# Article information:

6 Side Effects of Too Much Vitamin D
<https://www.healthline.com/nutrition/vitamin-d-side-effects>

# Article summary:

1. Vitamin D plays an important role in maintaining health, but too much can lead to health problems.

2. Vitamin D toxicity is more common in people with certain medical conditions and can occur due to accidental overdose or misuse of high-dose vitamin D supplements.

3. Symptoms of vitamin D toxicity include digestive distress, fatigue, confusion, loss of appetite, excessive urination, kidney stones, kidney injury, high blood pressure and heart abnormalities.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides evidence-based information about the signs and side effects of too much vitamin D. The article cites several sources to back up its claims and provides a comprehensive overview of the topic. However, there are some areas where the article could be improved upon.

First, the article does not provide any information about potential risks associated with taking too much vitamin D or how to avoid them. It also does not mention any possible counterarguments or alternative perspectives on the issue. Additionally, while the article does provide some information about recommended daily intake levels for vitamin D supplements, it does not provide any detailed information about how to determine what dosage is appropriate for each individual person based on their specific needs and medical history.

Finally, while the article does cite several sources to back up its claims, it does not provide any information about who these sources are or why they should be trusted as reliable sources of information on this topic. This lack of transparency may make it difficult for readers to assess the trustworthiness of the sources cited in the article.

In conclusion, while this article is generally reliable and trustworthy overall, there are some areas where it could be improved upon by providing more detailed information about potential risks associated with taking too much vitamin D as well as how to determine appropriate dosages for individuals based on their specific needs and medical history. Additionally, more transparency regarding who the sources cited in the article are would help readers better assess their trustworthiness and reliability when evaluating this content.

# Topics for further research:

* Vitamin D overdose risks
* Vitamin D supplement dosage guidelines
* Vitamin D toxicity symptoms
* Vitamin D toxicity treatment
* Vitamin D deficiency prevention
* Reliable sources of vitamin D information

# Report location:

<https://www.fullpicture.app/item/30046f02587680bb3b1d78d0df6d1ec3>