

## **Ribbleton Medical Centre**

### **Vitamin D Insufficiency (low Vitamin D Levels)**

Your recent blood result shows that you have a low Vitamin D level. Vitamin D is needed to absorb calcium to make healthy bones.

Low Vitamin D can produce various symptoms such as bone pain, muscle weakness and tiredness. It is therefore important to ensure you are getting enough Vitamin D.

The main source of Vitamin D is from sunlight. From early April to the end of September, most people should be able to make all the vitamin D they need from sunlight on their skin.

There are a few foods that contain vitamin D with the most significant amount in oily fish such as salmon and tuna. Small amounts are available in red meat, liver, egg yolks, and fortified breakfast cereals.

In many cases it is not possible for everyone to obtain enough Vitamin D through sunlight and diet alone. It is likely that you may experience symptoms of muscle weakness, bone pain, general tiredness if your Vitamin D levels remain low. Government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter. If you have previously had low levels of vitamin D and/or would not have much sunlight on skin exposure in the summer, then taking a supplement all year is advised.

We would advise you to take over the counter supplement. The recommended strength is 800-2000 IU of Vitamin D daily. Pharmacies will sell the appropriate Vitamin D supplement and are aware of the correct dose and

frequency that you require for this condition and will be able to advise you. This costs approximately 50p per month to purchase.

Please remember that Vitamin D is used to absorb calcium into the bones. It is therefore important to consume foods that have enough calcium, which is often found in dairy products and fortified breakfast cereals. You can also buy combined supplements of calcium and vitamin D or multi-vitamins and minerals.

For condition leaflet please visit the following website:

<https://patient.info/bones-joints-muscles/osteoporosis-leaflet/vitamin-d-deficiency>