

Where do we get vitamin D supplements?

You can buy supplements of vitamin D from your local pharmacist who will also be able to offer advice on which products are available. Note that supplement manufacturers differ in the amount of vitamin contained in each dose or capsule/tablet so choose one that is as close to the recommended daily amount as possible, without exceeding it. Parents who have children under 4 years and who are entitled to the Healthy Start scheme can apply for free vitamin supplements. Visit www.healthystart.nhs.uk or ask a health professional for more information.

The composition of Healthy Start Children's vitamin drops is currently under review following guidance published in 2016. The current formulation is still a very useful contribution to daily vitamin D intake. Healthy Start vitamins should also be available for purchase at most pharmacies for families not covered by the scheme.

For older adults, vitamin D with added calcium may be recommended by healthcare staff to protect bone health and guard against osteoporosis.

If you are not sure which supplements to take, ask your pharmacist, GP or health visitor for advice.

Is it possible to take too much vitamin D?

Although the skin will not make too much vitamin D from exposure to the sun, it is possible to take too much from supplements and this can be harmful over time. The only way to take too much vitamin D is through supplements.

It is important to take (or give your child) a supplement containing no more than the amount of vitamin D shown in the table. You should not take (or give) more than this unless advised to do so by a doctor.



Vitamin D and you



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