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of Vitamin D | Dr. Joel ... Vitamin D helps regulate the amount of phosphate and calcium in your body, and this is important as these 2 nutrients help to keep your bones, teeth and muscles healthy. Vitamin D is unique in that it functions more like a hormone than a Vitamin(1) And a hormonal deficiency can cause of a range of seemingly unrelated problems. The Power of Vitamin D - The Midlife Hub Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults. Vitamins and minerals - Vitamin D -

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Reviewed in the United Kingdom on 30 March 2017.

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