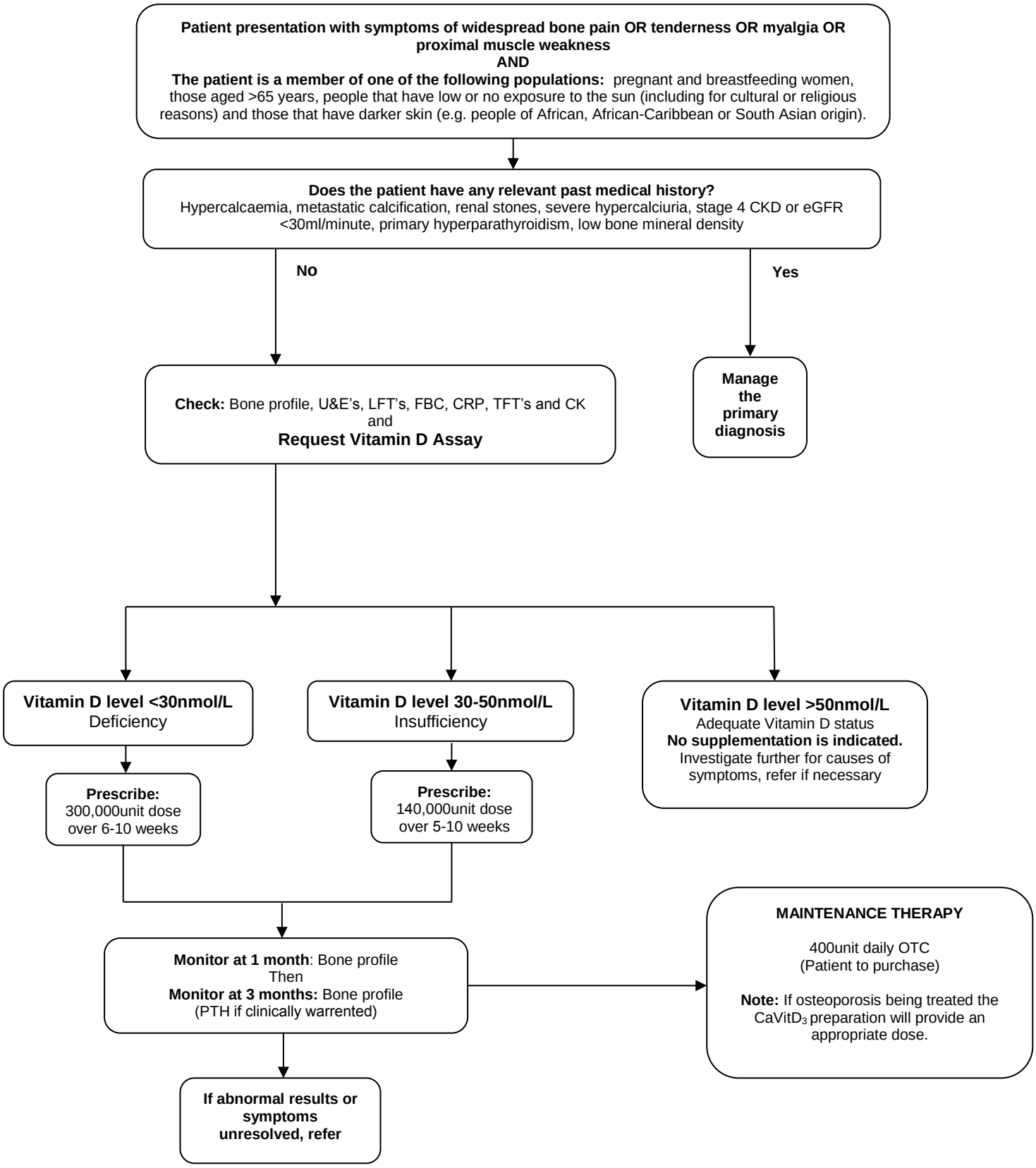Management of Symptomatic Adult Patients with Vitamin D Deficiency or Insufficiency