

Vitamin D

Information for patients



EasyRead Version



Why Vitamin D is important



Vitamin D is important for our bodies to be healthy.



If you don't have enough Vitamin D your bones can become soft.

This means they can break more easily.



When you don't have enough Vitamin D it is called **Vitamin D Deficiency**.

Where Vitamin D comes from



Vitamin D is made from sunlight on your skin.



You get most of the Vitamin D you need from sunlight.



You only need to go outside for 20 minutes a day between April and September.



Cover up or use sun cream before your skin starts to turn red or burn.

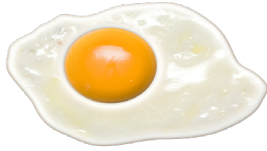


From October to March you will need to take Vitamin D supplements.

You can also get Vitamin D from foods you eat like:



- Oily fish (sardines, salmon, mackerel)



- Eggs



- Liver



- Some breakfast cereals



- Margarine



- Some soya, almond, oat or coconut milks

People at risk of Vitamin D deficiency



Some people have a higher risk of Vitamin D Deficiency. They include:

- Children under four years old



- Women who are pregnant or are breastfeeding.



- People aged over 65 years of age.



- People who cannot go outside.



- People with dark skin.



If you or someone you care for is in a higher risk group you will need to take Vitamin D supplements.



You can take Vitamin D supplements as tablets, liquid or a spray.



You can buy them in your local pharmacy or supermarket.



Your vitamin D supplement should have 10 micrograms.

Look for 10 micrograms (10µg) on the label, or ask someone to help you.



If you are pregnant or breastfeeding ask your midwife or health visitor for more information on healthy start vitamins.



You can find more information about vitamin D on our website at www.nhs.uk/conditions/vitamins-and-minerals-vitamin-d

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