

Is Vitamin D3 The Same As D

Vitamin D The name Vitamin D is a misnomer; technically vitamin D is not a vitamin, but rather a fat-soluble secosteroid hormone. The name Vitamin D is a misnomer; Vitamin D is a group of structurally related, fat-soluble compounds responsible for increasing intestinal absorption of calcium and phosphate, along with numerous other biological functions. In humans, the most important compounds within this group are vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). humans, the most important compounds within this group are vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol) f01b95146e

Vitamin D and neurology schizophrenia. Vitamin D (the inactive version) is mainly from two forms: vitamin D3 and vitamin D2. Vitamin D3, or cholecalciferol, is formed in the skin after f01b95146e

Vitamin D deficiency It most commonly occurs in people when they have inadequate exposure. Vitamin D deficiency or hypovitaminosis D is a vitamin D level that is below normal f01b95146e

Health effects of sunlight exposure On the positive side, UV exposure enables the synthesis of vitamin D3, which is essential for bone health and potentially. positive and negative health effects f01b95146e

Calcifediol also known as calcidiol, 25-hydroxycholecalciferol, or 25-hydroxyvitamin D3 (abbreviated 25(OH)D3), is a form of vitamin D produced in the liver by hydroxylation f01b95146e

Cholecalciferol Cholecalciferol, also known as vitamin D3, colecalciferol or calciol, is a skin-made vitamin D that is found in certain foods and used as a dietary supplement f01b95146e

Unlike the other twelve vitamins, vitamin D is only conditionally essential in the diet, as with adequate skin exposure to the ultraviolet B (UVB) radiation component of sunlight there is synthesis of cholecalciferol in the deeper layers of the skin's epidermis. Vitamin D can also be obtained through diet, food fortification and dietary supplements. For most people, skin synthesis contributes more than dietary sources. In the United States, milk and plant-based milk substitutes are fortified with vitamin D3, as are many breakfast cereals. US dietary guides generally assume that all of a person's vitamin D is taken orally, given the potential for insufficient sunlight exposure due to urban living, cultural choices for the amount of clothing worn when outdoors... f01b95146e

Vitamin folates) Vitamin B12 (cobalamins) Vitamin C (ascorbic acid and ascorbates) Vitamin D (calciferols) Vitamin E (tocopherols and tocotrienols) Vitamin K (phylloquinones f01b95146e

Vitamin D receptor Calcitriol (the active form of vitamin D, 1,25-(OH)₂vitamin D3) binds to VDR, which then forms a heterodimer with the retinoid-X receptor. The VDR heterodimer f01b95146e

D3 III, D III or D-3 may refer to: London Buses route D3, a Transport for London contracted bus route D3 motorway (Czech Republic), a motorway. D3, D03, D f01b95146e

Vitamin D (disambiguation) Vitamin D may also refer to: Ergocalciferol (vitamin D2) Cholecalciferol (vitamin D3) 22-Dihydroergocalciferol. Vitamin D is a group of fat-soluble prohormones f01b95146e

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