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According to a study done at the University of Minnesota, people that get high levels of vitamin D may lose more weight when eating a low calorie diet than those with lower levels of vitamin D.

The study was done on 38 people so it wasn't a huge sample size, but it tracked them with a diet that was lowered by 750 calories from their normal diet. When they increased the level of vitamin D each of them had, they lost more fat.

According to one of the doctors in charge, they feel that vitamin D deficiencies when corrected can help people when they are trying to lose weight. They did caution that vitamin D overdose needs to be considered as it is not healthy to have too much vitamin D in your system either.

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