

Vitamin D may help avert early onset of insulin resistance

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(HealthDay)—Early intervention with vitamin D in deficient individuals

may help ward off early onset of insulin resistance, according to a study published online Feb. 18 in *Diabetes, Obesity and Metabolism*.

Sigal Tepper, Ph.D., from Ben-Gurion University in Beer-Sheva, Israel, and colleagues randomly assigned 130 men without diabetes (average age, 47.52 years) who had 25(OH)D [serum levels](#)

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