

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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