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Vitamin D helps to control the amount of calcium and phosphate in our bodies. Both are needed for healthy bones, teeth and muscles. Vitamin D is found naturally in a small number of foods, including oily fish, red meat, liver and egg yolks. It's also found in fortified foods like breakfast cereals and fat spreads.

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Vitamin D is required for the regulation of the minerals calcium and phosphorus found in the body. It also plays an important role in maintaining proper bone structure.

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