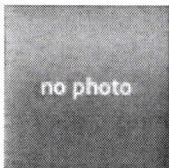


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What is the difference between vitamin D & vitamin D3?



12/13/08

Jack Maxcy

[Topics:Osteoporosis](#)

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Saturday, December 13, 2008

[Pam Flores](#)

Hi Jack: Vitamin D2 is the form of D that is found in fortified foods like milk, juices or cereals and D3 is the form that is synthesized by the skin when it's exposed to the sun or (ultraviolet light/UVB). D2 (ergocalciferol) can be found, in some plants/fungus. D3 (cholecalciferol) is the sunlight form, and can also be obtained from animals that manufactured it through their skin, like that in fish liver. Since the body can produce this it's actually considered a hormone and not a vitamin. D regulates calcium and phosphorus in the body.

Some feel that D3 is more effective in humans than D2. D3 can be obtained after 10-15 minutes of sun exposure (without sunscreen) and is recommended 3-4 times a week. For those that can't get this sun exposure, supplements are a recommended substitute. The current RDA on D3 is 1,000 IU's a day for those over the age of 20.

I hope that helps.

- 
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re: What is the difference between vitamin D & vitamin D3?
the-copper

Tuesday, October 06, 2009 at 11:39 AM

My Doctor said I was low in "vitamin d" Ive been taking Costco Vitamin D3. Is that the same as regular Vitamin D that my Doctor wants me to take?

dennis d

the-copper@dslextreme.com

Reply >>

re: re: What is the difference between vitamin D & vitamin D3?

Pam Flores

Tuesday, October 06, 2009 at 12:15 PM

Hi the-copper, vitamin D comes in D2 and D3. The supplement you are getting from Costco is fine to take. See my answer on your other post about the difference between D2 and D3.

Good luck...