

Loss of appetite and not only: serious side effects of excess vitamin D in the body are named

Food additives with high doses of vitamin D are becoming more and more popular. Because of this, more and more people are faced with hypervitaminosis D and a dangerously high level of calcium in the body.

In general, the toxicity of vitamin D is rare. At the same time, it is almost always caused by the use of excessively high doses of additives, and not by exposure to the sun or food.

National healthcare institutions (NIH) set the maximum daily dose for vitamin D. And this is 4000 IU (100 mcg) per day.



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According to the results of the studies, the toxicity of vitamin D can occur with its long-term daily technique at a dose of more than 10,000 IU.

The first signs of what you overwhelmed with the reception of vitamin D are nausea, vomiting, constipation. Over time, symptoms such as fatigue, dehydration, confusion, muscle weakness and bone pain can also develop. Due to the toxicity of this vitamin, stones in the

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kidneys may form or damage them occur. Among other serious complications of heart rhythm disturbances (arrhythmias), bone pain and calcium deposition in soft tissues, severe dehydration, in rare cases death.

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