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Vitamin d2 1. 25 mg

Ergocalciferol Form and content of the drug Ergocalciferol (Vitamin D2) Ergocalciferol is a compound that represents the group of vitamin D, many compounds in the vitamin D group can be used instead (cholecalciferol, calcidiol alpha, calcitriol, dihydroxycholesterol). A dvqt of vitamin D is equivalent to 25 nanograms of ergocalciferol or cholecalciferol. Tablets 1.25 mg ergocalciferol (50,000dvqt) Capsule 1.25 mg ergocalciferol (50,000dvqt) Oral ergocalciferol solution: 0.01 mg/drop, 0.2 mg/ml, 0.25 mg/ml, 15 mg/1.5 ml, Ergocalciferol-Figure (Vitamin D2) Note: There are no low-content vitamin D tablets just to treat vitamin D deficiency. Tablets including calcium and ergocalciferol can be replaced, although calcium is not necessary. Ergocalciferol (Vitamin D2) It is indicated for vitamin D deficiency; vitamin D deficiency due to malabsorption or chronic liver disease; hypocalcemia due to decreased hypothyroidism. Specific features as follows: Rickets due to nutrition, metabolic and osteoarthritis include: Hypophosphate in the blood - resistance to vitamin D X, vitamin D dependent rickets, renal bone dissenitis or hypocalcemia – the second blood due to chronic kidney disease; Hypothyroidism and false hypothyroidism. Prevention and treatment of osteoporosis, including corticosteroid osteoporosis, is also used to treat common lupus, rheumatoid arthritis, and psoriasis. Ergocalciferol (Vitamin D2) Hypercalciferol - hemolytic; calcifications of calcifications; pre-sensitivity to vitamin D. Care Ergocalciferol (Vitamin D2) Be sure to carefully monitor when taking the drug for children; weekly calcium blood tests for patients taking high dose of vitamin D or renal failure; nausea and vomiting may be manifestations of overdose and hypercalcemia; periods of pregnancy and lactation (Annexes 2 and 3); interactions (Appendix 1). Care should be taken in sarcoidosis or hypothyroidism (may cause greater sensitivity to vitamin D), people with heart disease, kidney stones, atherosclerosis. Dosage and use of Ergocalciferol (Vitamin D2) Dosage: The dosage depends on the disease and the mild weight of hypocalcaemia . When treating with vitamin D it is necessary to reset adequate amounts of calcium from food or additional treatment. The dose should be reduced once the symptoms of the disease have decreased and the bioionbolization index is normal or cured of bone disease. Dosage: Prevention of vitamin D deficiency: Oral, adult and children 10 micrograms (400dvqt) daily; Treatment of vitamin D deficiency: Oral, children from 75 to 125 micrograms (3000 - 5000 dvqt) daily; adults 1.25 mg (50 000dvqt) daily in a short time. Hypocalcemia due to hypothyroidism: Oral, children: up to 1.5 mg (60 000 dvqt)/day; 2.5 mg (100 000dvqt) daily. Undesirable Effects Ergocalciferol (Vitamin D2) Take Vitamin D in doses that are not generally non-toxic needs, however, when treated in high or prolonged doses, symptoms of vitamin D overdose can occur leading to increased vitamin D and very dangerous calcium intoxication (see Overdose and administration). Overdose and treatment treatment (Vitamin D2) Symptoms: Loss of appetite, fatigue, nausea and vomiting, vomiting, weight loss, polyuria, sweating, headache, headache, dizziness; increased concentration of calcium, phosphate in plasma and urine; tissue calcification may occur if a dose of 1.25 mg is taken continuously for several months. Treatment: Discontinue the drug, stop taking calcium supplements, maintain a low calcium diet, drink plenty of water or infusion. Calcium excretion (such as furosemid, ethacsinle acid) can be used to reduce serum calcium levels. Artificial dialysis or perioral dialysis can be used to freely excrete calcium from the body. Ins cause vomiting or gastric lavage if acute poisoning (newly taken). Stability and storage of Ergocalciferol (Vitamin D2) Stored in sealed packages, avoiding light and moisture, at temperatures below 25 o C. Solution form: Vitamin D can be strongly associated with plastics, resulting in a quantity of the drug that can be stored in the packaging and infusion. Loss of appetite, fatigue, nausea and vomiting, vomiting, weight loss, polyuria, sweating, headache, headache, dizziness; increased concentration of calcium, phosphate in plasma and urine; tissue calcification may occur if a dose of 1.25 mg is taken continuously for several months. Treatment: Discontinue the drug, stop taking calcium supplements, maintain a low calcium diet, drink plenty of water or infusion. Calcium excretion (such as furosemid, ethacsinle acid) can be used to reduce serum calcium levels. Artificial dialysis or perioral dialysis can be used to freely excrete calcium from the body. Ins cause vomiting or gastric lavage if acute poisoning (newly taken). It is said that vitamin D helps prevent fatigue, depression and even cancer. But for normal healthy people, is it really necessary to add this substance to the body? In the northern hemisphere, shorter daytime time leaves people worried about lack of sunlight, which means the risk of vitamin D deficiency. Taking vitamin supplements can be deadly? The vitamin supplements that have been advertised have an almost elxivr effect. Vitamins D2 and D3 are sold over the counter without a prescription, and say they help improve immunity to muscle fatigue and weakness, bone pain and depression. These two vitamins are also said to help control cancer and aging. Somewhat bizarre, according to research by market analysis firm Mintel, a third of adults in the UK take vitamin supplements, including vitamin D, into the diet. However, the debate over whether all adults need vitamin D supplements is not over. Vitamin D plays an important role in bones, which is hardly to be argued. Helps regulate calcium and phosphate in our body, so people who don't have vitamin D are advised to special attention to overcome this problem. How many people with vitamin D deficient is probably more than you think: a study it is estimated that around 20% of the population in the UK has severe vitamin D deficiency. One third of UK adults take vitamin supplements, including vitamin D, in the dietBut experts argue that healthy people at a certain level (most of us reach that level) do not need vitamin D supplements . vitamin D does not work to prevent diseases as you would expect. Although its name is vitamin D, it is not really a vitamin. It is a hormone that stimulates the absorption of calcium in the body. The problem here is that in addition to a handful of foods like fatty fish, vitamin D hardly exists in ordinary dishes. However, with the absorption of sunlight with 'Ultraviolet B rays', human skin can produce vitamin D on its own from a normal cholesterol. First is vitamin D3, which is found in animals including fish and human skin when sunlight is absorbed. The second type is vitamin D2, derived from herbal foods such as mushrooms. Studies have resulted in D3 being more effective, and the conclusion of a 2012 analysis suggests that D3 is the preferred option for supplementation. Today, Public Health England (PHE) recommends that each adult take another 10 micrograms in autumn and winter, when the angle of sunlight to Earth causes various UVB rays to be prevented from entering the atmosphere. The government also recommends that people at lower risk of the average vitamin D threshold, including those with dark skin, should take this supplement year-round. Other countries have similar guidelines. In Canada, adults are advised to take 15 micrograms of vitamin D and two meals of milk or soy milk with vitamin D per day. Cow's milk and margargarshould also be supplemented with vitamin D as prescribed. In the US, adults are also advised to take 15 micrograms, while many milks, breakfast cereals, margargarines, yogurt and orange juice in the country are also pre-added vitamin D.As guidelines and the enhancement of vitamin D in foods come mainly from efforts to combat rickets in the mid-twentieth century . lead to a decrease in bone density and can cause rickets, especially in infants and young children. Vitamin D is only available in certain foods such as fatty and fatty fish We also know that low levels of vitamin D can cause muscle weakness and fatigue. One study found that people who are tired have vitamin D levels, and their symptoms improve after 5 weeks of vitamin D supplementation, while a small study from newcastle university suggests that low vitamin D can cause fatigue and remedies - are respiratory centers, biosyn chemicals, energy production in each cell - will also work less efficiently. Studies of cancer patients found Similar. Vitamin D can also help strengthen and boost the immune system by Bacteria. Although vitamin D is important, it does not necessarily mean that healthy people who have adequate amounts of vitamin D still need supplementation. Consider one of the most common reasons for supplementation: bone growth and maintenance. Current guidelines on the amount of vitamin D to be supplemented are given by research involving elderly nursing homes, who are not exposed to too much sun and are more susceptible to fractures and osteoporosis than the general population. But Tim Spector, professor of genetic epidemiology at King's College London, said such studies were probably flawed. A general analysis published in August 2018 concluded that increasing vitamin D levels for the general population will not reduce the risk of fractures in healthy people. A synthetic analysis of 81 studies found that vitamin D supplementation did not predict fractures or bone weakness, nor did it improve the density of minerals in bones. The researchers concluded that guidelines for the use of vitamin D supplements need to be updated to reflect this content. But Sarah Leyland, consultant osteoporosis consultant at the National Osteoporosis Society of Great Britain, says vitamin D supplements can be useful for groups of people who are not exposed to sunlight. In some countries, including the US, Canada and the UK, foods such as cereals and milk have been pre-added vitamin D under the UK's National Health System (NHS), people only need to stay outdoors for a short period of time, leaving their hands and arms free of sunscreen, having had enough vitamin D between March and October , which are months when the day is regularly sunny. We all know that healthy people can't reduce the risk of fractures by taking calcium and vitamin D supplements. Leyland said, However, people who may not have enough sun - such as those who stay regularly indoors or live in protected housing - should take vitamin E D supplements. A joint analysis examining the prevention of fractures in the population, nursing homes and hospital admissions concluded that vitamin D alone in the doses and forms tested so far could not prevent fractures in the elderly. And there is some evidence that shows that the use of high doses can even lead to increased levels of fractures and weaker bones. A randomstudy found that monthly high-dose vitamin D supplements increased the risk of bone weakness by 20-30% among the elderly compared to those taking low doses. There are studies that give conflicting results on the link between vitamin D and other diseases, including aging. One study concluded that vitamin D supplements will strengthen the immune system. Adrian Martineau, professor of Respiratory and immunological infections at the London School of Medicine and Dentistry at Queen Mary University of London, who led the research team on the health effects of vitamin D, found that vitamin D plays a role in reducing respiratory infections. When their team analyzed raw data from 25 clinical trials involving 11,000 patients from 14 countries, they found that taking vitamin D supplements daily or weekly had little effect in reducing the risk of respiratory infections, asthma and bronchitis. The article was quickly criticized, but Martineau pointed out that the reduction of risk, although scarce, is still significant and comparable to the effectiveness that other medical measures bring. For example, to prevent respiratory infections, you only need to give vitamin D supplements to 33 people - compared to the flu vaccine for 40 people to prevent a case of flu. A common reason for supplementation is bone health, but there is no clear evidence to support this consider preventing aging. An article investigating the link between vitamin D and longevity found that vitamin D3 can help balance proteins in the body - a process by which proteins are regulated in cells to ensure healthy cell retention. Our study shows that D3 improves protein balance and slows the aging process. This shows the importance of maintaining adequate vitamin D levels, the researchers wrote. But other studies do not claim such certainty. A synthetic analysis concluded that more research is needed to clarify the effects of vitamin D on deaths. The link between cardiovascular disease and vitamin D has not been properly stated: this link can be heart disease leading to low levels of vitamin D, rather than vice versa, vitamin D deficiency that causes heart disease. This is an issue that almost any study that analyzes the link between vitamin D deficiency and other types of diseases is also mentioned. Ian Reid, professor of medicine at the University of Auckland, believes that the disease is the cause of low vitamin D levels because when people do not feel healthy, people are often less exposed to sunlight rather than low vitamin D levels that cause diseases. If you consider any group of patients with any disease, their vitamin D levels are lower than those of a healthy person. This has led to some theories that low vitamin D leads to the disease, but there is no evidence to prove it, he said. Researchers found that high levels of vitamin D were associated with a low risk of colon cancer - it played a role in the formation of new blood vessels and stimulated a better exchange between cells. Vitamin D has also been found to help maintain normal calcium levels in the colon by slowing the growth of cancer risk cells, studies, including research on the link between vitamin D and cancers Breast cancer and prostate cancer, shows that there are good reasons to think that low vitamin D plays a role in the spread of cancer cells. However, if vitamin D supplementation really helps prevent cancer, the answer is that a recent meta-analysis found no evidence that taking vitamin D supplements reduces the risk of cancer. Some experts believe that sick people have low vitamin D content because they spend less time outdoors instead of their low vitamin D levels which are the cause of health problems that is like a two-way street, cancer causes vitamin D deficiency by impacting metabolism, food and exposure to sunlight , and vice versa through the effect of vitamin D on containing the rapid proliferation of cancer cells. These two things are not mutual exclusion, Martineau said. Another issue considered is seasonal emotional disorder (SAD), a type of mood disorder caused by decreased seasonal sun exposure. The link between light exposure and SAD has been known for a long time. However, it is once again difficult to prove that there is a direct link with vitamin D.As evidence suggests that it is possible that between vitamin D and this disorder is related to each other, since vitamin D is associated with serotonin levels, which plays an important role in regulating mood and melatonin, which are our sleep regulators. If any of these hormones reach only low levels, it can contribute to SAD symptoms. The researchers conducted a randomized controlled trial, but the exact mechanism of vitamin D in promoting how hormones are still unknown. One theory is that vitamin D receptors - found in many parts of the brain and concentrated in the hypothetical hills - are regions associated with our biological regimens - that play a controlling role in the body's hormone levels. The results of the study show that vitamin D plays a broader role in our mental health, from depression to syllology, as well as brain development, but how it plays is still unknown. A synthetic analysis published earlier this year showed that despite the correlation between low vitamin D levels and depression, this does not necessarily mean that lack of vitamin D causes depression. Again, maybe people with depression are more afraid to leave, so they are less exposed to the sun. Although no conclusion has been reached, perhaps the studies have not adequately reflected the importance of vitamin D. Perhaps because most studies are only done based on the results of using vitamin D supplements instead of considering the effects of the sun. Some scientists say taking vitamin D supplements from synthetic substances is ineffective with vitamin D absorbed directly from the sun as the body processes D of exposure to sunlight and what happened previously brings more benefits. The study to reach conclusions on this issue is ongoing. Even so, most experts agree that taking vitamin D supplements can benefit people with very low vitamin D levels. Martineau said his research found that people with very low vitamin D content seem to benefit more from vitamin D supplementation to prevent respiratory infections, but in people with moderately low vitamin D levels it has a much more modest effect. Reid said his studies have also shown that taking vitamin D supplements has positive effects for people with low vitamin D levels. However, as most people reach vitamin D levels higher than that limit, vitamin supplementation will not be effective. Some experts believe that vitamin D is most effective when it is a natural vitamin absorbed from the sun, not synthetic supplementsThe problem is that it is difficult to predict how the person at a higher risk belongs to the group with low vitamin D levels . depends not only on the skin tone and the amount of time a person spends outdoors. Sufficient exposure to the sun in the summer of each individual depends on the location of each person, depending on the pigmentation in the skin, the amount of fat in the body and depending on how quickly the person's body produces new bones. It's incredibly complicated, she said. That's why the best way to determine if you're in the low vitamin D group is not just based on symptoms, but on blood test results. Next, the question is then, exactly, to what extent does a person need vitamin D supplementation? Reid said it was not dangerous to take vitamin D, which is sold without a prescription, less than 25 nanomols a day. But with vitamin D supplements of up to 62.5 micrograms not being prescribed by a doctor, there are concerns about the risk of excess vitamin D levels, which in some rare cases can cause side effects like nausea and vomiting. In the long run, some studies show that too much vitamin D can increase the risk of cardiovascular disease, although these studies do not come to a conclusion. But others argue that more vitamin D is needed. In 2012, the UK government's senior health adviser, Sally Davies, wrote to GPs urging them to recommend vitamin D supplements to all groups at risk of vitamin D deficiency in June 2018, researchers at the Metabolic Systems Research Institute at the University of Birmingham wrote that the death of a baby with complications of heart failure was due to severe vitamin D deficiency , and that the serious health complications of the other two were just the floating part. Floating. Vitamin D deficiency among those at risk. Suma Uday, a university doctoral student and co-author of the paper, said there was a vitamin D deficiency because vitamin D supplementation programs for babies were poorly implemented in the UK and were not monitored. In the cases of newborns we mentioned, deficiencies occur as a result of the recommendation of vitamin D supplementation for infants who were not given or monitored and monitored. Vitamin D deficiency in newborns over a prolonged period of time can lead to lack of calcium, leading to fatal complications such as seizures and heart failure, she said. With such mixed results, it is not surprising that among medical professionals deeply divided into the controversy of providing vitamin D supplements are widely benefits. Some have even said that stocking vitamin D supplements is intended only to amplify the multibillion-dollar vitamin industry, and Professor Spector also calls vitamin D supplements fake vitamins for fake diseases. While the debate is still ongoing, many experts are taking notice of Brigham and Women's Hospital, a branch of Harvard Medical School in Boston. Here, researchers are conducting a long-awaited randomized, VITAL study to find out how vitamin D and omega 3 supplementation works in cancer, stroke and heart disease in 25,000 adults. These results, expected to be announced later this year, are expected to end the debate soon. At this time, the addition of vitamin D, especially in winter, is widely agreed that it is just a waste of money. You may not absorb enough vitamin D from the diet between now and next spring, but how it works remains a topic that is still being debated. The content of the article is intended only to provide general information, not as a substitute for the health advice of physicians or medical professionals. The BBC is not responsible for the symptoms that readers experience as a result of following the information described in the article, nor for any of the products or services described, as consulted on the websites. Consult your doctor if you are concerned about your personal health. 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