults with mild-to-moderate asthma.

More than 400 participants, all of whom had low vitamin D levels, took either vitamin D supplements or a placebo for 28 weeks. During that time, about half of them got at least one cold. Eighty-two percent of those in the supplement group had sufficient levels of vitamin D after 12 weeks, but that didn't boost their resistance to colds, the research revealed.

The study was published recently in the *American Journal of Respiratory and Critical Care Medicine*.

The findings surprised the researchers because they had previously shown that asthma flare-ups fell 40 percent in patients who took vitamin D supplements to increase low levels of the vitamin. Colds often cause asthma flare-ups, and the study authors thought vitamin D supplements would reduce the number and severity of colds in [asthma patients](#).

"Other studies of vitamin D and colds have produced mixed results. Most of those studies were conducted among healthy patients. We wanted to ask the same question of a patient population in which the impact of a [cold](#) carries greater risk," study leader Dr. Loren Denlinger, an associate professor of medicine at the University of Wisconsin, said in a journal news release.

Based on the findings, "we can't recommend vitamin D for the prevention of colds," Denlinger said.

More information: The U.S. National Heart, Lung, and Blood Institute has more about [asthma](#).

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