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## What are the symptoms of Vitamin D deficiency?

The most important thing to know is that in the VAST majority of cases, vitamin D deficiency is asymptomatic up to the point of serious illness. The second important thing to know is that symptoms are very poor indicators regarding the CAUSE of illness, many, many causes of illness present with the same symptoms. However, here is a list of symptoms that can occur.

- Frequent Colds and/or Flu
- Depression
- Chronic pain
- Joint pain
- General muscle pain and weakness
- Headaches
- Muscle cramps
- Weight gain
- Restless sleep
- Fatigue
- High blood pressure
- Poor concentration
- Bladder problems
- Constipation or diarrhea