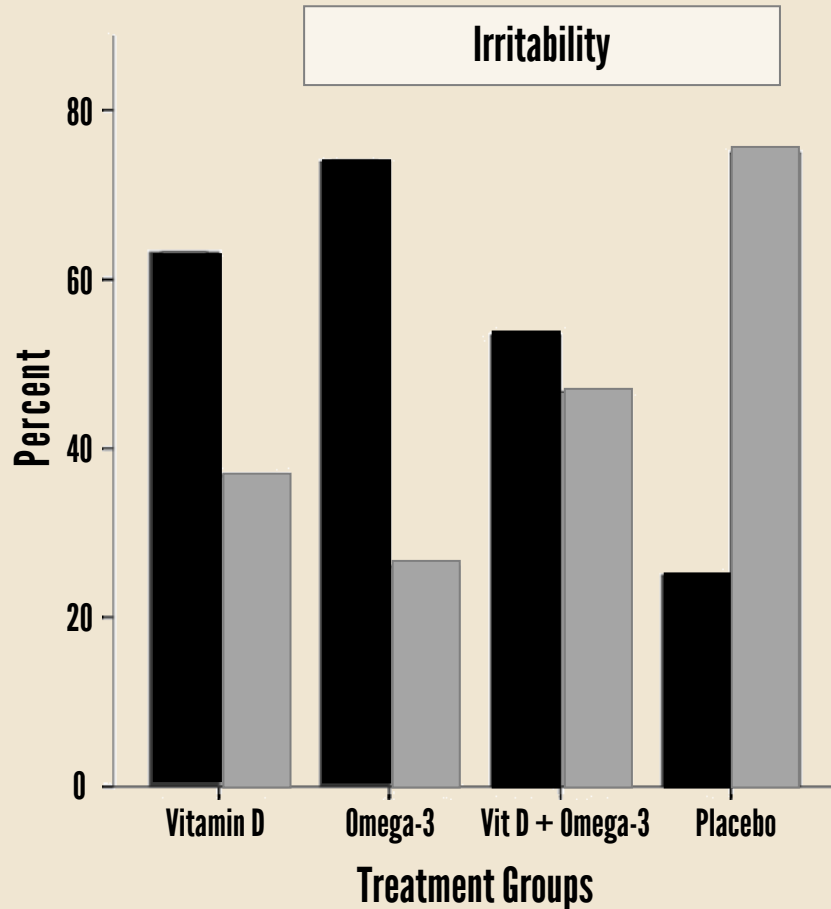
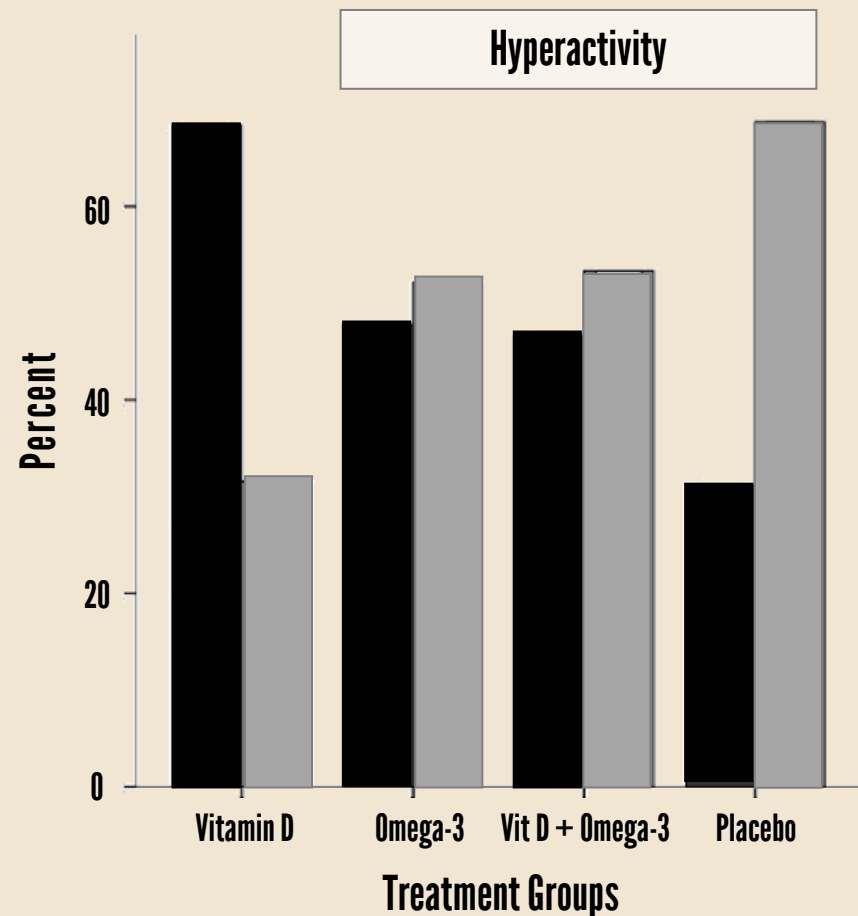


Vitamin D and Omega-3: Percent with Symptom Improvement



Compared to placebo, $P=0.02$ for vitamin D, $P=0.003$ for omega-3, and $P=0.11$ for vitamin D + omega 3.



Compared to placebo, $P=0.03$ for vitamin D, $P=0.30$ for omega-3, and $P=0.38$ for vitamin D + omega 3.

At least 25% improvement: Improved Not improved

Chart Date 4/9/2019

©2019 GrassrootsHealth

Mazahery et al., J Steroid Biochem Mol Biol., 2019



GrassrootsHealth

Moving Research into Practice

www.grassrootshealth.net