

7-Dehydrocholesterol

Cholecalciferol is formed in the skin from **7-dehydrocholesterol** with the help of UV radiation. Cholecalciferol is gradually hydroxylated in the liver and kidneys to 1,25-dihydro cholecalciferol – calcitriol (**the most effective form of vitamin D**).

Links

related articles

- Ultraviolet radiation (biophysics)
- 1,25-dihydrocholecalciferol
- 25-Hydroxycholecalciferol

References

- MURRAY, Robert K.. *Harperova biochemie*. 2. edition. H&H, 1998. ISBN 80-7319-013-3.