

INFORMATION ABOUT VITAMIN D

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[Vitamin D: Uses, Side Effects, Interactions, Dosage, and ...](#)

[Overview Information Vitamin D](#) is required for the regulation of the minerals calcium and phosphorus found in the body. It also plays an important role in maintaining proper bone structure.

[Information & Facts About Vitamin A | Vitamin A Oil | Dr. Weil](#)

The vitamin A that comes from animal sources is fat-soluble, and in the form of retinoic acid, retinal and retinol. Because these retinoids are very bioavailable and stored in our tissues, too much animal-derived vitamin A can build up in the body and become toxic.

[9 Facts Everyone Should Know About Vitamin D](#)

Vitamin D is essential for maintaining your health, but many people don't know just how important it is. Almost all of us at one point or another have experienced low vitamin D levels, whether we have realized it or not.

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[Vitamin D | Nutrition | CDC](#)

For more information on vitamin D, check out the American Academy of Pediatrics Vitamin D Recommendation External. Did You Know? Fortified cow's milk is a great source of vitamin D for children over 12 months old.

[Vitamin D 5-8 years - SLIDELEGEND.COM](#)

[Vitamin D 5-8 years](#) Centre for Community Child Health As your child grows and develops, one of the things they need is vitamin D. In our bodies, vitamin D helps us to make use of the calcium that we eat in order to grow strong bones and muscles.

[8 Enlightening Vitamin D Facts | ActiveBeat](#)

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[Vitamin D and Calcium: Updated Dietary Reference Intakes ...](#)

The DRIs for vitamin D and calcium were first published in 1997. Since that time, a significant amount of information has been published on vitamin D requirements and on the association of vitamin D with chronic diseases and conditions.

Vitamin D Health Professional Fact Sheet

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis. Vitamin D obtained from sun exposure, food