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# Calcium and Vitamin D in Human Health: Hype or Real?

**Running title: “Calcium & Vitamin D”**

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## Highlights:

- The incidence and the prevalence of vitamin D deficiency are increasing worldwide.
- More than 80% of vitamin D requirement comes from the ultraviolet rays from sunlight.
- Globally, most scientists and physicians accept serum 25(OH)D levels between 30 ng/mL (75 nmol/L) and 60 ng/mL (150 nmol/L) as the normal serum vitamin D level.

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