

Immune health feature:

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Vitamin D feature:

Hannah Braye:

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Calcitriol plays a protective role in diabetic nephropathy through anti-inflammatory effects, Li Mao,^{1,2} Feng Ji,¹ Yuanyuan Liu,¹ Wei Zhang,³ and Xianghua Ma²
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4307500/>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6202901/> VITAMIN D RECEPTOR GENE MUTATIONS AND VITAMIN D SERUM LEVELS IN ASTHMATIC CHILDREN. Hevertton Luiz Bozzo Silva Santos, a Silvia de Souza e Silva, b Estela de Paula, b Lilian Pereira-Ferrari, c Liya Mikami, c Carlos Antônio Riedi, a Herberto José Chong-Neto, a , * and Nelson Augusto Rosário
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Effects of High-Dose Vitamin D₂ Versus D₃ on Total and Free 25-Hydroxyvitamin D and Markers of Calcium Balance Albert Shieh, Rene F. Chun, Christina Ma, Sten Witzel, Briana Meyer, Brandon Rafison, Leon Swinkels, Tonnie Huijs, Sam Pepkowitz, Brett Holmquist, Martin Hewison, and John S. Adams

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Calcitriol plays a protective role in diabetic nephropathy through anti-inflammatory effects,

Li Mao,^{1,2} Feng Ji,¹ Yuanyuan Liu,¹ Wei

Zhang,³ and Xianghua Ma² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4307500/>

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Adults: When to Test and How to Treat Kurt A. Kennel, MD, Matthew T. Drake, MD, PhD, and Daniel L. Hurley, MD)

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Chauhan; Mahsa Shahrokhi; Martin R. Huecker.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2879406/> The Vitamin D Receptor:

New Paradigms for the Regulation of Gene Expression by 1,25-Dihydroxyvitamin D₃ J. Wesley Pike, Ph.D. and Mark B. Meyer, Ph.D.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6202901/> VITAMIN D RECEPTOR GENE MUTATIONS AND VITAMIN D SERUM LEVELS IN ASTHMATIC

CHILDREN. Hevertton Luiz Bozzo Silva Santos, a Silvia de Souza e Silva, b Estela de Paula, b Lilian Pereira-Ferrari, c Liya Mikami, c Carlos Antônio Riedi, a Herberto José Chong-Neto, a , * and Nelson Augusto Rosário

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Effects of High-Dose Vitamin D2 Versus D3 on Total and Free 25-Hydroxyvitamin D and Markers of Calcium Balance [Albert Shieh](#), [Rene F. Chun](#), [Christina Ma](#), [Sten Witzel](#), [Briana Meyer](#), [Brandon Rafison](#), [Leon Swinkels](#), [Tonnie Huijs](#), [Sam](#)

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Ingredient spotlight:

Cannabidiol as a Potential Treatment for Anxiety Disorders

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Anxiolytic Effects of Repeated Cannabidiol Treatment in Teenagers With Social Anxiety Disorders Nobuo Masataka* Primate Research Institute, Kyoto University, Inuyama, Japan

Cannabidiol in Anxiety and Sleep: A Large Case Series Scott Shannon, MD¹; Nicole Lewis, ND²; Heather Lee, PA-C³; Shannon Hughes, PhD⁴

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Ask the experts:

Joanna Dziedzic:

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