References:

- (1) Andrea Rosanoff, Qi Dai, Sue A Shapses. **Essential Nutrient Interactions: Does Low or Suboptimal Magnesium Status Interact with Vitamin D and/or Calcium Status?** Adv Nutr 2016;7:25-43.
- (2) Deepika et al. **Vitamin D: recent advances, associated factors, and its role in combating non-communicable diseases**. NPJ Sci Food 2025; 9:100. doi: 10.1038/s41538-025-00460-5.
- (3) Anne Marie Uwitonze, Mohammed S Razzaque. **Role of Magnesium in Vitamin D Activation and Function**. J Am Osteopath Assoc 2018; 118:181-189.