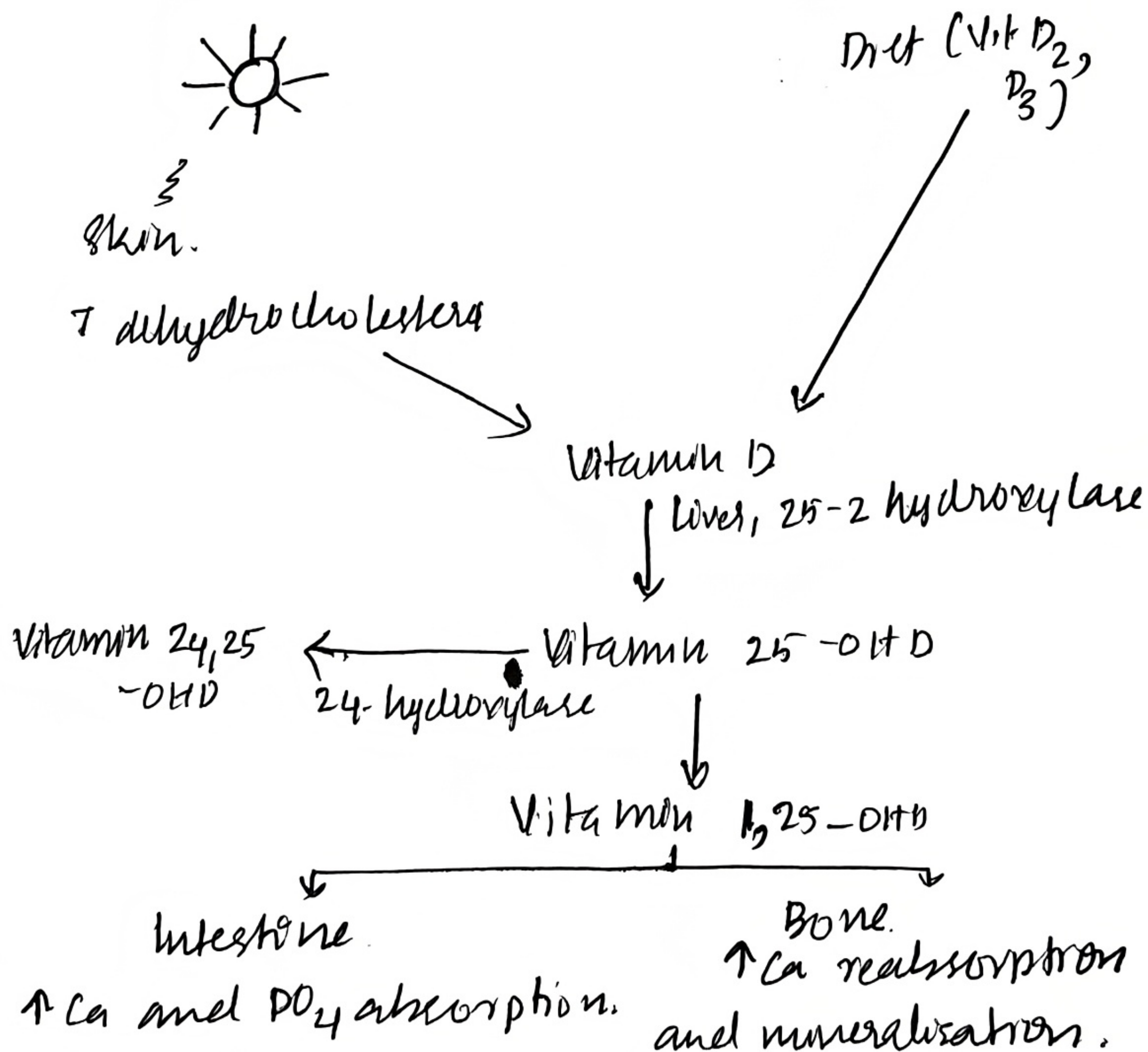


VITAMIN D

Vitamin D₃ is produced in the skin on exposure to sunlight or available through ingestion of vitamin D rich food-like fatty fish, fish oil and vit D fortified milk / milk products.

Metabolism and Mechanism of Action.

Two forms cholecalciferol and ergocalciferol



■ RDA

10 μg (400 IU)/day $\rightarrow$ Infants

15 μg (600 IU)/day $\rightarrow$ > 1 yr age

■ Sources

Fish, fish oil, liver, egg yolk, mushrooms and vit D
fortified milk/milk products

■ Deficiency.

High risk groups limited exposure to sunlight,
predominant indoor living
Patient on anticonvulsant drugs or
antitubercular therapy.

Rickets in children

■ Hypervitaminosis D.

Serum level > 100 ng/ml .