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Vitamin D regulates your calcium levels, vital for healthy bones, and facilitates normal immune system function ... "Signs and symptoms might include" the following. Read on—and to ensure ...

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Every day, he takes 2,000 mg of fish oil and 4,000 IU of vitamin D to help prevent heart disease and ... scientists currently understand aging as a function of seven to nine biological hallmarks, ...

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This behavior was less common in the normal mice. When morphine was withdrawn, the vitamin D–deficient mice were far likely to show withdrawal symptoms ... on cognitive function and some ...

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