

SIDE EFFECT OF HIGH DOSE VITAMIN D

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ABSTRACT

In this review, we explore that the side effects of Vitamin D are many and a causal relationship has been assumed despite countless studies that show that therapeutic doses of Vitamin D reduce the risks. A person should use nutritional supplements and expose himself to the sun for a while. Vitamin D plays an essential role in maintaining the health of the body, and yet a large number of people suffer from a deficiency of this vitamin in their bodies, due to its scarcity in foods, which results in many problems that harm the muscles, nerves, body immunity and heart health. This is why many people resort to taking nutritional supplements to compensate for this lack of vitamin D, and sometimes taking excessive doses may cause some side effects and health problems.

KEYWORDS: Side Effect ,High Dose, Vitamin D