

**Vitamin D - The Sunshine Miracle Vitamin: The
Ultimate Vitamin D Benefit And Cure Guide To Beat
Diabetes, Lose Weight And Feel Amazing By Mr
Thomas James Fox**

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The Sunshine Miracle Vitamin: The Ultimate Vitamin D Benefit and Cure Guide to Beat Diabetes, Lose Weight and Feel Amazing by Thomas James Fox. Price: Free.

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Sunshine vitamin

Sun exposure to the skin is the human race s natural, intended, most effective and most neglected source of vitamin D. Vitamin D sufficiency

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Vitamin D has several important functions. For example, it helps to regulate the amount of calcium and phosphate in the body.

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Vitamin D. The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the trigger required for our bodies to produce vitamin D; essential for

Vitamin d- the sunshine vitamin - nasm blog

By Geoff Lecovin, MS, DC, ND, NASM-CPT, CES, PES, FNS, WLS Introduction Vitamin D, also known as the sunshine vitamin was identified in the 17th century by Dr

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