

VITAMIN D

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VITAMIN D

Functions

- It helps regulate the amount of calcium and phosphate in the body.
- These nutrients are needed to keep bones, teeth and muscles healthy.
- It also plays many other important roles in the body, including regulating inflammation and immune function.

Sources

- Sunlight synthesis: produced in the skin under the influence of sunlight. During sunlight, vitamin D is stored in fat and then released when sunlight is not available.
- Food sources: Vitamin D can also be obtained from foods, including fatty fish (such as salmon, mackerel and tuna), fortified dairy products, fortified grains, egg yolks and certain mushrooms.

Deficiency

- Vitamin D deficiency can cause weakening of the bones, called rickets in children and osteomalacia in adults.
- It can also increase the risk of certain chronic diseases.
- People with limited sun exposure, the elderly, those with dark skin or those with specific medical conditions may be at a higher risk of vitamin D deficiency and may need supplements.

Toxicity

- Getting too much vitamin D (known as vitamin D toxicity) can be harmful.
- Signs of toxicity include nausea and vomiting, poor appetite, constipation, weakness, and weight loss.
- It can lead to toxic levels of calcium in the blood, causing a condition known as hypercalcemia.
- Very high levels of vitamin D can damage the kidneys.