

Vitamin D

Types of Supplements

- Overall, there are two basic types of vitamin D widely available
- The first is cholecalciferol, the Vitamin D3 which is available over-the-counter
- The other is ergocalciferol, Vitamin D2, which is available by prescription

Types of Supplements

- Ergocalciferol has been associated with occasional cases of toxicity
- It is derived from radiation of a plant source.
- Its metabolites are not a normal type of molecule designed to be broken down by our bodies, so toxicity is more likely with this form than with the natural form

Vitamin D3

- Is available over-the-counter, and is quite safe
- It is the body's natural form of vitamin D, like what we make when the sun hits our skin

Toxicity

- The symptoms of Vitamin D toxicity are mainly the symptoms of hypercalcemia
- They include constipation, dehydration, irritability, decreased appetite, fatigue, vomiting
- More likely to occur in those with renal disease, hyperparathyroidism, certain tumors or granulomas

Natural Source

- The sun!
- Darker-skinned people need longer amounts of time in the sun to generate adequate levels of vitamin D
- 10,000 units generated in 20-30 minutes of sunshine on a summer day in fair-skinned people

