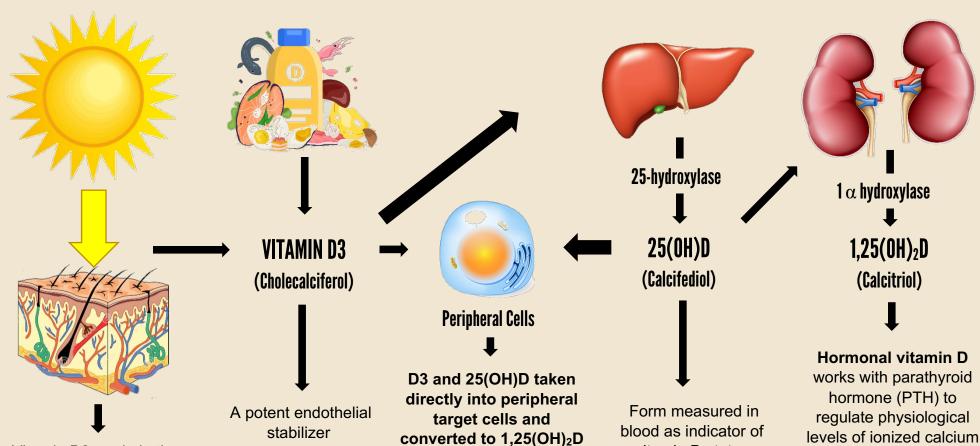
The Body Needs All Forms of Vitamin D



Vitamin D3 made in the skin is used by skin cells, and the excess enters the blood via its capillary bed

> **DNA** Damage Cell Death

DNA Repair

Form needed by breastfeeding mothers to transfer to baby through breastmilk

Anti-inflammatory

Must receive daily or semi-daily due to short half-life of roughly 24 hours

for local use

Used locally as a signaling molecule in most cells and tissues, including immune, brain, blood vessels, heart, lungs, and many more

Interacts with DNA to regulate over 1,200 essential genes

vitamin D status

Key precursor for generating 1,25(OH)2D, calcitriol

in the blood

via the modulation of:

Calcium absorption in the gut and kidneys and Bone turnover

