

- Vitamins

## Low vitamin D linked to inflammation

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ADELAIDE: New research has established a direct link between low levels of vitamin D and persistent inflammation, which can lead to a wide range of problems including type 2 diabetes, heart disease and autoimmune issues.

The University of South Australia says its findings provide an important biomarker to identify people at higher risk of chronic illnesses.

The study examined the genetic data of 294,970 participants in the UK Biobank to show the association between vitamin D and C-reactive protein levels, an indicator of inflammation.

Lead researcher Ang Zhou said the findings suggested boosting vitamin D in people with a deficiency might reduce chronic inflammation.

The study found a one-way relationship between low levels of vitamin D and high levels of C-reactive protein, Zhou said.

“Boosting vitamin D in people with deficiencies may reduce chronic inflammation, helping them avoid a number of related diseases,” he said. — AAP