Sunlight/Skin Synthesis

7-dehydrocholesterol

UVB radiation

Previtamin D₃

Temperature

Vitamin D₃

Binding to VDBP

Liver

Vitamin D₃ / D₂

25(OH)D

25(OH)D

Circulating 25(OH)D

Binding to VDBP

Kidney

25(OH)D

24 hydroxylase

24, 25(OH)₂D

1 - α hydroxylase

1, 25(OH)₂D

1, 24, 25(OH)₃D

Dietary Sources

Vitamin D₃ / D₂

Natural sources:
UV exposed mushroom (Vitamin D₂)
Fatty fish (Vitamin D₃)

Supplements

Fortified foods (Vitamin D₃)

Non-VDBP carriers

Mg

1 - α hydroxylase

Mg

Mg

Mg

Mg

Mg

Mg

Mg

Mg