



Vitamin D

[Ergocalciferol; D2 & Cholecalciferol; D3]

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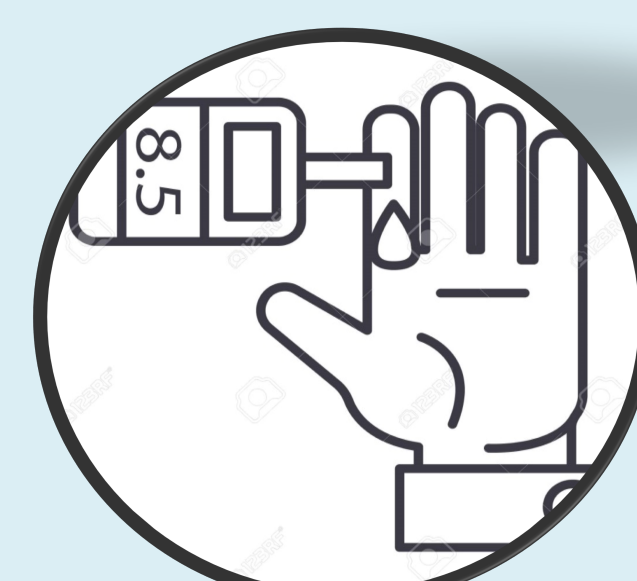
Introduction

Vitamin D is A steroid lipid soluble vitamin that promotes the intestinal absorption and metabolism of calcium and phosphorus, under the normal conditions of sunlight exposure.

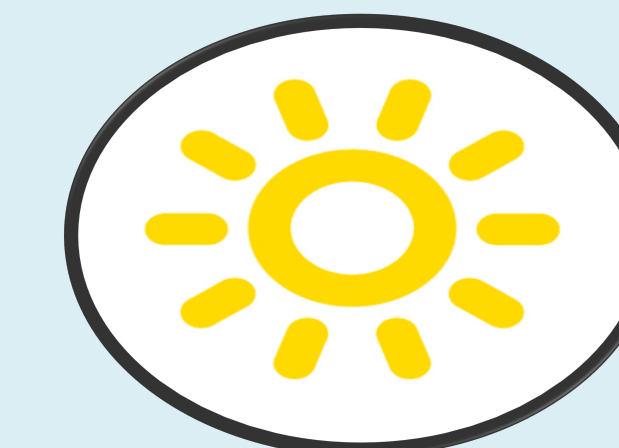
Symptoms of Vitamin D

Deficiency:

- Fatigue and Tiredness
- Bone and Back Pain
- Depression
- Impaired Wound Healing
- Bone Loss
- Hair Loss
- Muscle Pain



Sources of Vitamin D



- Food sources such as fish and eggs.



- Vitamin D supplements are recommended when people are at risk of deficiency or have low levels of the vitamin. Some populations require supplementation of vitamin D during the winter season, when access to sunlight with ultraviolet rays is lower.



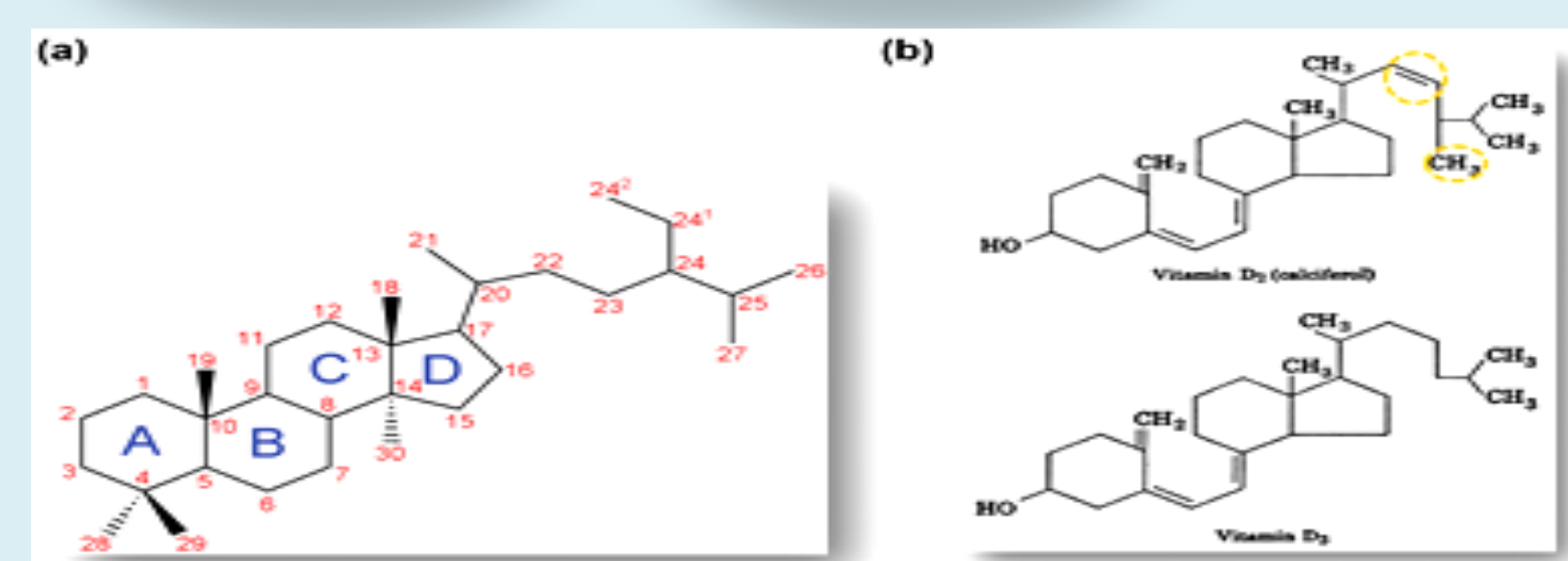
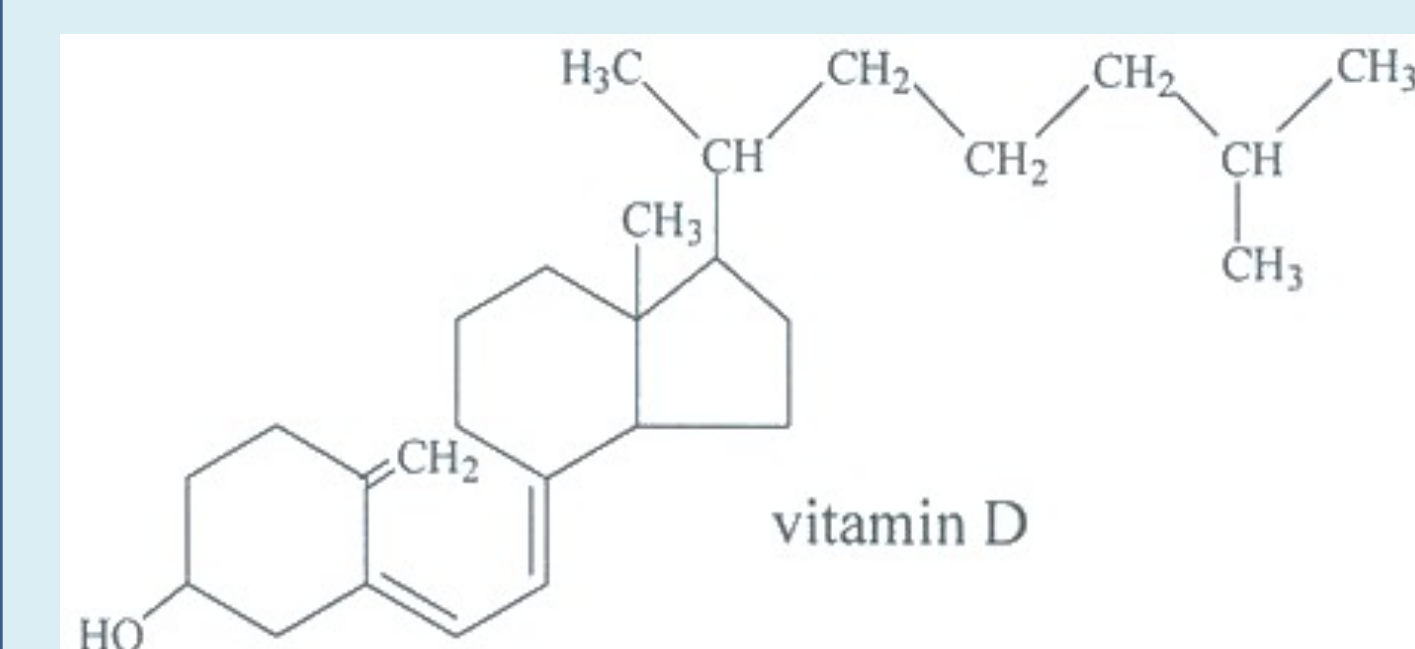
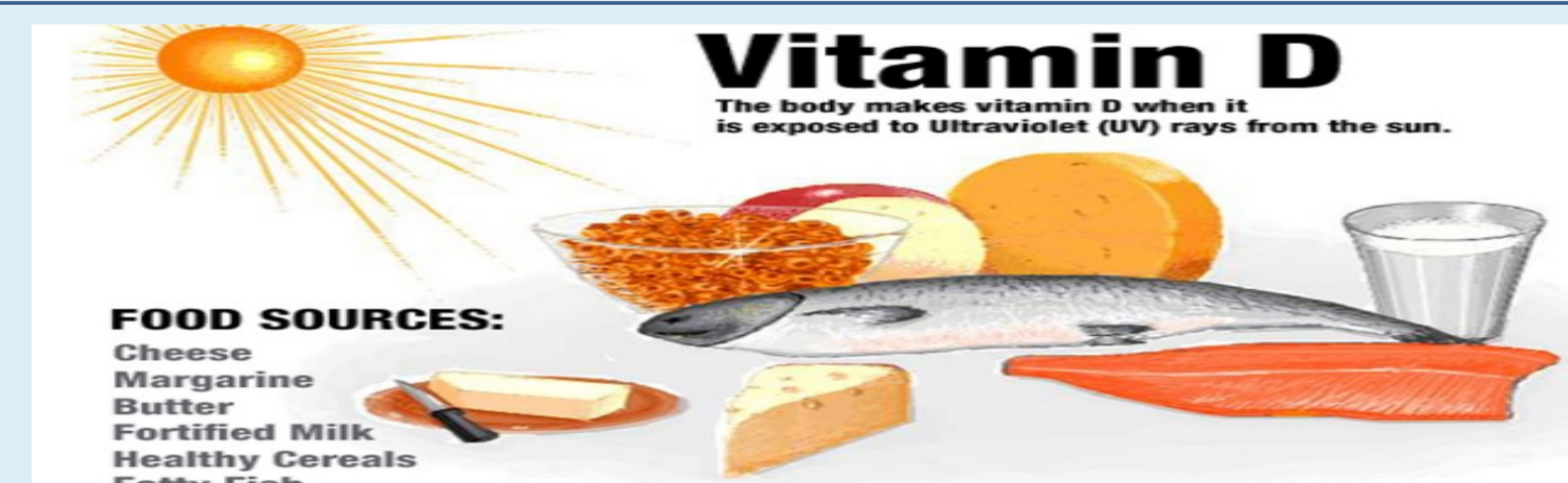
Tests for Vitamin D

Deficiency

The most accurate way is to measure the 25-hydroxy vitamin D blood test. A level of 20 - 50 ng/ml is considered adequate for healthy people. A level less than 12 ng/ml indicates vitamin D deficiency.

Conclusion

Vitamin D is essential for bones, muscles and overall health. The sun is the best natural source of vitamin D, but you need to balance sun exposure with skin cancer risk. Daily exercise assists with the body production of vitamin D

Vitamin D
The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

FOOD SOURCES:
Cheese
Margarine
Butter
Fortified Milk
Healthy Cereals
Fatty Fish

References

- <http://pixshark.com/vitamin-d-structure.htm>
- http://www.polarresearch.net/index.php/lijm/article/viewArticle/5648/html_46
- <http://www.dermaharmony.com/skinnutrition/vitaminD3.aspx>
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