

VITAMIN D



FOOD SOURCES

Animal-based

- eggs
- fatty fish
- some fish-liver oils

Fortified

- breakfast cereals
- margarine
- milk
- milk alternative products
- some fruit juices



FUNCTIONS IN THE BODY



bone



gut



metabolism

OTHER NAMES / PRECURSORS



calcifediol



vitamin D3



cholecalciferol



ergocalciferol



vitamin D2