



Vitamin D, found in fish and produced by sun exposure, can help stave off the mental decline that can affect people in old age, a study has suggested.

UK and US researchers looked at 2,000 people aged 65 and over. 2,000 people aged 65 and over. They found that compared to those with the highest vitamin D levels, those with the lowest were more than twice as likely to have impaired understanding.

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