

## Vitamin B will fight pollution

Tom Whipple Science Editor

Vitamin B supplements could help to diminish the effects of air pollution.

The study, published in the journal *Proceedings of the National Academy of Sciences*, found that people taking the supplements suffered fewer genetic changes to their immune cells as a result of pollution. Scientists gave ten people vitamin B, then exposed them to pollution. By measuring “epigenetic” changes, caused by the environment’s interaction with DNA, they found that supplements protected immune cells.

The researchers called for a larger study: “The molecular mechanistic underpinnings of the health effects of air pollution are not fully understood, and the lack of individual-level preventative options is a critical knowledge gap.”