

## Taking Vitamin D supplements

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This leaflet is for people who have been recommended to take Vitamin D supplements. It explains why this is necessary and gives advice on what to buy and what dosage to take. If you have any questions, please ask your dietitian.

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### **Why do I need Vitamin D?**

Vitamin D helps you to absorb enough calcium for healthy bones and teeth. Even if you have enough calcium in your diet, without enough Vitamin D, you cannot absorb calcium properly.

Most people get little Vitamin D from their diet – it is found in oily fish, liver, eggs and dairy food.

Sunshine is the main source of Vitamin D for most people; however, we know that many people are low in Vitamin D, particularly in the winter months.

### **Why do I have low Vitamin D levels?**

Certain things can make you more at risk of having low Vitamin D levels, such as having low exposure to sunlight, use of sun cream or clothing, obesity, dark skin colour, or by having renal or liver disease.

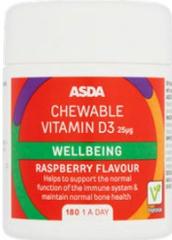
Additionally, some medications, including many of the anticonvulsant (epilepsy) medications stop you from absorbing Vitamin D.

### **What happens if Vitamin D is too low?**

If your Vitamin D is too low, your bones may become weak, which may make you more at risk of fracture in the longer term. It may also affect your teeth.

### **How can I increase my Vitamin D?**

If you have been diagnosed with a Vitamin D insufficiency, we recommend over the counter 25ug (1,000 IU) Vitamin D per day. You can buy these tablets from a pharmacy or supermarket. Try to avoid online shops or health food stores as they may be more expensive. Overleaf is a table of some examples of reliable brands to look out for – other brands are available but make sure they are 25ug (1,000 IU). Prices are correct at the time of printing but may change.

From Boots the Chemist	From Lloyds Pharmacy
 <p>£5 for 90 days supply £9 for 6 months supply</p>	 <p>£4.49 for 90 days supply</p>
From various pharmacies/chemists/supermarkets	
 <p>£6.99 for 30 days supply</p>	 <p>£9.99 for 40 days supply</p>
Supermarket own brands	
 <p>£3.99 for 60 days supply (Superdrug)</p>	 <p>£3.50 for 90 days supply (Sainsbury's)</p>
 <p>£3.00 for 180 days supply (Asda)</p>	 <p>£3.50 for 90 days supply (Tesco)</p>

**Contact us**

If you have any questions, please contact your doctor or dietitian.

**Leaflet given out by dietitian \_\_\_\_\_ Tel: \_\_\_\_\_**

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