



STOPPING VITAMIN D SUPPLEMENTATION

Public Health England has recently recommended that everybody considers taking a daily supplement containing 10 micrograms of vitamin D in autumn and winter. People whose skin has little or no exposure to the sun, or people of ethnic minority groups with dark skin, risk vitamin D deficiency and need to take a supplement throughout the year.

We have taken the decision not to prescribe vitamin D supplements unless you have severe vitamin D deficiency (in which case high doses are needed) or you have other medical reasons why vitamin D is required (e.g. osteoporosis).

Repeat prescriptions for vitamin D will be removed with immediate effect. We would encourage you to follow the advice of Public Health England and buy a daily Vitamin D supplement to help maintain your own health and well-being.

Vitamin D supplements can be bought from supermarkets, pharmacies, health food shops and places such as Wilkinsons for as little as £1.45 for 3 months' supply.

Vitamin drops and liquids are available for babies and young children, and can be provided free to low-income families through

the Healthy Start scheme – please ask your health visitor for further information.



**Daily dose of Vitamin D supplement – 400units (IU) or
10micrograms**



Please do not be tempted to take a higher dose unless you have been advised to do so. If you have a peanut allergy or do not eat gelatine please let us know – we can advise you of the appropriate supplement to buy.

