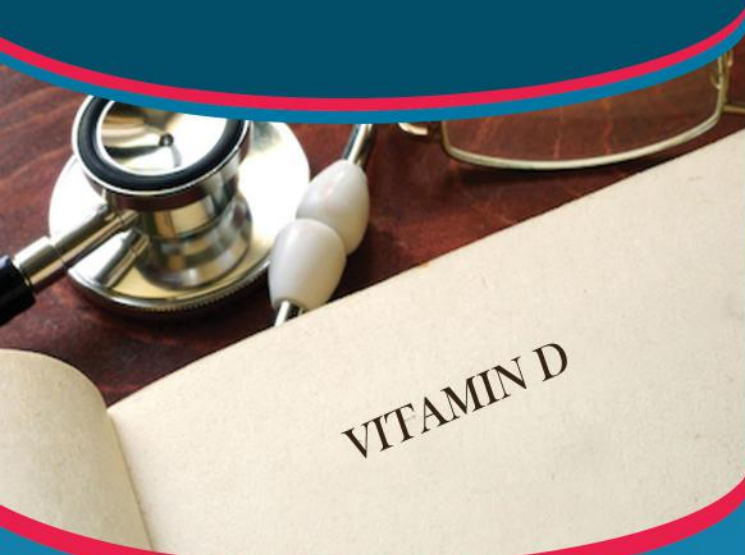




Vitamin D



► The Body Needs Vitamin D At ◀ Different Ages

The vitamin D supplement is mandatory for all babies from birth to 12 months. Drops of this vitamin contain 400 RDA units of this type. Some children and adolescents may not get enough vitamin D by drinking milk, so it is best to take 400IU or 600IU supplements. The recommended daily allowance of RDA for people over 50 is 1200 mg (30 mmol). Pregnant women should take 1000 units of vitamin D daily from the beginning of pregnancy.

► Important Sources Of Vitamin D ◀

- Sun exposure
- Consume foods containing vitamin D
 - Fatty fish such as salmon and tuna
 - Cow liver
- Cheese, milk, and other dairy products
 - Mushrooms
 - Yolk
- Breakfast cereal
 - Orange juice
 - Soy Drinks

► Complications Of Vitamin D ◀ Deficiency

- Loss of bone density and osteoporosis
- The weakening of bones and muscles and bone pain
 - Muscle pain and weakness
 - Headache and dizziness
 - Recurrent infections
 - Hair loss



► Prevention And Treatment Of ◀ Vitamin D Deficiency

- Eat foods that contain more vitamin D.
- Expose more to sunlight. The sun should shine on the face, arms, legs, and back two to three times a week for 5 to 15 minutes.
- Use vitamin D supplements.

► Side Effects Of Vitamin D ◀ Overdose

Taking more than 4,000 IU of this vitamin daily can be dangerous. Vitamin D poisoning symptoms include nausea, vomiting, anorexia, constipation, weakness, and weight loss.

Excessive vitamin D intake damages the kidneys and increases blood calcium levels, leading to anxiety, positioning disorders, and heart rhythm problems. A high intake of vitamin D can cause loss of appetite, frequent urination, and weight loss.

VITAMIN D

Vitamin D



Vitamin D

People with vitamin D deficiency are at higher risk for type 2 diabetes. Giving 2,000 units of vitamin D to one-year-olds can protect them from developing type 1 diabetes in adulthood.

People with vitamin D deficiency are more likely to develop high blood pressure.

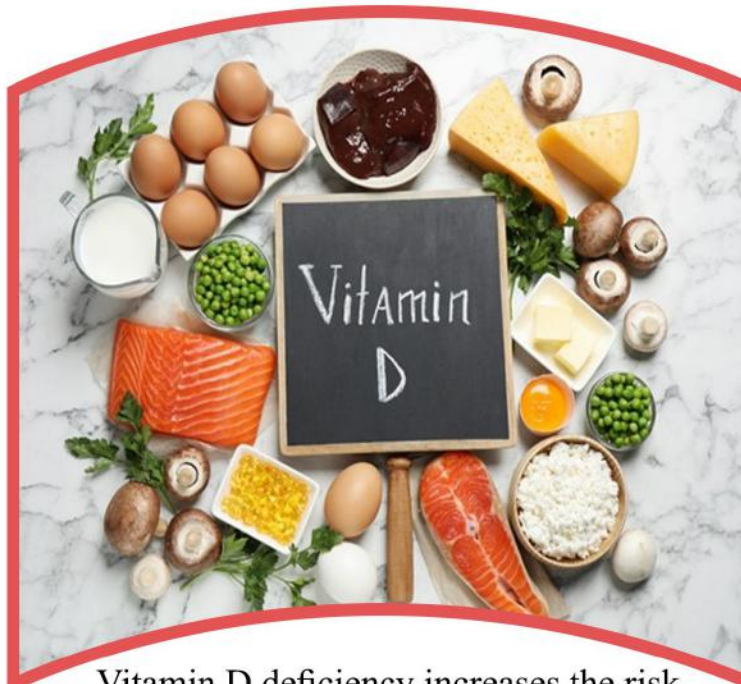


► Vitamin D ◀

Vitamin D is a fat-soluble vitamin made by the body when exposed to sunlight. It is present in some foods and is also available as a dietary supplement. Vitamin D from sunlight is a biologically inert food and supplement that requires two chemical reactions to be activated. Vitamin D2, which plants make, and vitamin D3, made by the human body's skin when exposed to the sun, are two primary forms of this vitamin for humans.

► Benefits Of Vitamin D ◀

Vitamin D absorbs calcium from food and prevents bone fractures, and strengthens fragile bones.



Vitamin D deficiency increases the risk of heart attack, stroke, heart failure, and the risk of calcium deposition in the arteries.

Research has shown that people with high vitamin D levels are less likely to develop cancers of the colon, breast, prostate, skin, and pancreas. Getting the right amount of vitamin D makes older people less likely to develop Alzheimer's disease. Vitamin D leads to secondary hyperparathyroidism. Mild cases of vitamin D deficiency lead to increased calcium absorption from bone. Vitamin D has an essential effect on the immune system. It controls inflammation and produces a protein that kills bacteria and viruses and helps treat infections caused by the SARS-CoV 2 virus.