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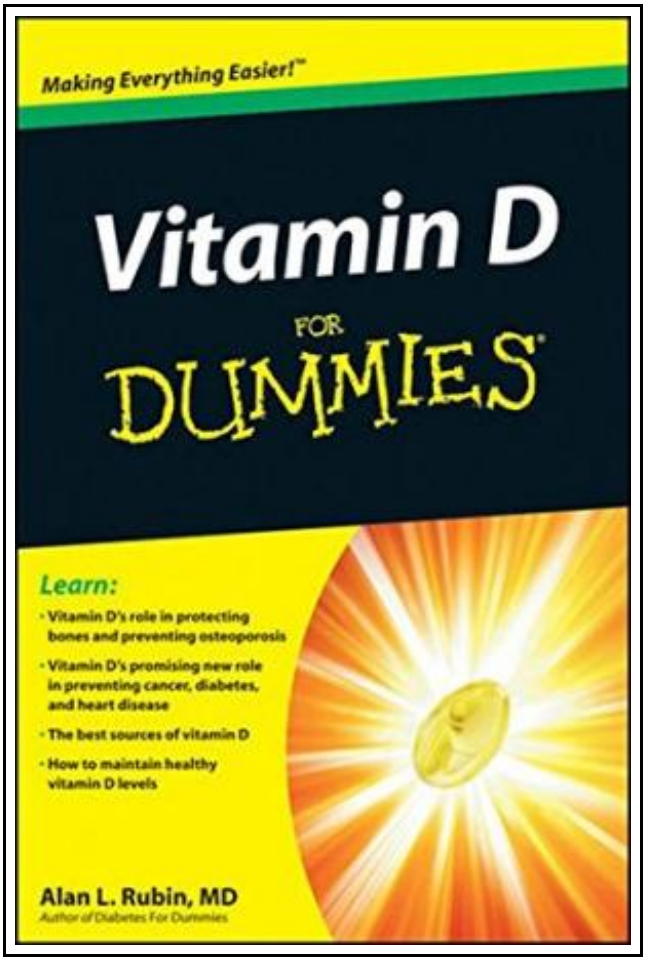

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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.
(Geovanny Grimes)

VITAMIN D FOR DUMMIES

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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Vitamin D For Dummies, Alan L. Rubin, Your plain-English guide to the many benefits of Vitamin D Vitamin D is in the news every day, as new tests and studies reveal encouraging information about its power in maintaining good health and preventing major illnesses. No longer thought to just play a role in calcium intake and bone growth, Vitamin D has a host of other functions in the body, playing a role in prevention of serious diseases, including cancer, diabetes, and heart disease, as well as boosting immunity, improving athletic performance, losing weight, and more. This hands-on, plain-English guide is perfect for anyone looking for helpful advice and information on the "nutrient of the decade."* Coverage of how Vitamin D works, and how much is needed for disease prevention* How and where to get sufficient amounts of the right kind of Vitamin D - from both your diet and nutritional supplements* The best ways to maintain healthy levels of Vitamin D If you're looking to learn more about the many benefits Vitamin D can have on you and your family, you'll find everything you need right here.

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