

Vitamin D information leaflet

You have recently been tested for your Vitamin D levels either as part of screening tests or because you complained of non-specific bone or muscle type pains or weakness.

Vitamin D is produced in the skin when it is in direct sunlight. This means that in the UK we do not produce enough Vitamin D between Oct and March because the sunlight is not strong enough. It can also be found in some foods though such as oily fish, egg yolks, red meat and some fortified foods such as breakfast cereals.

Vitamin D keeps bones, teeth and muscles healthy by controlling the amount of calcium and phosphate we have in the body.

Your Vitamin D level has been found either:

∅ Insufficient – which means that it could do to be topped up by supplements that you can buy from the pharmacy or health food store (800IU or 20micrograms daily)

∅ Deficient – which means that the levels are low enough that we will give you prescribed replacements for 7-10 weeks dependant on the preparation chosen and then you should keep this topped up by the same supplement as above long term.

It is not advisable to take higher doses of vitamin D unless recommended to you by your doctor as high doses can weaken the bones and damage the heart and the kidneys.

If you have any questions or concerns, please make a routine appointment with your usual doctor to discuss.