

WHAT IS VITAMIN D

Vitamin D is a group of fat-soluble secosteroids responsible for increasing intestinal absorption of calcium, magnesium, and phosphate, and multiple other biological effects. In humans, the most important compounds in this group are vitamin D₃ and vitamin D₂.

TYPES OF VITAMIN D DEFICIENCY

There are two major types of vitamin D_{1,2}: Vitamin D₂ (ergocalciferol) – which is synthesized by plants and is not produced by the human body. Vitamin D₃ (cholecalciferol) – which is made in large quantities in the skin when sunlight strikes bare skin.

8 SIGNS AND SYMPTOMS OF VITAMIN D DEFICIENCY

- Getting Sick or Infected Often.
- Fatigue and Tiredness. Feeling tired can have many causes, and vitamin D deficiency may be one of them.
- Bone and Back Pain.
- Depression. ...
- Impaired Wound Healing. ...
- Bone Loss. ...
- Hair Loss. ...
- Muscle Pain.

NEUROTHERAPY TREATMENT

(3) Gal

(7) Liv