

# Vitamin D information

## What are Vitamins?

Vitamins are a group of substances that are needed for normal cell function, growth and development. Most vitamins are available in a good varied diet.

## What is Vitamin D?

Vitamin D helps to keep bones and muscles healthy and also helps the immune system to work properly.

## How do I get Vitamin D?

1 Vitamin D can be made in the skin when it is exposed to sunlight outside . But there is not enough sunlight during winter months in the UK and people with dark skin may not absorb enough sun even in the UK summer, to make enough Vitamin D.

2 Vitamin D is also found in small amounts in some foods-oily fish [such as salmon, sardines, herring and mackerel] red meat, liver, egg yolks and some fortified foods – such as some fat spreads and breakfast cereals.

3 Vitamin D tablets/ medicine. These can be bought from a pharmacy or prescribed by a GP if you are found to be Vitamin D deficient.

We are giving you this supply of 25ug/1000IU as this is the most cost effective deal. You can take it with food once a day or once every two days.

## How much Vitamin D do I need?

It is recommended that everyone over the age of 1 needs 10 micrograms ug [400 International units- IU] of vitamin D a day . Products containing up to 25micrograms [ 1000 IU] are suitable for everyone. [Advice from Public Health England PHE and the National Institute for Health and Care Excellence NICE]. Do **not take more** than the recommended daily amount, please.

## Can everyone take Vitamin D?

Some illnesses or other treatments may make it unsafe to take Vitamin D-for example, people with kidney stones, cancer , kidney disease . If you are on treatments/ medicines from your GP then it is a good idea to check with them if it is safe for you to take Vitamin D.

## Are there problems with taking too much Vitamin D?

Yes -In a few people, taking too many vitamin D supplements over a long period of time can cause too much calcium to build up in the body (hypercalcaemia). This can weaken the bones and damage the kidneys and the heart.

## Where should I keep the Vitamin D tablets?

Store the tablets out of the reach of young children and away from pets.

## More reading

1 <https://www.gov.uk/government/publications/vitamin-d-supplementation-during-winter-phe-and-nice-statement/statement-from-phe-and-nice-on-vitamin-d-supplementation-during-winter>

2 <https://www.gov.uk/government/publications/vitamin-d-supplements-how-to-take-them-safely/vitamin-d-supplements-how-to-take-them-safely>.

3 <https://www.nutrition.org.uk/attachments/article/256/Vitamin%20D%20and%20Immunity%20Q-A.pdf>

