

VITAMIN D DEFICIENCY WARNING SIGNS

PHYSICAL SYMPTOMS

- Frequent Respiratory Infections
 - Chronic Bone and Back Pain
 - Muscle Weakness or Cramps
 - Slow Wound Healing
 - Unexplained Hair Loss
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MENTAL & ENERGY

- Persistent Fatigue & Tiredness
 - Depressive Mood or Low Spirits
 - Cognitive Impairment in Older Adults
 - Disrupted Sleep Patterns
 - General Lethargy
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LONG-TERM RISKS

- Reduced Bone Density (Osteoporosis)
 - Increased Cardiovascular Risk
 - Severe Asthma in Children
 - Hyperparathyroidism
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COMMON CAUSES

- Limited Sunlight Exposure
 - Strict Vegan Diets
 - Darker Skin Pigmentation
 - Kidney or Liver Issues
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Note: This chart is for informational purposes only. Consult a healthcare professional for diagnosis and blood testing.