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Functional Medicine

QUOTE GM #03

16/02/2017

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VITAMIN D TO PREVENT ACUTE RESPIRATORY TRACT INFECTIONS

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Research

Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data

BMJ 2017 ; 356 doi: <https://doi.org/10.1136/bmj.i6583> (Published 15 February 2017)

Design - Systematic review and meta-analysis of individual participant data (IPD) from randomised controlled trials. (...) **Results** - Vitamin D supplementation reduced the risk of acute respiratory tract infection among all participants ($P < 0.001$). In subgroup analysis, protective effects were seen in those receiving daily or weekly vitamin D without additional bolus doses but not in those receiving one or more bolus doses ($P = 0.05$). Among those receiving daily or weekly vitamin D, protective effects were stronger in those with baseline 25-OH-vitamin D levels < 25 nmol/L than in those with baseline 25-OH-vitamin D levels ≥ 25 nmol/L ($P = 0.006$).