

Osteoporosis belongs between the most common civilization diseases. Insufficient vitamin D supplementation attributes to pathogenesis of the illness.

Aim of the study was vitamin D levels monitoring in both healthy population and vitamin D treated patients.

I have proved deficit of vitamin D at these patients, over recommended dosage of vitamin D. Vitamin D deficiency starts to be probably more serious problem than ever before. Therefore is necessary to focus on sufficient supplementation of this vitamin as well as a further education through all population.