

[IMAGE]

## Vitamin D Supplements Can Help You Fight Cancer

By Editorial Staff

We've heard a great deal lately (although not nearly enough) about the power of vitamin D for strengthening the immune system. After all, with COVID-19 still racing around the globe, immune health is a key prevention tool that has been shown to help the body fight colds, viruses and foreign invaders of all varieties.

But the news about vitamin D gets even better: higher levels may help you avoid suffering advanced *cancer*; yes, the dreaded C word. According to a new study, among adults without a cancer diagnosis at baseline, people who supplement with vitamin D3 are less likely to experience advanced cancer than people who do not supplement with D3.

The study involved more than 25,000 adults who were randomly selected to receive either vitamin D3 supplements (cholecalciferol, 2,000 IU/day) or a placebo (an inactive "supplement" participants thought was D3). After more than five years of follow-up, adults in both groups were equally likely to develop cancer; however, D3-supplemented patients were significantly less likely to experience metastatic or fatal cancer than non-supplemented patients. The strongest risk reduction was seen among patients without weight issues.

Do you know if you're getting enough vitamin D every day? Have you had your blood levels checked? Do you know the best sources of vitamin D ... and whether you should take a D3 supplement? Talk to your doctor to get the answers to all your vitamin D questions.

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