

Why do we need vitamin D?

If you are lacking in vitamin D for a long time then your bones may soften. In serious cases this leads to rickets in children and a condition called osteomalacia in adults.



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VITAMIN D Information for patients



VITAMIN D

Vitamin D is necessary for regulating the calcium and phosphate in your body to keep bones and teeth healthy.

Too little Vitamin D can lead to muscle

weakness
and aching
and weak-
ened bones.



The main source of Vitamin D is sunlight absorbed through your skin.

Vitamin D dietary sources are:

Oily fish e.g. Salmon, Mackerel, Pilchards, Tuna, Herring, Kippers,

Mushrooms, Margarine, Egg yolk

Supermarket own brand cereals are fortified with Vitamin D.

Infant formula (for children)

However, dietary sources are often not sufficient to increase Vitamin D levels

significantly.



Vitamin D in winter

From September to May your skin cannot make vitamin D because of low levels of UV light in winter sunlight. But for most people if normal levels are built up in the summer, our bodies store enough of the vitamin to last us through winter.

Who might not be getting enough?

People who are most likely to be lacking in vitamin D include:

- people with naturally brown or black skin
- people who wear clothing that fully conceals them
- older people who don't go outside much
- pregnant women
- breast-feeding babies with vitamin D-deficient mothers
- People who for other reasons may not get enough sunlight

We recommend that you take **Vitamin D3** supplements between September and May each year to boost your Vitamin D levels. They are cheap to buy from chemists and supermarkets and can also be purchased online. If you're a vegan or have a nut allergy ask your chemist for an appropriate brand. They are safe to take at the suggested dose all year if you prefer but do not exceed the stated dose.