



**NHS**

**Ipswich and East Suffolk**  
Clinical Commissioning Group

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**Polish**

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.

**Portuguese**

Jeigu jums reikia suprasi šia, informacija, kita kalba prašom skambinti šiuo numeriu apačioje

**Lithuanian**

এই লেখাটি যদি অন্য ভাষায় বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন

**Bengali**

ههیه یۆ تیگهیشتنی نهم زانیار یانه به زمانیکی تر تکایه په یوهندی به ژماره ی خواره بکه

**Kurdish**

如果你需要其他語言來幫助你了解這些資訊，請撥以下電話。

**Chinese**

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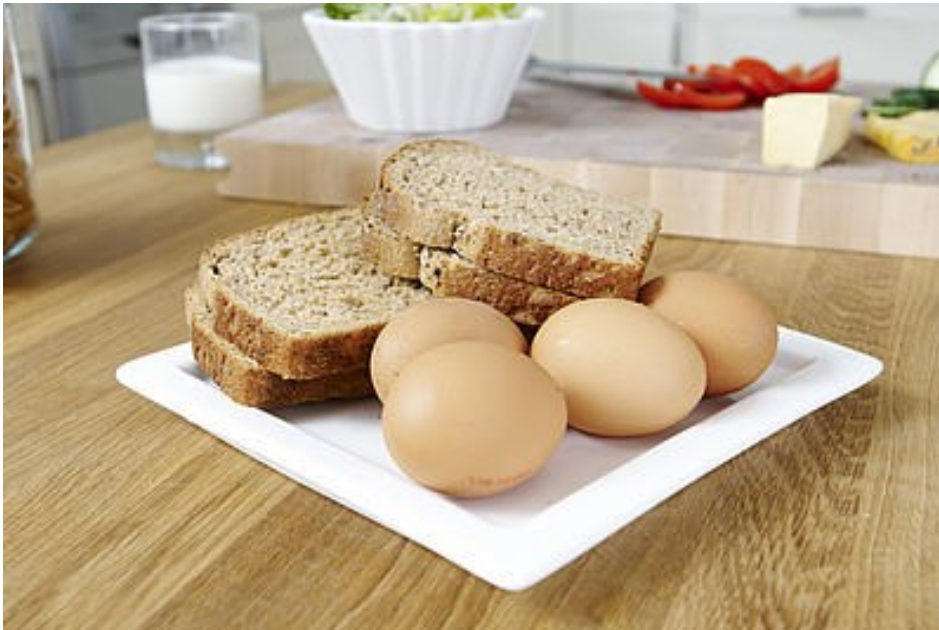
## Self-care information on Vitamin D



**Vitamin D is important for good health, growth and strong bones.**

**A mild lack of vitamin D may not cause any symptoms.**

**Very low levels of vitamin D can cause more serious problems such as bone pain and tenderness as a result of a condition called osteomalacia.**



Approximate price	Source	Suitability
<b>Healthy Start Vitamins for pregnant women</b> <b>Contains vitamin D 400IU (10mcg) (Also contains vitamin C and folic acid)</b>		
56 tablets free of charge where eligible	Available from midwives, health visitors and children's centres and also some pharmacies. For more information visit <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a>	Suitable for vegetarians but not vegans
<b>Pregnacare multivitamins and minerals</b> <b>Contain vitamin D 400IU (10mcg) (Also contains multiple other constituents)</b>		
90 tablets Prices from approx. £11.69	Various supermarkets, chemists and online	Suitable for vegetarians but not vegans
<b>Sanatogen Mum to Be multivitamins and minerals</b> <b>Contain vitamin D 400IU (10mcg) (Also contains multiple other constituents)</b>		
30 tablets Prices from £5.00	Various supermarkets, chemists and online	Suitable for vegetarians but not vegans

### If you need any further information:

- Ask your pharmacist
- NHS Choices - [www.nhs.uk](http://www.nhs.uk)
- Patient UK - [www.patient.co.uk](http://www.patient.co.uk)

### Examples of vitamin D products available for adults to purchase

Always check the amount of vitamin D contained in the supplement matches your requirements. If you are unsure ask your pharmacist or GP for advice.

Approximate price	Source	Suitability
<b>Boots Pharmaceuticals Vitamin D 400IU (10mcg) tablets</b>		
90 tablets £2.29	Available in store and online from Boots www.boots.com	Suitable for vegetarians but not vegans
<b>Tesco Vitamin D 500IU (12.5mcg) tablets</b>		
90 tablets £3.00	Available in store and online from Tesco www.tesco.com	Suitable for vegetarians but not vegans
<b>Deva Vegan Vitamin D 800IU (20mcg) tablets</b>		
90 tablets £4.15	Available for purchase online	Suitable for vegetarians and vegans
<b>Holland and Barrett Nature's Garden Vitamin D3 Fast acting liquid 400IU (10mcg)/4 drops or 1000IU (25mcg)/10drops</b>		
60mls £13.99	Available in store and online from Holland and Barrett www.hollandand-barrett.com	Suitable for vegetarians but not vegans
<b>Boots Pharmaceuticals Vitamin D3 1000IU (25mcg) tablets</b>		
90 tablets £4.99	Available in store and online from Boots www.boots.com	Suitable for vegetarians but not vegans
Products containing calcium AND vitamin D that are more suitable for those aged over 65 years:		
<b>Calcichew D3 Forte Vitamin D 400IU (10mcg) and calcium carbonate 1.25g tablets</b>		
60 chewable tablets £4.24	Available to buy from pharmacies	Suitable for vegetarians but not vegans
<b>Calceos Vitamin D 400IU (10mcg) and calcium carbonate 1.25g tablets</b>		
60 chewable tablets £3.88	Available to buy from pharmacies	Not suitable for people with peanut/soya allergy or vegetarians and vegans

Your body makes vitamin D from the action of sunlight on your skin. Short daily periods (10 to 15 minutes) of sun exposure without sunscreen during the summer months (April to October) are enough for most people to make enough vitamin D. The most effective time of day for vitamin D production is between 11am and 3pm.

Never allow your skin to start going red or burn in the sun. Take care to cover up or protect your skin with sunscreen before you turn red or get burnt. You do not need a tan to make vitamin D.

Winter sunlight in the UK is not strong enough to allow the body to make vitamin D. From November to March we get vitamin D from our body's stores and from food sources

Vitamin D is found in a small number of foods, for example: oily fish such as salmon, sardines and mackerel; eggs; margarine and fortified breakfast cereals.

## Do I need vitamin D supplement?

Most people aged 5 years and above should be able to get all the vitamin D they need by eating a healthy balanced diet and by getting some sun in the spring and summer months. However in autumn and winter months it may be difficult to get enough vitamin D, as it is difficult for you to meet the 400 IU (10mcg) recommendation from your diet alone. Therefore Public Health England has asked people to consider taking a daily supplement containing 400 IU (10mcg) of Vitamin D in autumn and winter.

There are some groups of people who are more at risk of not getting enough vitamin D in summer months also, they are:

- Some pregnant and breastfeeding women
- People who are not exposed to much sun, such as people who cover up their skin when outdoors or those who are housebound or confined indoors for long periods
- People who have darker skin such as people of African, African-Caribbean and South Asian origin.

Current recommendations are that these groups of people who are **not exposed to much sun** and **people who have darker skin** should take a daily supplement containing 400IU (10mcg) of vitamin D.

Pregnant and breastfeeding women may choose not to take a Vitamin D supplement during the spring and summer months if they get some sun and eat foods containing vitamin D. Even if you do not fit into one of these groups, your GP may advise you to take a vitamin D supplement if they feel you could become low on vitamin D.

All children aged 1—4 years should be given a daily supplement containing 400 IU (10mcg) of Vitamin D.

All breastfed infants (whether exclusively or partially) up to 1 year of age should be given a daily supplement containing 340—400IU (8.5-10mcg) of Vitamin D.

Infants having less than 500ml of infant formula should be given a Vitamin D supplement. Those having more than 500ml of infant formula do not need a supplement because infant formula is fortified with Vitamin D and other nutrients.

Your Health Visitor will be able to advise you on which products are most suitable for your child.

Vitamin D supplements can be bought from many high street shops and supermarkets. Some examples of products that meet the adult requirements and are available to purchase can be found on the next page.

In some cases, your GP may decide to do a blood test to check your vitamin D levels. If this test shows your vitamin D levels are a bit low, your GP may recommend that you purchase vitamin D supplements. Your GP should tell you which dose of vitamin D you should take.

