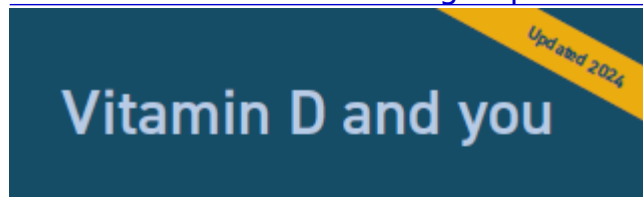


Thursday, 03 October 2024

[Health and Social Wellbeing Improvement](#)



This leaflet highlights the importance of vitamin D supplements for particular groups, including babies, children aged between 1 and 4 years, people whose exposure to sunlight is limited, and those with darker skins (eg those of African, African-Caribbean and South Asian origin). It also highlights the recommendations that all adults and children aged 5 years and over should consider taking vitamin D supplements of 10 micrograms during the autumn and winter months (October to late March/April).

## Details

Format

6 page A5 leaflet

Target group

General public

# Downloads

Attachment	Size
<a href="#">Vitamin D leaflet 2024 FINAL.pdf</a>	5.85 MB

## Tags

- [vitamin d](#)
- [supplements](#)
- [sunlight](#)

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