

## High Vitamin D Levels Improve Respiratory and Digestive Functions

**Brussels, 16 October 2017** – Higher Vitamin D levels, starting from a minimum dose of 4000 international units per day (4000 IU/d, or 100 µg/d), help considerably glycemic response and insulin sensitivity in in type 2 diabetic patients, a new scientific [study](#) has found<sup>1</sup>. The researchers obtained this result raising Vitamin D values to above 40 ng/ml, which is about twice as high as the current recommendation for the general population.

Nowadays there are no doubts anymore on the role Vitamin D plays to develop healthy bones and guarantee proper functioning of the immune system. The findings of the study are consistent with a growing body of scientific evidence, pointing at a wider range of health benefits to be drawn from higher Vitamin D levels, which can be obtained through moderate and regular sunlight exposure.

Another [study](#) showed that increased Vitamin D intakes halved the risk of experiencing an asthma exacerbation requiring treatment with systemic corticosteroids: the authors found that this effect did not differ across different types of patients<sup>2</sup>. These conclusions are of great value considering that one billion people in the world are estimated to be Vitamin D deficient, with levels below 20 ng/ml in the bloodstream. In particular, the researchers stressed that the effects of vitamin D benefited more people with the lowest Vitamin D levels.

Frank Harbusch, Secretary General of the European Sunlight Association (ESA), said: “We are glad to see that further scientific evidence is gathered on the multifaceted importance of Vitamin D for the human body. This confirms our approach to aim at a higher baseline for daily recommendations of the ‘sunshine’ vitamin”.

### About the European Sunlight Association

The European Sunlight Association (ESA) is the voice of the European indoor tanning industry. It represents national indoor tanning associations and leading manufacturers of indoor tanning equipment.

#### Media Contact

Davide Carrino, ESA Communications Officer

Email: [davide.carrino@europeansunlight.eu](mailto:davide.carrino@europeansunlight.eu)

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<sup>1</sup> Mirhosseini N., Vatanparast H., Mazidi M., Kimball S. The effect of improved serum 25-hydroxyvitamin D status on glycemic control in diabetic patients: A meta-analysis. *Journal of Clinical Endocrinology and Metabolism*, 2017-01024.

<sup>2</sup> Joliffe D. et al., Vitamin D supplementation to prevent asthma exacerbations: a systematic review and meta-analysis of individual participant data, *Lancet Respiratory Medicine*, 3 October 2017.