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## Your test results

If you have been found to have a Vitamin D level greater than 75, it is normal and you do not need a supplement, but may wish to take a supplement in the winter months.

If you have been found to have a Vitamin D level between 30-75 you are "**INSUFFICIENT**" in Vitamin D.

This means that your Vitamin D level is low but not very low.

We would suggest seeing the local pharmacy to arrange an over the counter prescription for a Vitamin D supplement.

This medicine is called Colecalciferol and we would recommend 1000 units once a day for 12 weeks.

You do not need a prescription from your GP but you will need repeat blood tests in 12 weeks

You may wish to continue with daily supplements once 12 weeks are completed.

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If your Vitamin D level is less than 30, you are "**DEFICIENT**" in Vitamin D. This means that your levels are very low.

This is not dangerous but you may benefit from extra supplements to top up your Vitamin D level.

Colecalciferol is used in higher doses:

40 000 units

A prescription is attached to this leaflet if you require this.

It is important for you to book in for another blood test in 12 weeks to ensure that your Vitamin D level has improved.

If you feel unwell during this time, or have any concerns about your treatment, please contact the reception for a telephone/face-to-face consultation with a doctor.

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# Vitamin D Supplements



Patient information at

**Leigh View Medical Practice**



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This information leaflet has been produced to help explain how Vitamin D might affect you.

You may have recently had your vitamin D level checked. This leaflet will also explain your results and the treatment you might need.

Generally, you do not need to see a doctor for these results unless you have any specific concerns. In which case, please contact the reception to book a telephone/face-to-face consultation with a doctor.

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### What is Vitamin D?

Vitamin D helps to regulate the amount of calcium and phosphate in the body. These are important to keep bones, muscles and teeth healthy.



### What are good sources of Vitamin D?

From late March/April to the end of September, we can get all the Vitamin D we need from sunlight on our skin. In the winter months, between October and early March this is more difficult.

Vitamin D is also found in some foods:

- oily fish
- red meat
- liver
- egg yolk
- some breakfast cereals and spreads

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### Who needs Vitamin D supplements?

#### Babies and children:

Breastfed babies from birth to 1 year of age should be given 8.5mcg - 10mcg to make sure they get enough Vitamin D.

Bottle fed infants do not need extra Vitamin D unless they are having less than 500ml of formula feeds. This is because formula milk is already fortified with Vitamin D.

All children aged 1-5 should have a daily 10mcg supplement of vitamin D.

These can be bought from a local pharmacy or supermarket and pharmacists can give you advice. The “Healthy Start” scheme may entitle some women and children to free supplements.

#### Adults:

Food only contains a small amount of vitamin D, so all adults may wish to take an over the counter supplement, especially during the winter months.

It is also important to take this if you are pregnant or breastfeeding.

Some people do not get enough Vitamin D because they are not often outdoors, they wear clothing that covers their skin, have darker skin tone, or they live in a care home. These people should consider taking a 10mcg supplement throughout the year.

