

3 formas de obtener la vitamina D



A través de la ingesta de alimentos que la contengan (Vitamina D2).

Por la exposición de la piel al Sol (vitamina D3), activa por los rayos UV.

Suplementación farmacológica; cápsulas, tabletas, polvos, etc.

Su principal función biológica es la regulación del metabolismo del calcio.

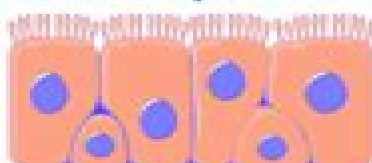
Salud gastrointestinal

En el tracto gastrointestinal coexisten:

Células del sistema inmune



Células epiteliales



Se ha identificado al receptor de la vitamina D (VDR) en células del tracto gastrointestinal no relacionadas al metabolismo del calcio.

Microbiota (bacterias)



Aaaapilas Con Vitamina D

Hussin A.Rothana



Aaaapilas Con Vitamina D :

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Aaaapilas Con Vitamina D**

In a global inundated with screens and the cacophony of fast interaction, the profound power and mental resonance of verbal art frequently fade into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, located within the musical pages of **Aaaapilas Con Vitamina D**, a charming function of literary elegance that impulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus manuals visitors on a psychological odyssey, gently exposing the latent possible and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book's central themes, dissect its interesting publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers' souls.

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