

THE SKELETAL AND NON-SKELETAL EFFECTS OF HORMONE D

Abstract

The skeletal effects of hormone D are quite well known. They are also called calcemic effects, because they act in synergism with the Ca-induced effects. The extra-skeletal effects are less known and also less studied.

The effects of hormone D in athletes constitute a less studied field, but certain beneficial effects are already known. Therefore, supplementation of calcium and hormone D is very important in athletes, not only because of their increased needs, but also because of the positive effects that supplementation has on several organs and systems.

Keywords: hormone D, exercise, calcemic effects, noncalcemic effects.