

## More Recent Evidence, Take Vitamin D and Live Longer,

The American Journal of Cardiology  
Volume 109, Issue 3, 1 February 2012, Pages 359-363

Dr. Vacek et. al., found that , Vitamin D deficiency was associated with a significant risk of cardiovascular disease and reduced survival. Vitamin D supplementation was significantly associated with better survival, specifically in patients with documented deficiency.

There is scientific evidence that links low levels of vitamin D and low levels of probiotics to an increased risk of many medical conditions.

Probiotics are living microorganisms (bacterial or yeast) which, upon ingestion in certain numbers, exert health benefits beyond inherent basic nutrition.

If you want to lower your blood pressure, vitamin D and probiotics may be just what the doctor ordered. If you are trying to reduce your risk of diabetes, or lower your chances of heart attacks, rheumatoid arthritis, or multiple sclerosis, colds , flu and many more conditions, then vitamin D and probiotics should be at the front of the line in your daily Multi-vitamin supplement regimen.

As Pathogenic bacteria become resistant to antibiotics, scientists are looking to other means to combat infections. We are seeing just the infancy in the use of Probiotics and Vitamin D, both for health maintenance and for treating different medical condition