

Where can I get vitamin D tablets?

You can buy vitamin D tablets from a pharmacy or your supermarket.

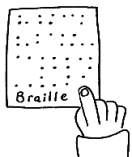


You can talk to the staff in the pharmacy or your GP if you want to ask more information about vitamin D.

Vitamin D



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Information for people who use
our services

What is vitamin D?



We get most of the vitamin D we need from the sunshine when we are outside.

Our body takes it in through our skin.

We can also get some vitamin D from foods that we eat.

Foods like

- Oily fish - sardines, herring, salmon and mackerel
- Breakfast cereals
- Cheese, milk and butter



It is important that we have enough vitamin D as it keeps our bones and muscles healthy.

In the winter we sometimes do not get enough vitamin D.

This is because



We spend more time inside.

We do not get enough sunshine in winter to give us vitamin D.



How will vitamin D help me?

The government says that we should take a vitamin D tablet in the winter to keep our bones and muscles healthy.



We should take a vitamin D tablet from October until the end of March.



The government says we should take 10 micrograms a day of vitamin D.