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Vitamin D: a d-lightful solution for health. Holick MF(1). Author information: (1)Department of Medicine, Section of Endocrinology, Nutrition, and Diabetes, Vitamin

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Michael F. Holick, Ph.D, M.D. Michael F. Holick, Ph.D., M.D. is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Unit; and

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In this interview we discuss the benefits of vitamin D, how much to take and why it s critical to add a vit. D supplement to your nutritional program.

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