

Taking B vitamins may reduce epigenetic effects of air pollution

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Credit: Ragesoss/Wikipedia

A new study by researchers at Columbia University's Mailman School of Public Health showed that B vitamins may play a critical role in reducing the impact of air pollution on the epigenome, further demonstrating the epigenetic effects of air pollution on health. This is the first study to

detail a course of research for developing interventions that prevent or minimize the adverse effects of air pollution on potential automatic markers. The results are published online in the journal *PNAS*.

The study, conducted with colleagues at Harvard's T. H. Chan School of Public Health, in Sweden, China, Singapore, Mexico and Canada, reveals how individual-level prevention may be used to control the potential pathways underlying [adverse effects](#) of the particles PM2.5, particles with an aerodynamic diameter of

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