

Ημερησίες αναγκες σε βιταμίνη D3©

Συντάχθηκε απο τον/την Δρ Δημήτριος Ν. Γκέλης, Ιατρός, Οδοντίατρος, Ωτορινολαρυγγολόγος, Διδάκτωρ Πανεπιστημίου Αθηνών - Τελευταία Ενημέρωση Τετάρτη, 12 Μάιος 2021 09:19

Ποια είναι η αναγκαία ημερήσια ποσότητα βιταμίνης D3, που πρέπει να προσλάβει ένα άτομο ή πόση ώ ρα πρέπει να εκτεθεί στον ήλιο, ή ώ στε να μην πάθει έλλειψη βιταμίνης D;



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Πανεπιστημίου Αθηνών - Τελευταία Ενημέρωση Τετάρτη, 12 Μάιος 2021 09:19

1. What is the purpose of the document?
 2. What are the main findings of the study?
 3. What are the implications of the findings?
 4. What are the limitations of the study?
 5. What are the conclusions of the study?
 6. What are the recommendations of the study?
 7. What are the future research directions?
 8. What are the acknowledgments?
 9. What are the references?
 10. What are the appendices?
 11. What are the footnotes?
 12. What are the tables?
 13. What are the figures?
 14. What are the captions?
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