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keep muscles and brain cells working." Here's what vitamin D3 is, why your body needs it and how much you should take if supplementation is ...

*What Taking Vitamin D3 Can Do for Your Body - Health*

*Vitamin D3 Uses, Side Effects & Warnings - Drugs.com*

**Amazon.com: D3**

**D3 by Observable | The JavaScript library for bespoke data visualization**

Vitamin D vs. D3: What's the Difference? - Cleveland Clinic Health ...

**How Much D3 Per Day: Recommended Dose by Age - ScienceInsights**

**15 Ways Vitamin D Benefits Your Mood, Immunity, and More**

Cholecalciferol - Wikipedia

How much vitamin D3 should I take daily? - USA TODAY

**5 Foods High in Vitamin D3 and Why You**

**Need It - WebMD**

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