



ENTREPRENEURS GUIDE TO VITAMIN D

**Are You Deficient
and Don't Know It?**

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Introduction

Did you know that an estimated 1 billion people worldwide have low levels of Vitamin D in their blood?

And did you know that Vitamin D isn't really a Vitamin at all? I learned all about this when I did massive research after I was diagnosed with Vitamin D deficiency, which I was shocked because I thought I was eating the healthiest food, as I embarked on a plant-based diet with very little red meat. Then I discovered the truth that Vitamin D is not even a Vitamin.

It's a **prohormone**—and prohormones are substances that your body will convert into a hormone. And because of that, unlike vitamins, every cell in your body has a receptor for it.

This also means that it must be broken down from the initial form into a form your body can use. Vitamin D is then circulated throughout the body and in turn, it serves many important functions.

This so-called “vitamin” is essential in many of your body's functions, especially your skeletal system because it supports bone growth and promotes muscle health.

In this special report, we'll take a close look at why Vitamin D is essential, the causes of Vitamin D deficiency—as well as symptoms you should look out for—and what you can do to make sure you are getting enough.

Let's begin!

Why You Need Vitamin D

Vitamin D is essential for strong bones, especially as we grow older. It helps your body take calcium from the blood and use it to produce and repair bone and muscle tissue.

It also helps your body regulates calcium levels in the blood.

The most common type of Vitamin D deficiency, of course, is rickets. This is a childhood condition in which bone tissue never mineralizes properly, and the bones become soft and deformed.

However, modern research has been revealing many other health problems that proper Vitamin D levels can help protect against. We'll talk about those later in this report.

Vitamin D also helps with the immune system. Immune cells have a receptor for Vitamin D and can synthesize the active Vitamin D