

Vitamin D Tablets May Help Reduce Asthma Attacks

Martineau AR, et al. Cochrane Database of Systematic Reviews, September, 2016.

- A meta-analysis of 9 clinical trials published in the Cochrane Database of Systematic Reviews (435 children and 658 adults with mild to moderate asthma), highlighted that oral vitamin D supplements (400 to 4,000 units a day) reduced the risk of asthma attacks by 37%.
 - The number of attacks requiring emergency intervention decreased by > 60% among vitamin D users.
- Vitamin D also triggers antiviral and anti-inflammatory responses that might decrease the risk for lung infection.

Asthma sufferers may reduce their risk of severe asthma exacerbations by taking Vitamin D supplements.