

Tuesday, 24 March 2026

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

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Attachment	Size
Vitamin D leaflet 2026	393.28 KB

Tags

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