



Dr. med. Bodo Grahlke

Facharzt Gynäkologie und
Geburtshilfe FMH

Vitamin-D during pregnancy

Vitamin D is needed for calcium absorption and healthy bone building.

It also plays a role in our immune system, i.e. in the body's own defense against pathogens.

Deficiency increases the likelihood of respiratory infections, allergies, diabetes, autoimmune diseases such as multiple sclerosis, high blood pressure and cancer.

The supply of vitamin D is of course worse in winter and spring than in summer and autumn, so more vitamin D has to be supplied from the outside.

Vitamin D suppliers in the diet are dairy products (full-fat milk, butter), meat or liver and egg yolks. Also fish pickled in oil, such as sardines, mackerel or salmon, or sea fish should be on your diet at least once a week, as it contains a lot of vitamin D, which accelerates



ClipDealer

the absorption of calcium from the diet.

A plant source are mushrooms that have been dried or grown in the sun. However, most mushrooms on the market have not grown in sunlight.

The supply of vitamin D during pregnancy affects, among other things, the child's immune system, its hormone balance and metabolism, as well as the structure of bones and the development of the brain. Since vitamin D is so important for child development, the child's care begins before the placenta has formed. There is therefore an increased need during pregnancy.

The individual needs are very different and should be determined in coordination with the season.

Is an overdose of vitamin D possible and dangerous? Experts say that overdose can only be observed after taking 50,000 IU, more than ten times the recommended daily dose.

However, sufficient calcium intake through nutrition or dietary supplementation must always be taken into account in order to prevent the formation of kidney stones. Why? Because by sufficient calcium in the intestine oxalic acid will be bounded and no longer absorbed. Kidney stones almost always consist of calcium oxalate.

after swissmom.ch