



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post info@itk.ee  
www.itk.ee

## Vitamin D (25-OH)

**Vitamin D (Vit D) is important in the metabolism of calcium and phosphorus, including bone development.**

Vitamin D deficiency causes rickets in infants and small children and low bone density in adults. Vitamin D taken as a food additive in excessive doses may cause muscular weakness, abdominal pain and elevated blood pressure and bone development disorders in children.