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Highlights

- Severe vitamin D deficiency is common in non-western immigrants.
- This is often due to low sunshine exposure, pigmented skin, low calcium intake.
- Vitamin D deficiency in small children may cause spasms, muscle weakness, bone pain and deformities.
- The clinical picture of osteomalacia is characterized by pain and muscle weakness.
- Prevention of vitamin D deficiency is feasible with vitamin D3 400-800 IU/d depending on age.

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