PATHWAYS TO THE HORMONAL FORM OF VITAMIN D ₃		
SUNSHINE	DIETARY	
ENDOGENOUS 7- DEHYDROCHOLESTEROL UV-LIGHT & HEAT VITAMIN D ₃	FROM NATURAL INGREDIENTS AND SYNTHETIC SUPPLEMENTS VITAMIN D ₃	FROM SYNTHETIC SUPPLEMENTS
25-HYDROXYLASE	25-HYDROXYLASE	
25-(OH)-D ₃	25-(OH)-D ₃	1-α-(OH)-D ₃
1-α-HYDROXYLASE	1-a-HYDROXYLASE	25-HYDROXYLASE
1,25-(OH) ₂ -D ₃	1,25-(OH) ₂ -D ₃	1,25-(OH) ₂ -D ₃