

Vitamin D, like any supplement, must be taken under the supervision of a doctor. This was said by the Doctor of Pharmaceutical Sciences Lauren Smith. She also found six drugs with which this vitamin interacts.

Tiazide diuretics. Their simultaneous intake with vitamin D can increase the level of calcium in the body to a dangerous level. Because of this, you will encounter nausea, confusion, and heart rhythm disturbances.

Corticosteroids. Their long -term intake may make it difficult to absorb vitamin D with the body. As a result, calcium deficiency may develop.

Anticonvulsants. They are associated with a lack of vitamin D and a decrease in blood calcium.



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Cardiac glycosides. With their simultaneous technique with vitamin D, calcium levels may

greatly increase. Because of this, you will have complications: serious heart rhythm disturbances.

Lipase inhibitors. These drugs reduce the absorption of food from food. Vitamin D is fat - soluble, so you need to take it before or after lipase inhibitors with an interval of at least two hours.

Sequestrants of bile acids. Take vitamin D either one to four hours before taking the medicine, or four to six hours after.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.