

Bring us sunshine! Nine out of ten of Brits are deficient in vitamin D

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Feeling sniffly? A bit down in the dumps? Low on energy? If so, you could be suffering from a deficiency from the sunshine vitamin - vitamin D.

New figures have revealed the true extent of what the UK's so-called vitamin D deficiency 'epidemic', with one in nine people classed as 'deficient' and two thirds as 'severely lacking'.

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