SOURCES AND FORMS OF VITAMIN D

- **Vitamin D2 (Ergocalciferol)** ingested from fortified food, supplements (Exogenous)
- **Vitamin D3 (Cholecalciferol)** synthesized in the body, exposure of skin to sunlight (Endogenous)

25-hydroxyvitamin D [25(OH)D] inactive precursor

- Measured by lab test as total 25-hydroxyvitamin D (D2 and D3 may be differentiated)

1,25-hydroxyvitamin D [1,25(OH)2D] active hormone

- Measured by lab test (D2 and D3 may be differentiated)