

2026

Vitamin D and you



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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).

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Details

Format

6 page A5 leaflet

Target group

General public

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| Vitamin D leaflet 2026 | 393.28 KB |

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