D-Ficiency

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Every week, it seems, brings new evidence linking vitamin D to health. The latest: Low D levels are associated with muscle weakness. Another recent study found that more than half of a group of HIV-positive men in New York City had too-low levels of D. A simple blood test can determine your vitamin D level. Many docs suggest at least 1,000 IU daily. If your level is low, a supplement may be a must-swallow.

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http://beta.docker.poz.com/article/vitaminD-HIV-muscle-17428-3047