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Over The Counter, 14 June 2021 – Vitamin D, Immunity And COVID-19, With Prof Martin Hewison

by [David Ridley](#)

In this edition of HBW Insight's new 'Over The Counter' podcast, David Ridley (Senior Editor, EU) talks to University of Birmingham professor Martin Hewison about vitamin D's immunity benefits, whether it can help prevent infection with or lessen the effects of COVID-19 and what industry can do to help researchers unlock the potential of this trending dietary supplement ingredient.

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[*UK Needs Higher Daily Vitamin D Supplement Doses To Achieve Immunity Effects*](#)