



What is Vitamin D? What are vitamin D deficiency symptoms?

Vitamin D is an essential nutrient of the body which is needed for regulating the metabolism rate. It helps in the absorption of calcium and phosphorus. It plays a vital role in the overall functioning of the body and vitamins in the body reduce the growth of cancer cells in the body. This is the answer to the question, “ **what is vitamin D**”.

People also ask about the deficiency of vitamin D in the body. The answer to this lies below:

The **vitamin D deficiency symptoms** are:

- Fatigue
- Weakness
- Bleeding Gum
- Brittle Hair and nails
- Bone pain
- Muscle pain
- Joint pain
- Depression

The above-mentioned symptoms, if ignored will have a negative impact on health. To prevent any further health complications, it is essential that one must go for a [vitamin D test](#). It will help you to get the details on the number of vitamins and other nutrients in the body. When looking for a **vitamin D test price**, reach out to the "[laboratory near me](#)" for high-quality health treatments and tests.

