

Patient Information

Raised Calcium Levels in Patients taking Vitamin D

Vitamin D supplements are generally safe and without side effects. However, rarely a patient may develop increased calcium levels. This is an important side effect which needs dealing with. This would cause symptoms such as:

- Thirst
- Passing urine more than usual
- Nausea & vomiting
- Constipation
- Poor concentration or confusion

Should you get such symptoms while taking vitamin D supplements, stop taking the supplement and contact your GP promptly. Your GP will arrange for blood tests to investigate this, if required.