Appendix 2: Vitamin D Patient Information Leaflet

Vitamin Supplements

Your doctor has identified that you have risk factors for Vitamin D deficiency
You may want to consider purchasing your own supply of Vitamin D from health food shops, pharmacies or from the internet.

The strength or dose you will need is **400-800 units** of Vitamin D daily or 10-20mcg of Vitamin D.

If the doctor advises you to take a higher dose of 2,000-2,500 units of Vitamin D daily, the following are suggestions:

Holland & Barrett Sunvite vitamin D_3 1,000 units caplets

Natures Remedy Vitamin D_3 1,000 units tablets or capsules

Or ask your local pharmacist to advise you on a suitable product

Summary

The following points summarise the advice around what you can do to improve your health and vitamin D levels:

- Increase your exposure to sunlight to advised levels e.g. while walking to the shops or taking the children to school. If you don't want to expose your face and arms in public, try to sit outside in private for a short time each day
- Look at your diet and consider changes you can make to increase the food groups that are high in Vitamin D levels
- Purchase a Vitamin D supplement. Your Doctor recommends the following dose:

- If you begin to have symptoms of bone or muscle pain, or tenderness, make an appointment to see your doctor

The review date of this leaflet is March 2016

East Lancashire Health Economy Medicines Management Board

www.elmmb.nhs.uk NHS

Vitamin D

This leaflet explains about Vitamin D deficiency and what you can do to help yourself

What is Vitamin D?

Vitamin D is a fat-soluble vitamin. It is also known as colecalciferol. In humans Vitamin D is unique both because it is available in our diet and also when sun exposure is adequate the body can synthesize it (as Vitamin D_3). The Recommended Dietary Amount often seen on food packaging for Vitamin D assumes that no synthesis occurs and that all of a person's vitamin D is from their diet.

Vitamin D is activated by metabolism in the kidneys and its action is to regulate the concentration of calcium and phosphate in the bloodstream, promoting the healthy growth of bone. Vitamin D prevents rickets in children and osteomalacia in adults, and, together with calcium, helps to protect older adults from osteoporosis.

Vitamin D also affects nerve & muscle function, inflammation, and influences the action of many genes that regulate the growth of cells.

Risks factors for Vitamin D deficiency?

The following are risk factors:

Pigmented skin

Elderly or housebound

Wearing of occlusive garments or habitual sunscreen use

Liver or kidney disease

Vegetarian or fish free diet

Multiple short interval pregnancies

Certain drug treatment s (ask your pharmacist or doctor)

Are there any changes you can make to reduce any of the above risks that may apply to you?

Life style changes you can make:

Go out into the sun: 2-3 exposures of sunlight on bare skin per week from April to September should be enough to last through the year. Each episode should be 20-30 minutes to bare arms and face and should not cause sunburn.

Include foods in your diet that are rich in Vitamin D e.g.

Oily fish species, such as Salmon, Mackerel, Sardines, Tuna (fresh),

Whole egg

Beef liver,

Fish liver oils, such as cod liver oil,

Mushrooms and UV-irradiated yeast are the only vegan sources of vitamin D from food sources.

Some foods are artificially fortified with vitamin D such as margarine, fat spreads and some breakfast cereals– look out for the RDA (Recommended Daily Amount) of Vitamin D on food packaging.